

All Day Menu

Available until 2.30 PM Mon- Friday
Available until 3.00 PM Sat & Sun

Toast & Spreads, your choice of 2 slices of sourdough toast,
spreads & house churned butter choice of 2 spreads **7**
House mixed berry jam, house citrus marmalade, peanut butter, marmite

Coconut Breakfast Rice, organic brown rice slowly braised in coconut milk
with cinnamon & maple infusion, poached rhubarb & apple,
toasted coconut chips **14**

French Toast, toasted croissant filled with chocolate nut whip,
caramelised banana, crispy bacon with house made maple butter,
hazelnut cream and citrus meringue kiss **22**

Hola Benedict, house made Moroccan potato croquettes, chorizo,
poached eggs with charred corn and tomato salsa **21.5**

Eggs Benedict, poached eggs, hollandaise on organic Parisian loaf **19.5**
choose from Manuka smoked bacon or NZ smoked salmon & spinach
or portobello mushrooms & spinach

"The Bakers Breakfast", manuka smoked bacon, bratwurst, portobello, vine tomato,
potato croquette, free range eggs, campagne toast & house churned butter **24**

The Classic, a skillet Omelette with glazed champagne ham, vine tomatoes &
shaved Parmesan with toasted ciabatta, green salad and house apricot chutney **20**

Breakfast of Champions, mixed mushrooms, thyme and balsamic creamy sauce,
Manuka bacon, poached egg and chermoula toasted sourdough **20.5**

Avocado Breakfast Salad, crispy bacon, crispy potato, vine tomato,
rocket & poached egg with honey, lime vinaigrette **19**

Free Range Eggs Any Style, with mixed grain toast & house churned butter **12**
& then add your sides...

Sides

Vine tomato / spinach **3.5**

Creamy mushrooms **7**

Portobello mushrooms **6**

Halloumi **6**

Baked beans **5**

Free range egg **3**

Bacon (1) **3**

Bratwurst (1) **4**

Smoked salmon **7.5**

Chunky chips & aioli **8**

Smashed triple roasted potatoes **4**

Grilled free range chicken **6.5**

Aioli, chutney, condiments **1**

Hollandaise **3**

Gluten friendly toast (1) **3**

Toast (1) **3**

We only use free range chicken & eggs in our kitchen.

All our breads are organic & baked on site.

All animal products come from happy farms where animal welfare is of the highest priority!

All Day Menu

Available until 2.30 PM Mon- Friday

Available until 3.00 PM Sat & Sun

"The Smash", avocado & pea on toasted Tuscan sourdough, poached egg, portobello, almond butter broccolini, feta whip, beet hummus and crispy edamame **20**

Organic Quinoa & Cos Salad, pan fried Halloumi with pickled seasonal vegetables, cherry tomatoes, beet hummus, orange, falafel crumble **20**

or with Teriyaki Tofu

add grilled free range chicken **6.5**

Pulled Pork Taco, house smoked chipotle aioli, kimchi slaw, pickled apple, topped with pork crackling & black sesame **20**

The Shore Thing, Chargrilled Wagyu burger, melted Swiss, fried onion & egg, beetroot, crispy salad on a sesame ciabatta bun with our own classic Mac sauce, herb salted chips **21.5**

add manuka smoked bacon (1) **3**

Seoul Fried Chicken Burger, Free range teriyaki glaze chicken, charred pineapple, kimchi slaw, pickled carrot & beetroot, on Japanese milk bun,

with smashed triple roasted potatoes **21.5**

or Teriyaki Tofu

Shakshouka, baked eggs in a tomato, kale & butter bean sauce, rocket feta salad & toasted Tuscan sourdough **19**

Kids Menu

Free range egg on toast, poached, scrambled on ciabatta toast **6**

Bacon & free range egg, on ciabatta toast **9**

Baked beans, on ciabatta toast **8.5**

Pancakes, seasonal fruit, maple syrup & whipped cream **10.5**

Homemade Chicken Bites, & chips with salad **9.5**

Junior Burger, beef patty, lettuce, tomato, cheese & sauce **11**

Bowl of chunky chips **7.5**

Cold pressed Juice Orange or Apple **3**

Kids Hot Chocolate **4.5**

Fluffy **1.2**

Not all ingredients are listed so please speak to our friendly staff if you have any allergies or intolerances.

