

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 1)

Feta, Basil Pesto, Balsamic Glaze with juicy Tomato 10.5

Marmite and Avocado. (v) 8.5

Smashed avo + feta 19.5

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.

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

(v) - Vegan (gf) - Gluten free

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 1)

2. Add your extras

+ Bacon
+ Grilled salmon 6.0

+ Grilled halloumi
+ Freerange pork sausage
+ Avocado
+ 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!



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.

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

Toasties

16.0

The big cheese - three flavours of cheesy goodness; Gyera, Mozzarella and Parmesan with plum-chilli chutney.

The porker - slow cooked free-range pork, mozzarella and caramelised apple and thyme chutney.

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Smashed avo + feta

19.5

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

Provincial plate

16.0 per person

A local selection of deli, breads, oils, fruit and nuts.

Add cheese

6.0 per cheese

- + Marama camembert style
- + Blue rhapsody
- + Epitome farmhouse style

Crumbed camembert

16.0

Creamy camembert with local made crackers and plum chutney. Perfect to share.

LOCAL crackers

12.0

Crisp crackers with LOCAL pate and lemon, garlic hummus.

Seasoned curly fries

with LOCAL chipotle mayo.

Full bowl

8.0

Side bowl

4.0

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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

Piccolo Latte 4.0

Macchiato

Flat white Regular 4.6 Large 5.0

Latte

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, truckers cup 0.80

Tea

Chanui, Taumaraunui
English breakfast / Earl gray For one 4.0 For two 6.0

Herbal libertine blends, Berhampore
Kapow (add lemon, honey or ginger 0.80 ea.) For one 5.0 For two 7.0

Minty ohm / runaway rose / lightening green

Sparkling

Six barrel Soda Co. NZ made
Lemonade / Cola six / Ginger ale 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 4.5

Juices

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

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

Kombucha

Daily Organics, Matakana

Original / Seasonal flavours 6.0

Made LOCAL

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

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Booze Menu

Maker of happiness, solver of problems

Because no great story every started with someone eating salad

Wine

Sauvignon Blanc Haha, Hawke's Bay Mataniwi, Wairarapa	G 9.0 / B 38.0 G 10.0 / B 42.0
Pinot Gris Haha, Hawke's Bay Matahiwi, Wairarapa	G 9.0 / B 38.0 G 10.0 / B 42.0
Aromatic Tohu riesling, Marlborough Matahiwi rose, Wairarapa Clearview rose, Hawke's bay	G 9.0 / B 40.0 G 10.0 / B 42.0 G 12.0 / B 60.0
Pinot Noir Haha, Hawke's Bay Fairmount, Carterton, Hawke's Bay	G 9.0 / B 38.0 G 11.0 / B 42.0
Merlot Haha, 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	B (200ml) 12.0 B 40.0

High Ball

Made LOCAL with NZ liquor and mixer

Blue Duck Rare Vodka with your choice of: Orange and dandelion / Raspberry and Lemon / Lemon and Ginger Lemonade / Ginger ale	12.0
Black Robin Rare Gin and East Imperial Tonic	12.0

Beer

Scott's Brewery, Oamaru

Porter / G-free / Pale Ale / Lager / Golden Ale	8.0
Light beer (2.5%)	9.0

Cider

Scott's Brewery, Oamaru

Parched Apple	9.0
Three Wise Birds, Hawke's Bay Bach Life Apple	12.0

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

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