

Early Eats

Daily before 11.30am

Nutritionists might argue that breakfast is the most important meal of the day.
We agree – enjoy our range of ‘breakie’ options.

Local breakie bowl

14.0

Berry coulis, roasted oats, chia seeds, toasted coconut, hazelnuts, seasonal fresh fruit served with coconut yoghurt. (v)

Toast combos

Choose one of our combos with your choice of ciabatta, multi-grain or gluten free bread. (gf - extra 2)

Feta, Basil Pesto, Balsamic Glaze with cherry tomatoes 10.5

Jam (v) 6.5

Banana + lemon curd 9.5

Smashed avo + feta (subject to availability) 21.5

LOCAL made potato and rosemary hash, smashed avocado and feta, free range fried egg, hollandaise, basil pesto, organic baby rocket. (gf)

Banter bowls 12.0

Choose one of our delicious smoothies topped with fresh seasonal fresh fruit. (gf)

Summed bod - Sweet strawberries and boysenberries with a hint of coconut topped with toasted coconut, almonds, seasonal fresh fruit. (v)

Super green - Banana and kiwifruit with a splash of spirulina topped with toasted seeds, cranberries, seasonal fresh fruit.

Build your own breakfast

Have it all, have a little, the choice is yours.

1. Choose your eggs 10.0

Free range eggs – cooked your way poached or scrambled on your choice of ciabatta, multigrain or spinach. (gf bread - extra 2)

2. Add your extras

+ Bacon
+ Grilled salmon 6.0

+ Black pudding 5.0

+ Grilled halloumi
+ Freerange pork sausage
+ LOCAL potato herb hash
+ Portabello mushrooms 4.0

+ Baby spinach
+ Grilled cherry tomatoes 3.0

+ LOCAL hollandaise
+ Basil pesto 2.0

Make sure to check out our daily specials board!

Purveyors of the best food the provinces have to offer. Ask us about our fantastic LOCAL suppliers.

Find us on  localcafeandeatery  LOCAL - Licensed Cafe & Eatery (v) - Vegan (gf) - Gluten free (df) - Dairy free available, please ask our friendly staff.



Lunch Menu

Daily from 11.30am

There's no need to be bored with your midday meal ever again. Take a look at our delicious lunch menu.

<p>Lunch bowl Today's market salad - season's fresh produce & grain.</p> <p>Salad 13.0</p> <p>Add protein</p> <p>+ Grilled portabello mushrooms + Grilled halloumi (gf) + Chef's marinated chicken (gf) + Calamari + Panko crumbed fish bites + Chef's marinated beef (gf) 6.5</p> <hr/> <p>+ Crispy fried prawns 9.0 + Pork belly</p> <hr/> <p>+ Grilled salmon 10.0</p>	<p>Noodle bowl Today's season's fresh produce, with our LOCAL sauce or broth.</p> <p>Noodle bowl 13.0</p> <p>1. Choose your noodles</p> <p>+ Soba noodles + Rice noodles (gf)</p> <p>2. Add one</p> <p>+ Portabello mushrooms (v) + Grilled halloumi (gf) + Chef's marinated chicken (gf) + Chef's marinated beef (gf) + Tofu (v) 6.5</p> <hr/> <p>+ Garlic prawns + Pork belly 9.0</p> <hr/> <p>+ Grilled salmon 10.0</p>
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LOCAL Sliders 19.0

Try our chef's daily creation made with the freshest of ingredients and accompanied by a side of our great curly fries.

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LOCAL made potato and rosemary hash, smashed avocado and feta, free range fried egg, hollandaise, basil pesto, organic baby rocket. (gf)

Sharing & small plates
Salt & pepper calamari 18.0
Fried cauliflower with parmesan dip, crushed hazlenuts and chia seeds 13.0

Provincial plate
A local selection of deli, breads, oils, fruit and nuts
Single plate 19.0
Sharing plate for 2-4 people 39.0

Add cheese 6.0 per cheese

+ Marama camembert style
+ Blue rhapsody
+ Epitome farmhouse style

Crumbed camembert 18.0
Creamy camembert with toasted parmesan & garlic ciabatta and plum chilli chutney. Perfect to share.