10% surcharge applies on all public holidays

Wine

Sanctuary Chardonnay

Apricot, citrus & lemon curd balanced with fresh acidity

150 ml **10** 250 ml **15** bottle **43**

Sanctuary Pinot Noir

Ripe Plums & dark berries are accented by spicy oak and subtle tannins

150 ml **10** 250ml **15** bottle **43**

Veuve du Vernay Brut

Pale straw in colour, fruity & floral. Full palate with apple & pear fruit complemented by velvety bubbles

200ml **12**

Beer

Corona **8.5**

Craft Beer (refer to waiter)

Heineken Light **8**

Ingredient Origins

Our eggs and chicken are free range - our meat comes from farms with the highest animal welfare standards - our salmon is sustainably sourced from southern ocean - all our bread is baked in house and is organic - our dairy is permeate free - our nut-mylks are organic

10% surcharge applies on all public holidays

All Things Liquid

Espresso Coffee

We proudly offer Bread & Butter Blend

Roasted by Espresso Workshop

refer to blackboard for selections

**Roast Origins, Brazil Fazenda Jaguara
Guatemala Sierra Encantada, PNG Ulya Estate**

Harney & Sons Teas

English Breakfast **4.5**

Paris **4.5**

Chamomile **4.5**

Raspberry **4.5**

Peppermint **4.5**

Citron Green **4.5**

Hakanoa Handmade Chai

5/5.5

Sweet or Spicy Chai

Ginger Latte

Ginger and Lemon Toddy

Iced Drinks and Smoothies

Iced Chocolate – organic Fair Trade cocoa, vanilla & milk
topped with whipped cream **6.5**

Iced Coffee – double espresso, vanilla & milk,
topped with whipped cream **6.5**

Iced Mocha – organic fair trade cocoa, double espresso, vanilla, milk,
topped with whipped cream **7**

Protein Smoothie – protein powder, banana, peanut butter &
organic almond mylk **9.5**

Berry & Banana Smoothie – raspberries, blueberries, blackberries,
coconut water, honey & banana **8.5**

The Green Lean Smoothie – spirulina, apple, spinach, cucumber,
celery, parsley, coconut water & cashews **9**

Rhubarb & Apple – rhubarb, apple, yoghurt, maple syrup,
banana and vanilla **9**

Juices and More

House Special Juice of the season

Cold Pressed Apple Juice, Glass **5.5** Bottle **7.5**

Cold Pressed Orange Juice, Glass **6** Bottle **8**

House Spirulina, Glass **7.5** Bottle **10.5**

House Lemonade, Glass **6.5** Bottle **9.5**

Karma Cola Classic/ Sugar Free **5**

Gingerella **5**

Switchel Sugar Free Apple & Blackcurrant / Peach & Passionfruit **5**

Our Philosophy

We Love Bread

At Bread and Butter Bakery we specialise in traditional European Baking. Our breads are **handcrafted** from **certified organic** ingredients using the ancient method of **long, slow sourdough fermentation** to leaven the dough. It's **real bread**, how it was made before the invention of flour/dough-conditioners, preservatives, emulsifiers and other additives that have invaded every part of commercially processed foods.

Organic and Low Gluten

Our bread is made with certified organic ingredients that have **not been sprayed with petrochemicals**, they are **not genetically modified** to include special pesticide resistance genes and they are **not exposed to bleach and other chemicals** during milling. We treat our flour with the utmost care and love and mix it in with our different starter cultures to slowly ferment over around 18 hours. This long fermentation ensures that the more **difficult to digest components are broken down and complex flavours** are developed, the addition of any other ingredients is therefore unnecessary. In a nutshell our bread is fermented flour, with the addition of natural seasalt, water and depending on the type of loaf some organic seeds, nuts or fruit nothing else though, because good bread doesn't need anything else. This means that **most people** will find they have **no issues digesting our bread**, but for those who still have concerns around wheat we offer **a range of wheat-free** and even **one gluten-friendly** bread. Supermarket bread uses artificial preservatives to stop mould growth. Our breads don't need that because they are made **without the addition of sugar**. The majority of the loaves are made with long, slow sourdough fermentation - this combination means they naturally stay fresher longer and are less prone to mould growth.

But wait... there's more

While bread is at the heart of what we do, we also take great pride in our **range of handmade pastries**, cakes, biscuits, slices and savoury treats. In our pastry range we use real butter and as many organic ingredients as possible, but not everything is organic. This is due to the fact that New Zealand does not produce a lot of organic products and importing small quantities of organic produce and other ingredients like spices, chocolate, or fruit makes them very expensive. So sometimes we have to weigh up the cost of the ingredients vs the possible final cost of the product. However we always make sure that the **ingredients are natural and free from nasty E-numbers**.

In our **kitchen menu** - fresh, local and animal cruelty free are our main criteria for selecting ingredients. We work with a local market garden for some of our fresh vegetables and we support Kelmarna Organic Community Gardens just around the corner. Again, no artificial ingredients are used and we try and keep everything as natural as possible. We therefore hope that you value the quality and freshness of our dishes and understand that size variations are a natural result of life, because just like us humans, animals, fruit and vegetables are all living things that come in different shapes and sizes.

Catering Available

**Please talk to one of our friendly team or phone us on 09 844 7775
116 Kitchener Road, Milford, North Shore**