JAM

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,NSFIO)

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, NSFIO)
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

JAM

"THANK YOU for choosing to be at JAM today"
A cherished part of Takapuna since 2009
We're dedicated to sourcing organic ingredients wherever possible, though we're mindful of supply & weather conditions.

100% New Zealand owned & operated,

Velvet coffee has proudly been served here at JAM since 2009.

Only selecting High Grade Arabican coffee, the 'Fair Crack' blend is a selection of 6-unique origins of Fairtrade & Organic beans. The blend offers a complex and a full mouth feel with a long & lingering finish. Sweet caramel & toffee flavours delivers a full bodied coffee thanks to a full-city roast profile.

By enjoying your favorite coffee at JAM, you're helping preserve wildlife habitats, promote coexistence between communities and wildlife, and support sustainable tourism. Together we can create a positive ripple effect!
Here's how it works : Velvet donates 40 cents for every bag of coffee sold, regardless of size and $1.20 for each 3kg bag purchased, as well as an additional $1.20 for every chocolate sale. These contributions are made monthly, with detailed report sent back to show transparency. Thanks to your purchases 100% of the raised funds go directly to this initiative with no administrative costs.

Follow us on :

jamorganic

jamorganiccafe

SCAN ME

Love your experience? Share it on Google by scanning this QR code—we truly appreciate your support! If there's anything we can do better, please let us know directly.
Your feedback means the world to us!

Table Reservations Please Visit www.jamcafe.co.nz
For caterings & other enquires contact us-
Email: jamorganictakapuna@gmail.com
Phone:09-486-1600

Organic Fair Trade Coffee

All Of Our Coffees Are Served Double Shot

6oz| 8oz |12oz

BLACK | PICCOLO | FLAT WHITE | CAPPUCINO | LATTE

SHORT & LONG MACHIATO| MOCHACHINO | AMERICANO

ZESTY ORANGE MOCHACHINO | DIRTY CHAI LATTE

MILK ALTERNATIVES & EXTRAS :

SOY I ALMOND | COCONUT I OAT

DECAF | EXTRA SHOT | POURING CREAM

Syrups: Caramel | Vanilla | Hazelnut | Lavender

Not Coffee

ORGANIC CHAI LATTE (SWEET | SPICY)

ORGANIC MATCHA LATTE

ORGANIC HOT CHOCOLATE

ZESTY ORANGE HOT CHOCOLATE

(Made with gluten free, dairy free chocolate powder)

WINTER HOT TODDY (Ginger, Lemon & Manuka Honey)

Herbal Teas

ENGLISH BREAKFAST/ EARL GREY/ PEPPERMINT / CHAMOMILE

MADAGASCAR ROOIBOS /OTAGO SUMMER FRUITS

LEMON GRASS GINGER/SENCHA (Green tea)

Iced Drinks

ICED AMERICANO $7 | ICED MATCHA $9

ICED LATTE $8 | ICEDMOCHA $9

BLENDED ICED COFFEE $11 | BLENDED ICED MOCHA $12

Jam Special Drinks

ICED LAVENDER MATCHA LATTE $10

ICED MANGO MATCHA LATTE $10

ICED STRAWBERRY MATCHA LATTE $10

(Add Whipped Cream +$1.5)

Hot Misty Drinks *(Made with milk)*

(Available in medium size only, sweetened with honey)

"Misty Day Plant Potions are crafted in New Zealand with premium, organic, and wildcrafted ingredients, $8

Power (Beetroot Latte)

Beetroot Powder, Raw Cacao, Ginger, Cardamom, Cinnamon, Cordyceps & Eleuthero Extracts, Astragalus, Himalayan salt

Bliss (Turmeric Latte)

Cacao, Turmeric, Ashwagandha, He Shou, Mucuna, Astragalus, Cinnamon, Himalayan salt

Moon (Sleep Improver)

Carob, Reishi, Mesquite, Ziziphus, Ashwagandha, Vervain, Vanilla, Himalayan Salt

Smoothies

+WHEY PROTEIN BOOST $3 | +STRAWBERRY PEA PROTEIN $3.5 | +COFFEE SHOT $3

ROSEY MATCHA $14.5
Oats, matcha powder, whey protein, greek yoghurt, banana vanilla essence, sea salt & rose syrup

CACAO LOCO $14
Banana, Dutch cocoa powder, Pic's Peanut Butter, dates, Flaky salt, cinnamon, almond milk, cacao nibs

BLUEBERRY BREEZE $14
Blueberries, Banana, Acai powder, chia seeds, Honey, Almond milk, Pic's peanut butter & hemp hearts

BLUE BOOSTER $14
Banana, whey protein, organic blue spirulina, honey & coconut milk and coconut chips

'PIC' ME UP $13
Pic's Peanut Butter, banana, oats, honey, almond milk & crushed peanuts

BERRY BLAST $13
Mixed berries, Fresh mint, honey & coconut water

GREEN & LEAN $13
Spinach, banana, organic spirulina, honey & almond milk

MANGO COLADA $13
Banana, pineapple, mango, honey & coconut milk & coconut chip

Fresh Juice

DETOX ELIXIR $13.5
Green apple, lemon, fennel, cucumber, celery, mint, ginger, turmeric & barley grass powder

CITRUS SUNSHINE $12.9
Grapefruit, pineapple, apple, lemon, thyme & sea Salt

PERFECT PEAR $12
Green apple, pear & kiwi fruit

SUPER GREEN $12
Celery, cucumber, apple, kale, lemon, coconut water

BRING THE BEETS BACK $12
Beetroot, apple, carrot, lemon, orange & mint

GINGER NINJA $12
Carrot, apple, orange, lemon & ginger

FRESH JUICE (ORANGE | APPLE) $11

Old School Shakes

Choose your Flavour (Made with GF frappe powder) $12
BERRY | BANANA | CHOCOLATE | VANILLA