LOCAL dips and ciabatta 12.0
LOCAL pate and lemon, garlic hummus with LOCAL crackers and toasted parmesan & garlic ciabatta.

Seasoned fries
with LOCAL chipotle mayo.
Full bowl 8.0
Side bowl 4.0



Drinks Menu

All day

Hot, cold, weak, strong, we've got your hydration needs sussed

Coffee

Arrosta Coffee, Palmerston North

Short black 3.6
Long black
Americano

Piccolo Latte 4.0
Macchiato
Flat white Regular 4.6 Large 5.0
Latte Extra large (takeaway only) 5.8
Cappuccino
Mochaccino

Hot drinks

Hot chocolate Regular 4.6 Large 5.0
LOCAL chai
Golden milk 6.0
Beetroot latte

Extras
Almond, soy, coconut, cream, extra milk, extra shot 0.80

Tea

Chanui, Taumaraunui For one 4.0 For two 6.0
English breakfast / Earl grey
Herbal libertine blends, Berhampore For one 5.0 For two 7.0
Kapow (add lemon, honey or ginger 1.50 ea.)
Minty ohm / runaway rose / lightening green

Sparkling Karma Cola

Gingerella ginger ale / Lemmy Lemonade
Cola / Natural sugar free Cola 4.5

Vista, zero sugar sparkling water
Feijoa / Lemon 4.0

Freshly made mocktails

Made with the finest selection of LOCAL ingredients
Orange & dandelion / Lemon, honey & ginger / Raspberry & lemon 6.5

Juices

Apple Press, Hawke's Bay 5.0
Jazz apple / Apple and pear

Juicy Lucy, Hawke's Bay 4.0
Orange / Feijoa / Cranberry / Tomato (add spice 1.0)

Kombucha

Daily Organics, Matakana 6.0
Original / Seasonal flavours

Made LOCAL

Today's smoothie / Ice chocolate / Ice coffee / Ice mocca 6.5

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Wine & Craft Beers

'Life is Brewtiful'

Drink good wine and beer with good friends.

Wine

Sauvignon Blanc Matahiwi, Wairarapa Hawkes Ridge, Hawkes Bay	G 10.0 / B 42.0 G 9.0 / B 38.0
Pinot Gris Haha, Hawke's Bay Matahiwi, Wairarapa	G 9.0 / B 38.0 G 10.0 / B 42.0
Aromatic Matahiwi Rose, Wairarapa Unison Gimblett Gravels, Hawkes Bay	G 10.0 / B 42.0 G 10.0 / B 42.0
Pinot Noir Haha, Hawke's Bay Fairmount, Carterton, Hawke's Bay	G 9.0 / B 38.0 G 11.0 / B 42.0
Merlot Hawkes Ridge, Hawke's Bay Ka Tahi, Hawke's Bay	G 9.0 / B 38.0 G 11.0 / B 42.0
Sparkling Matahiwi sparkling Haha Brute Cuvee Bubbles Hawkes Ridge C'est Beau Rose	B (200ml) 12.0 B 40.0 B 40.0

G - glass, B - bottle. Wine by the glass is a standard 150mls.

High Ball

Made LOCAL with NZ liquor and mixer

Blue Duck Rare Vodka with your choice of: 12.0
Orange and dandelion / Raspberry and Lemon / Lemon and Ginger
Lemonade / Ginger ale

Black Robin Rare Gin and East Imperial Tonic 12.0

Beer

Scott's Brewery, Oamaru

Porter / G-free / Pale Ale / Lager / Golden Ale 9.0

Light beer (2.5%) 9.0

Cider

Scott's Brewery, Oamaru

Parched Apple 9.0

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