

# FOODTRUCK GARAGE

COME ON IN, HAVE WHATEVER YOU LIKE... IT'S ALL GOOD!

## GOOD START

WE CARE ABOUT WHERE OUR FOOD COMES FROM JUST AS MUCH AS WHERE IT ENDS UP

Our beef & lamb is grass fed, chicken & pork free range, fish sustainable, suppliers local (where we can), coffee organic, and when it's all said and done, everything possible ends up in the compost pile or recycle bin, reducing our footprint and lightening yours.

## TASTE TEST

MINI VERSIONS OF FAST FOOD CLASSICS

A little bit of this, a little bit of that... who said you can't have it all? Well, the nutritionist actually. But you can try one of these delicious bites with a friend, or double down yourself.

**LAMPEANO SLIDERS (2)** – Mini Hawkes Bay lamb, chickpea & tarragon patties with rocket, mustard & spiced beet puree on spelt flour buns, \$10. Extra portion, \$6. 🍌

**BABY PAPPLE DOGS (2)** – Free range harmony pork & apple sausages with gherkins, shaved fennel, mustard & micro greens on spelt flour hotdog buns, \$10. Extra portion, \$6. 🍌

**PRAWN TACOS (2)** – Spicy chipotle rubbed prawns with crunchy green beans, cos lettuce, avocado salsa, rocket sauce & coriander in soft flour tortillas, \$12. Extra portion, \$7. 🌮

**MINI TOSTADAS (3)** – Crumbed feta, black bean & corn salsa with spiced tomato, avocado, coriander & radish on bite sized crispy mountain bread, \$8. Extra tostada, \$4. 🌮

**KIDS MENU - IF YOU HAVEN'T GOT IT ALREADY, THEN ASK YOUR WAITER FOR OUR LITTLE TRUCKERS MENU.**

## SPELT OUT

Spelt flour is an ancient grain that offers a bunch of nutrients including calcium, selenium, zinc, iron and manganese. Our buns are baked fresh each day using a wholemeal-spelt blend.

## MEET PATTIE

OUR SIGNATURE SANDWICHES MADE TO ORDER

Don't you think it's weird when people call burgers sandwiches? It's a burger not a sandwich. But somehow sandwich kind of sounds healthier. And ours actually are, thanks to spelt-wholemeal buns and vegetables hiding inside the patties.

**BUNDLE IT** - All of our burgers can be wrapped up in a flour tortilla. Think of it – a delicious burger-kebab-burrito fusion, loaded with extra salad, lashings of sauce and then toasted until crispy. \$1 Extra

**BEEFROOT** – Angus beef, carrot & beetroot pattie w. iceberg lettuce, tomato, gherkins & awesome sauce, \$12. 🌱

WINNER OF METRO MAGAZINE BEST GOURMET BURGER 2013

**CHILLI CHICKETTE** – Free range chicken & courgette pattie with spicy harissa, red cabbage, rocket, red onion, cucumber, coriander, mint and Greek yoghurt. Yep, it's a mouthful, \$12. 🌱

**VEGO BURGER** – Puffed quinoa, linseed, sunflower seed and almond crumbed Eggplant with rocket, roasted red pepper and truffle sauce, \$12. 🌱

**BEETLOVERS** – Our angus beef, carrot & beetroot pattie w. beetroot pickle, red chard, red onion, mustard & tomato sauce, \$12. 🌱

**FISHY BURGER** – LSA (linseed, sunflower seed & almond) and panko crumbed market fish w. iceberg, tomato, red onion & spinach tartare sauce, \$14.

Add SWISS CHEESE to any burger, \$2.

## FRESH AS

SUPER SALADS OR BUNDLES

'Super food' is a fancy term for natural foods that are low in energy and high in nutrients, kind of goodness over-achievers. They are superior sources of anti-oxidants and you'll find at least 25 of them on this menu, which is super. Thanks for asking.

**BUNDLE IT** - All our salads are also available wrapped up in a flour tortilla for the same price. Just ask our friendly staff. Our wraps contain gluten, but if you ask nicely we would be delighted to make them gluten free with a couple of tortillas.

