

ALL DAY MENU

SWEET WAFFLES 18

Waffle stack with cherry compote, cacao nibs, homemade chocolate sauce & cream

Add Vanilla Bean Ice Cream **3**

AVOCADO SMASH 21

Marinated feta, rocket, poached egg, harissa oil, pumpkin seeds on quinoa sourdough

Add Bacon **6** or Salmon **8**

WINTER GRANOLA 14

Housemade granola, banana, greek yoghurt, fresh pear & cinnamon

EGGS & TOAST 12

Olliff premium pasture eggs poached or scrambled with toast

Add Bacon **6** or Smoked Salmon **8**.

SOUP OF THE DAY & TOAST 16.5

Our delicious soup of the day and a choice of toast with butter.

TOAST & SPREADS 7.5 & ADD SIDES

Choose your toast & two spreads, Berry jam, citrus marmalade, marmite or Pic's peanut butter

SIDES

Bagel **2**

Gluten Friendly Toast **1.5**

Bacon (2) **6**

Smoked salmon **8**

Free range egg **3.5**

Avocado **4**

Aioli, kasundi **1.5**

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



ALL THINGS LIQUID

ESPRESSO COFFEE

We proudly offer Bread & Butter Blend roasted by Espresso Workshop Roast Origins, Brazil Fazenda Jaguarua Guatemala Sierra Encantada, PNG Ulya Estate.

HARNEY & SONS TEA 4.5

English Breakfast, Paris, Chamomile, Raspberry, Peppermint. Citron Green

HAKANOA HANDMADE 5/5.5

Sweet or Spicy Chai
Ginger Latte
Ginger and Lemon Toddy

SPARKLING & SODAS

Otakiri Sparkling Water **5**
Karma Cola Classic / Sugar Free **5**
Lemmy Lemonade **5**

COLD PRESSED JUICE

Apple Juice- Glass **6**
Orange juice - Glass **6**

ALL THINGS LIQUID

ICED CHOCOLATE 8

Organic fair trade cocoa, vanilla & milk topped with whipped cream

ICED COFFEE 8

Double espresso, vanilla & milk, topped with whipped cream

BREAKFAST BOOST 9.5

Organic oat mylk, banana, peanut butter, RAW protein powder & cinnamon

BERRY BANANA ACAI 9

Mixed berries, banana, honey, coconut water & acai

CARAMEL BANANA NUT 10

RAW protein powder, dates, banana, cashew & organic oat mylk

INGREDIENT ORIGIN

In our kitchen fresh, local and animal cruelty free are our main criteria for selecting ingredients. No artificial ingredients are used and we try and keep everything as natural as possible. We work with the local Kelmarna Organic Community Gardens for some of our fresh salads. Our eggs are OLLIFF FARM premium pasture raised, our chicken is free range, our meat comes from farms with the highest animal welfare standards, our salmon is sustainably sourced from Southern Ocean, our dairy is permeate free and our non dairy mylks are organic. We 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 & WEBSHOP

Have you seen our Catering menus? They involve our delicious bakery range and a range of easy breakfast & lunch platter boxes- these are also available for delivery. We have options that will cater to an important client meeting, morning tea with your friends, work team lunches or treats for your crew. If you require more information please talk to our friendly staff or check out breadandbutter.nz/catering/

www.breadandbutter.nz

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Little-Bread-and-Butter-Bakery

OUR BAKERY'S PHILOSOPHY

At Bread & Butter Bakery we specialise in traditional European baking. Our breads are handcrafted from ingredients grown by **regenerative and organic** methods. Organic and regenerative means farmers focus on soil health. By eliminating synthetic inputs and instead using green and brown fertilisers farmers improve the soil microbiome, which improves fertility and water retention capacity of the soil. Not using insecticides and fungicides increases insect biodiversity and ecosystem resilience. In turn the plants and animals grown in this way are healthier, more nutritious, and free from chemical residues. Organic and regenerative farms have a much lower carbon footprint and don't pollute their local streams and rivers with fertiliser and effluent run-off.

Once these ingredients come into our bakery we use the ancient method of **slow sourdough fermentation** to leaven the dough. It's real bread, how it was made for thousands of years and again, the chemicals so often used in conventionally processed foods have no place in our kitchen. 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. Most people will find they have no issues digesting our bread, but for those who still have concerns we offer a range of wheat-free breads.

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 and regeneratively grown ingredients, but not everything is organic.