



Some of our dishes are garnished with housemade herb oil, micro herbs, dried fruits, olive oil, and edible flowers for enhanced flavour and visual appeal. Toasts are served with homemade whipped burnt butter; please inform us if you prefer any of these omitted.

If you have food allergies, please let us know.

While we take extra care with allergy-sensitive orders, we cannot guarantee no 100% cross-contamination.

We take pride in preparing most of our food in-house using locally and New Zealand-sourced ingredients to ensure clean, healthy offerings.

DFI: dairy free ingredients | **DFIO:** dairy free ingredients options

GFI: gluten free ingredients | **GFIO:** gluten free ingredients options

NSFI: nut & seed free ingredients | **NSFIO:** nut & seed free ingredients option

CHOOSE YOUR TOAST:

5 Grain | Sourdough | Ciabatta | GF +\$3 | Bagel +\$3.5

FREE RANGE EGGS (with your choice of toast) **(DFIO,GFIO,NSFI)**

Poached \$15.50 | Fried \$15.50 | Scrambled (3 eggs) \$16.50

+ Streaky Bacon \$8.5 | +Smoked Salmon \$9.5 | +Halloumi \$8.5 | +Mushroom \$8

LOADED SCRAMBLES (with your choice of toast) **(DFIO,GFIO,NSFI)**

Feta rocket scramble - Fresh rocket and crumbly danish feta \$22.50

Truffle scramble - Truffle oil, fresh chives & shaved parmesan \$22.50

Chilli scramble - Fresh mixed chilis, spring onion, nuts & seeds dukkah, chilli threads & chilli oil \$24

Smoked salmon scramble \$25

TURKISH STYLE EGGS \$28 **(GFIO)**

Two free-range poached eggs served over greek yoghurt, lentils, and house-made butter bean hummus, topped with aleppo chili butter sauce on rye sourdough, garnished with fresh dill, parsley, and a sprinkle of house-made spiced seed za'atar

➤ Replace eggs with halloumi \$28

+Streaky Bacon \$8.5 | +Halloumi \$8.5 | +Mushrooms \$8

SHAKSHUKA \$28.5 **(DFIO,GFIO,NSFI)**

Spicy shakshuka of slow-cooked tomatoes, bell peppers, black olives and spinach, two FR baked eggs, feta, parsley and coriander, served with toasted sourdough.

+Extra 2 eggs \$8 | +Halloumi \$8.5

SUMMER BIRCHER \$26 **(DFIO)**

Apple & orange-spice soaked muesli, mixed nuts & seeds, beetroot-infused poached pear, banana, mixed berries compote, natural yoghurt, seasonal fruit, honey & coconut chips

VEGAN option - Coconut yoghurt , Pure maple syrup +\$2

WINTER MANGO PORRIDGE \$25.5 **(DFI,GFI,NSFIO)**

Rolled oats simmered in a warm mango sauce with mango pieces with caramelised banana, coconut yoghurt & ginger cardamom oat crumble. Finished with toasted almonds, coconut chips and maple syrup

BREKKIE BAGEL \$25.5 (DFIO, NSFI)

Toasted bagel with smashed Avocado guacamole, halloumi, FR fried egg, baby spinach, rocket sauce & aioli
+ Streaky Bacon \$8.5 | + Smoked Salmon \$9.5

VEGAN BAGEL \$24.5 (DFI, NSFI)

Toasted bagel with housemade babaganoush & beetroot hummus, fresh avocado, tomato, sprinkle of lemon juice and mixed greens & house-made bagel seasoning (contain seeds)

4 EGG OMELETTES (GFI, DFIO, NSFI)

(Our egg mix contains dairy. Please inform the server if you have any dairy allergies.)

PESTO VEG | Mixed mushroom, pesto, spinach, feta, chilli jam & mixed greens \$26

BACON | Bacon, tomatoes, rocket, parmesan, chilli jam & mixed greens \$27.5

SALMON | Salmon, cream cheese, rocket, capers, chilli jam & mixed greens \$28.5

+ Halloumi \$8.5 | + Toast of your Choice \$2 (For one) + \$4 (For two)

THE CHURRO FRENCHIE \$28.5 (NSFI)

Brioche french toast with a cinnamon cornflake coating, topped with beetroot-infused poached pear, caramelised banana, mixed berry compote, cardamom-infused sultanas, vanilla ice cream scoop, dried raspberries, seasonal fruits & pure maple syrup
+ Streaky Bacon \$8.5

PROTEIN HOTCAKES \$29

Whole rolled oats & whey protein hotcakes, with seasonal fruit, banana, coconut yoghurt, Pic's peanut butter & maple drizzle, whittakers Ghana dark chocolate & coconut chips
+ Streaky Bacon 8.5

CHICKEN BREAST SALAD \$29.5 (GFIO, DFI, NSFI)

Free range chicken breast, grilled halloumi & chargrilled mango, avocado, lemon juice, seasonal rocket, toasted almonds, aioli & house made kumara chips (chips contain gluten)
+ Extra FR Chicken \$8.5 | + Extra seasonal avocado \$6

SMASHED AVO \$27.50 (DFI, GFIO, NSFI)

