



## Menu

### Good Morning! - Brunch Menu from 7am until 2.30pm

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Scrambled Free Range Organic eggs on toasted sourdough	\$12.00
Welsh Rarebit – mature cheddar with a savoury sauce on sourdough toast	\$14.00
Organic Tolaga Bay Polenta Porridge with plum compote and mascarpone (Gluten free option without mascarpone, Dairy free option without mascarpone and with soy milk)	\$15.00
Organic Potato Hash with grilled goats cheese and avocado (Gluten free)	\$17.50
Poached Free Range Organic eggs, caramelised onion and brioche toast (Option of Dairy free on dairy free toast)	\$15.00
Toasted Organic Gluten-Free Muesli served w Organic Bush Honey Yoghurt and fresh fruits (Option of Dairy-free served w soy berry yoghurt)	\$12.50
Toasted Bread Selection of soda, brioche and sourdough with local Grey Lynn Honey, Waitakere Strawberry Jam	\$11.50
Roasted Portabello Mushrooms with pressed garlic rubbed ciabatta	\$17.50
Baked Free Range Organic Eggs with certified organic Kumara, black beans, chilli and coriander with corn bread	\$19.50
Fine Herb Free Range Organic Omelette with baked tomato salad. Served with toast*	\$15.00
Ricotta Hot Cakes with fig compote and Pure Canadian Maple Syrup	\$18.00

### Treats from the cabinet & for those in a hurry...

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We have a full range of sweet baked goods available all day from our counter – just pop up and have a browse.

Fresh salads, savoury bakes, sandwiches, rolls and whatever else our chefs feel like making available to take on the run or enjoy here. Go on, grab a seat, stop rushing around!

We use recyclable and compostable packaging.

\*Gluten Free Toast alternative available on request – no extra charge.  
Childrens serves available – please ask our staff, we'll do what we can for you.

### Daytime delights - Lunch Menu from 10.30am until 2.30pm

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Chilled Pea and Lettuce soup; Minted olive oil and crème fraiche served with fresh bread (Gluten free, Vegan and Dairy free option without crème fraiche)	\$9.50
Cannellini beans, cavolo nero with tomato and basil served with fresh ciabatta, Dairy free	\$13.00
Organic Pumpkin Fritters, cheese curd, pickled beetroot and crisp breads	\$15.00
Toasted Broccoli with Carpaccio of fennel and a tomato petal dressing, Gluten & Dairy free	\$13.00
Certified Organic Kumara, Coriander and Mustard Seed Pithivier w fresh tomato salsa	\$17.00
Parmesan Risotto with organic free range poached egg and basil	\$17.00
House-made Whole Organic Egg Pasta with a portabello mushroom ragout	\$16.00
Twice Baked Organic Cheddar Cheese Soufflé w tomato and artichoke relish	\$15.50

### Interesting Smoothies & Cold Treats

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Grey Lynn Vegan – Omaha Organic Blueberries, All Good Fairtrade Banana, almond milk, coconut milk and Goji Berries – High in antioxidants	\$6.50
Pacific Princess – Pineapple, Mango, All Good Fairtrade Banana, Organic Bush Honey Yoghurt & Coconut milk	\$6.50
Affogato – award winning Vanilla Ice Cream from Kohu Road served with a double shot of our coffee	\$6.50

### Nice Blocks – Summer on a Stick!

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100% natural, certified Fairtrade Vegan & Gluten free premium ice blocks.

Choose from Strawberry, Orange, Choc Banana, Lemonade, Choc Coconut or Choc Raspberry \$3.50



**Coffee** – Certified Fairtrade Organic, roasted right here by us!

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Normally we'll be serving our house blend **Aotea** which is comprised of three distinct origins of green beans sourced from Fairtrade Cooperatives in Papua New Guinea, Mexico and Sumatra. You should find this to be a floral, fruity and earthy blend with medium acidity.

We'll also be profiling and serving our **Rangatira** blend every now and then – it's a bit more robust with a complex aroma derived from green beans sourced from Fairtrade cooperatives in Colombia and Mexico.

For **Decaf** drinkers we only roast a blend which is decaffeinated using the chemical free Swiss Water Process.

We aim to profile other Kokako blends including some interesting single origins and coffees from other roasters in New Zealand.

Espresso	\$3.50
Piccolo	\$3.50
Long Black	\$3.50
Macchiato	\$3.50
Flat White	\$4.00
Cappuccino	\$4.00
Latte	\$4.00 T/A \$4.50
Vienna	\$4.00
Vietnamese Macchiato	\$4.00
Soy, Rice or Almond Milk	add \$0.50
Large Takeaway	add \$0.50

Please note that Takeaway Lattes, Hot Chocolates and Chai Lattes come large as standard

All Milk-based Coffees are made with Fresh Certified Organic Milk sourced from the Waikato

### Different Takes

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Our Hot Chocolates & Mochas are made with our own Certified Organic Drinking Chocolate. Chai Syrup is sourced from & made by the lovely ladies at Cosset in Mt Albert using all natural & Fairtrade ingredients.

Mochaccino	\$4.50
Hot Chocolate	\$4.00 T/A \$4.50
Cosset Chai Latte	\$4.00 T/A \$4.50
Lemon, Honey and Ginger	\$4.00

**Cuppa Tea** – Loose Leaf Certified Organic & Ethically Sourced Chamellia Teas.

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Served in a pot with proper vintage tea cups! All \$4.00

**English Breakfast** – A smooth and flavoursome blend of High Grown Organic BOP Ceylon from the Uva and Dimbula tea growing regions of Sri Lanka

**Earl Grey** – Twice refined organic Italian bergamot oil blended with Organic Ceylon to produce a clean, refreshing and aromatic blend

**Lemongrass and Ginger** – A classic blend of premium organic ginger from Nikapotha estate and lemongrass from Stonyfield estate in Sri Lanka

**Peppermint** – Organic Egyptian peppermint sourced at peak cropping season from the central Egyptian town of Bensi-Sweif, located on the western bank of the Nile. Fresh, bright aroma

**Chamomile** – A traditional herb used for relaxation and calming the mind and body. The organic Egyptian caffeine free flowers are a deep golden colour with an apple like scent

**Gunpowder Green** – An extra special green tea plucked during Uva's wet season, the mild tannins provide a sweet and slightly smoky flavour. High in anti-oxidants and naturally low in caffeine

### Chilled Bottled Beverages

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Quina Fina Tonic Water from Nelson – served w Organic Lemon	\$4.00
Feijoa and Apple Juice from the Heavitree Orchard in Gisborne	\$4.50
Orange and Apple Juice from the Heavitree Orchard in Gisborne	\$4.50
Pete's Natural Lemonade from Nelson	\$4.50
Pete's Natural Currant Crush from Nelson	\$4.50
Gladstone Natural Ginger Beer from Gisborne	\$4.00
Antipodes Artesian Water – still or sparkling 500ml	\$5.00
Antipodes Artesian Water – still or sparkling 1 Litre	\$7.50
Amrita Certified Organic Grape Juice 1 Litre – made from hand picked, gently pressed grapes from the Millton Bio-dynamic Vineyard in Gisborne – perfect with lunch to share	\$15.00

\*Standard table water also available – please ask our staff