

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

14.5

Berry coulis, roasted oats, chia seeds, toasted coconut, hazelnuts, seasonal fresh fruit served with Raglan 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	14.5
Jam (v) or Marmite or Marmalade	6.5
Banana + lemon curd	10.5
Tomato + avocado (v)	13.5

Smashed avo + feta (subject to availability)

22.0

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

Banter bowls

13.0

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 13.0

The Free Rangers, Linton 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, Mt Cook Aoraka Salmon (AKA Delicasea) 6.0

+ Black pudding, Blackballs, The West Coast 5.0

+ Grilled halloumi, Cartwheel Creamery, Pohangina
+ Freerange pork sausage, Woodys, Manakau
+ LOCAL potato herb hash
+ Grilled cherry tomatoes
+ Portabello mushrooms 4.5

+ Baby spinach 3.0

+ LOCAL hollandaise
+ Basil pesto, Genoese, Levin 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 14.0</p> <p>Add protein</p> <p>+ Grilled portabello mushrooms + Cartwheel Creamery grilled halloumi (gf) + Chef's marinated chicken (gf) + Calamari + Fresh panko crumbed fish bites + Chef's marinated beef (gf) 7.5</p> <hr/> <p>+ Crispy fried prawns 9.5 + Pork belly 9.5</p> <hr/> <p>+ Mount Cook grilled salmon 10.5</p>	<p>Noodle bowl Today's season's fresh produce, with our LOCAL sauce or broth.</p> <p>Noodle bowl 14.0</p> <p>1. Choose your noodles</p> <p>+ Soba noodles + Rice noodles (gf)</p> <p>2. Add one</p> <p>+ Portabello mushrooms (v) + Cartwheel Creamery grilled halloumi (gf) + Chef's marinated chicken (gf) + Chef's marinated beef (gf) + Tofu (v) 7.5</p> <hr/> <p>+ Garlic prawns 9.5 + Pork belly 9.5</p> <hr/> <p>+ Mount Cook grilled salmon 10.5</p>
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LOCAL Sliders 20.5

Try our chef's daily creation made with the freshest of ingredients and accompanied by a side of our seasoned beer battered fries

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Smashed avo + feta (subject to availability) 22.0
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 cheesy dip, crushed macadamias and chia seeds 14.0
Crispy buttermilk chicken with teriyaki mayo dipping sauce 19.0

LOCAL dips and pita bread 12.0
Garlic hummus, rocket, almond & lemon pesto with crackers and toasted parmesan & garlic pita bread (gf available)

Add cheese / Blackball Salami 6.0 per cheese / 4.0 per salami
+ Cartwheel Creamery Marama camembert style
+ Blue rhapsody
+ Epiteome farmhouse style

Crumbed camembert 19.0
Creamy camembert with toasted parmesan & garlic ciabatta and plum chilli chutney. Perfect to share.

Seasoned beer battered fries
with LOCAL chipotle mayo.
Full bowl 10.0
Side bowl 5.0

We are more than happy to accomoadte all diety choices - Please let our awesome staff know and we will make it happen!

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Drinks Menu

All day

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

Coffee

Have here / Takeaway

Arrosta Coffee, Palmerston North

Short black 3.6 / 4.1

Long black

Americano

Piccolo Latte 4.0 / 4.5

Macchiato

Flat white Small 4.6 / 5.1 Medium 5.0 / 5.5

Latte Large 5.8 / 6.3

Cappuccino

Mochaccino

Hot drinks

Hot chocolate Small 4.6 / 5.1 Medium 5.0 / 5.5

LOCAL chai Large 5.8 / 6.3

Golden milk Medium 6.0 / 6.5

Beetroot latte

Extras

Almond, soy, coconut, cream, extra milk, extra shot 1.00

Dine in takeaway cups 0.50

Tea

Chanui, Taumaraunui For one 4.0 For two 7.0

English breakfast / Earl grey

Herbal libertine blends, Berhampore For one 5.0 For two 8.5

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 4.5

Lemon lime bitters 6.5

Freshly made mocktails with Six Barrel Soda Co

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 4.5
Orange / Feijoa / Cranberry / Tomato (add spice 1.0)

Kombucha

Daily Organics, Matakana 6.0
Original / Seasonal flavours

Made LOCAL

Real fruit 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

Chardonnay	
Matahiwi, Wairarapa	G 10.0 / B 42.0
Hāhā, Hawke's Bay	G 10.0 / B 42.0
Sauvignon Blanc	
Matahiwi, Wairarapa	G 10.0 / B 42.0
Hāhā, Hawke's Bay	G 10.0 / B 42.0
Pinot Gris	
Hāhā, Hawke's Bay	G 10.0 / B 42.0
Matahiwi, Wairarapa	G 10.0 / B 42.0
Aromatic	
Matahiwi Rosé, Wairarapa	G 10.0 / B 42.0
Hāhā Rosé, Hawke's Bay	G 10.0 / B 42.0
Pinot Noir	
Matahiwi, Wairarapa	G 11.0 / B 42.0
Hawks Head, Central Otago	G 12.0 / B 48.0
Merlot	
Hawkes Ridge, Hawke's Bay	G 10.0 / B 40.0
Hāhā Merlot, Hawke's Bay	G 11.0 / B 42.0
Syrah	
Matahiwi, Wairarapa	G 10.0 / B 42.0
Sparkling	
Matahiwi Sparkling	B (200ml) 12.0
Hāhā Brute Cuvee Bubbles	B 45.0
Matahiwi Sparkling Rosé	B 45.0

High Ball

Made LOCAL with NZ liquor and mixer

Blue Duck Vodka with your choice of: 13.0
Orange and dandelion / Raspberry and Lemon / Lemon and Ginger
/ Any of the Sparkling Karma Range

Black Robin Rare Gin and East Imperial Tonic 13.0

Thomson Two Tone Whisky, Riverhead, Auckland 13.0

Stolen Dark Aged Rum 13.0

Beer

Scott's Brewery, Oamaru
Porter / Pale Ale / Lager / Golden Ale 9.0
Light beer (2.5%) 9.0
G-Free 10.0

Cider

Scott's Brewery, Oamaru Parched Apple 9.0
Three Wise Birds, Hawkes Bay Summer Fling (off dry) 10.00
Acoustic collection (dry, smooth, red) 8.7% ach/vol 12.00

G - glass, B - bottle.

Wine by the glass is a standard 150mls.

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Kids Menu

Breakfast before 11:30am
Lunch from 11:30am

Toast

Jam or Marmite on ciabatta. 4.0

Scrambled or poached eggs

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

1. Choose your eggs 6.0

Free range egg - cooked your way poached or scrambled on ciabatta.

2. Add your extras

+ Bacon 3.0

+ Hash Bites 3.0

+ Tomatoes 2.0

Hot cakes

Bacon, banana and maple syrup. 11.0

Chicken bites

Served with salad and fries. 12.0

Fish bites

Served with salad and fries. 12.0

Provincial plate

Cheese, ham, veges, fruit, hummus and toasted bread. 12.0

Ham & cheese pizza

Served with fries. 12.0

Cheeseburger slider

Mini bun, mini pattie, cheese, tomato sauce. Served with fries or salad. 12.0

Hash Bites

Full bowl 10.0

Side bowl 5.0

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