Guacamole style smashed Avo, FR poached eggs, house made linseed bark, cherry tomatoes, nut & seeds dukkah with toast
VEGAN | Roasted tomato instead of eggs
+ Streaky Bacon \$8.5 | + Mushrooms \$8 | + Halloumi \$8.5 | + Salmon \$9.5

"OLD SCHOOL MINCE" \$29.5 (DFIO, GFIO, NSFI)

Traditional slow-cooked premium FR beef mince with herbs, topped with two FR poached eggs, a drizzle of olive oil & shaved parmesan, served on your choice of toast

SPICED MOROCCAN BURGER \$29.5 (DFIO, NSFI)

Your choice of Moroccan-spiced protein, roasted peppers, tomato, pickled onion, lettuce, honey mustard, Colby, tzatziki-tahini yoghurt, sesame bun & pomegranate molasses drizzle.

Choice of: FR Lamb Patty | FR Grilled Chicken | Cauliflower Patty
+ Hand cut kumara fries \$6.5 | + Potato Fries 5.5

SWEET CORN FRITTERS \$29 (GFI, DFI, NSFI)

Sweet corn, carrots, courgette & herb fritters with roasted tomato, fresh avocado, Housemade babaganoush & mixed salad greens
+ FR 2 Poached Eggs \$8 | + Halloumi \$8.5 | + Streaky bacon \$8.5 | + Smoked Salmon \$9.5

CREAMY MUSHROOMS \$26 (DFIO, GFIO, NSFI)

Mix medley of mushrooms simmered in a creamy garlic mustard & herb sauce, served on your choice of toast

+ 2 poached eggs \$8 | + Seasonal Avocado \$6 | + Streaky Bacon \$8.5
+ Halloumi \$8.5 | + Smoked Salmon \$9.5

EGG BENEDICTS \$21.5 (GFIO, NSFI)

FR poached eggs on ciabatta, sautéed silverbeet & herb hollandaise
W/ Kimchi \$25 | W/ Creamy Mushroom \$27.5
W/Bacon \$27.5 | W/Smoked Salmon \$29.5

JAM STYLE EGGS \$24 (NSFI)

FR poached eggs on our housemade signature vegetarian
herbed hash (Contains gluten & dairy), sautéed silverbeet & herb hollandaise
W/ Kimchi \$27.5 | W/ Creamy Mushroom \$29
W/Bacon \$29 | W/ Smoked Salmon \$30.5

CAULIFLOWER STACK \$26.5

Cauliflower stack layered with grilled eggplant and courgette, sautéed
silverbeet, FR poached eggs, housemade beetroot hummus, sour cream,
& chilli maple glaze.
+ Salmon \$9.5 | +Streaky bacon \$8.5

BIG BREAKFAST \$32.5 (NSFI)

Your choice of FR eggs, streaky bacon, creamy mushrooms, FR pork &
fennel sausage, sauteed silverbeet, our signature made herb vegetarian
hash (Contains gluten & dairy), roasted tomato, house-made chilli jam
and your choice of toast
+Hollandaise \$3 | +Seasonal avocado\$5 | +Halloumi \$8

BIG VEGETARIAN \$30.5 (NSFI)

Your choice of FR eggs and toast with creamy mix mushrooms, roasted
tomato, sautéed broccoli & silverbeet, our signature house made
vegetarian herb hash (Contains gluten & dairy), house-made beetroot
hummus
+Hollandaise \$3 | +Seasonal avocado\$5 | +Halloumi \$8

CRISPY CHEESE TOASTIES \$21 (Served with green salad)

Pesto Love Melt - Grilled chicken, basil pesto, feta, tomato & cheese
Kasundi Ham Classic - Sliced ham and Colby cheese with mango chutney and bold kasundi spread.
Corn Garden Melt - Sweet corn, spinach, chilli flakes, capsicum, Tangy pickle and cheese.
Halloumi Tamarind Melt - Golden halloumi, pickled onion, cheese & tamarind chutney
Kimchi Melt - Fermented kimchi, cheese, aioli & chilli maple drizzle
+Extra FR Chicken \$8.5 | + Streaky Bacon \$8.5 | +Mushrooms \$8 | +Halloumi \$8.5

Sides

Streaky Bacon\$9 | Smoked Salmon \$10 | FR Pork & fennel sausages \$8.5
Halloumi \$9 | Two FR Poached Egg \$8.5 | Roasted Tomato \$7
Mushrooms \$8.5 | Seasonal Avocado \$6 | Herb Hollandaise \$3.5
FR Chicken \$9 | Kimchi \$5.5
Housemade Vegetarian herb hash (Contains gluten & dairy) \$9.5
Bowel of fries with herb sea salt & ketchup \$10.9 + Aioli \$1.5

Kids Menu

(For kids under 10 years only—not available for adults)

Egg on Toast/choice of bread \$9.5
+Streaky Bacon (1 piece) \$3.5 | +Avocado\$3.5
Cheese & Tomato Toastie \$10
Cheese & Bacon Toastie \$10
Hash Sticks \$10
Churro french toast w/bacon \$15
Nuggets & chips \$15

Fresh apple juice \$6
Fresh orange juice \$6
Berry | Vanillia | Choc shakes \$6.5
Fluffy \$3