**CHICKY KALE CAESAR!** – Poached free range chicken breast, kale, baby cos, shaved parmesan, soft boiled egg, grilled lemon wedge, spelt bun croutons & a tofu, yoghurt & anchovy take on the Caesar dressing, finished with a pancetta twirl, \$14. 🌱

**SLAMMIN' SALMON** – Akaroa salmon, cos, endive, green cabbage, snow pea shoots, watermelon radish, edamame, almonds, grapefruit and our secret dressing, \$16. 🍌 🌱

**REDERGIZE** – Beetroot, carrot, red quinoa, red chard (sometimes kale) groats, puffed quinoa, currants, crushed almonds, flax seeds & miso dressing, \$12. 🌱 🍌 🌱

Extra FREE RANGE POACHED CHICKEN BREAST, \$4.

Extra TERIYAKI AKAROA SALMON, \$6.

ASK FOR YOUR DRESSING ON THE SIDE IF YOU LIKE TO LIVE LIFE ON THE EDGE.

## SIDE RIDE

TO BALANCE YOUR MEAL

A burger is not quite the same without some fries on the side. Only problem is most fries are dripping in fat from the deep fryer. Fortunately we don't have a deep fryer – we bake our chips in the oven. This means they retain all the nutrients and taste like the vegetables they are made from.

**BAKES** – Hand-cut, skin-on agria potatoes & golden kumara w. homemade tomato sauce, \$4 / \$7. 🍌 🌱

**CHILLI BAKES** – Hand-cut, skin-on agria potatoes & golden kumara & dusted in our secret 'chilli seasoning, coriander & served with homemade rocket sauce, \$4 / \$7. 🌱 🍌

**FOOD TRUCK SLAW** – Green cabbage, celeriac, apple, radish and spicy dressing, \$4 / \$7. 🌱 🍌

## MAKE A FUSS

YOU'RE WORTH IT

We care about your dietary requirements, but don't know what they are. Please be careful with any allergies – we want you to come back. Many of our dishes contain nuts.

🍌 = Gluten Free      🍌 = Dairy Free  
🌱 = Can be made GF      🌱 = Vegetarian Option

## CHILL OUT

PROBIOTIC FROZEN YOGHURT SUNDAES

We've got you the leanest, meanest fro-yo we could whip up, full of fancy terms like acidophilus and probiotic, topped up with more of those geeky super foods.

\* **THE WORKS** – A perfectly balanced mix of vanilla frozen yoghurt w. açai berry, apple, blueberry & banana sauce, topped with dark choc, almonds & dried goji berries, \$4. 🍌

\* **AÇAÍ BERRY SAUCE** – Vanilla fro-yo w. açai berry, blueberry & banana sauce, \$3.5. 🍌

\* **CHOC NUT** – Vanilla fro-yo w. dark choc, almonds & dried goji berries, \$3.5. 🍌

\* **VANILLA** – No fancy toppings, just the fro-yo, \$3. 🍌

## THIRST QUENCHERS

OUR TAKE ON FIZZY DRINKS

Homemade sodas, sweetened with agave nectar and/or honey.

\* **GINGER POP** \$5

\* **SOUR LEMONADE** \$5

\* **BASIL, MINT & CUCUMBER** \$5

\* **PASSIONFRUIT FIZZ** \$5

HÖPT SODAS

Deliciously light & clean bottled sodas with half the sugar of regular soft drinks.

\* **SALTED LYCHEE** \$5

\* **PEAR & BASIL** \$5

\* **WATERMELON & MINT** \$5

\* **ELDERBERRY & HERB** \$5

JUICY LUCY BY THE GLASS

\* **ORANGE** \$4      \* **CRANBERRY** \$4

\* **APPLE** \$4      \* **PINEAPPLE** \$4

TEA & COFFEE

EIGHTHTRTY Fair Trade Organic Blend coffee and HARNEY & SONS organic teas.

Black \$3.5 (includes teas)      White \$4      Extras \$.50

## ON TAP... LITERALLY

While beer does not have a lot of health benefits, it goes so well with a burger we just couldn't resist. Sometimes you need to reward yourself for all that healthy eating. Don't undo everything you've done though – try a small lager, a low- alcohol beer or a 50/50 to quench that thirst, you deserve it.

NATURALLY BREWED BEER	SM	MED	1L
Hallertau Lager (No.1)	\$6.5	\$9.5	\$20
Hallertau Ale (No.2)	\$7	\$10	\$22
LOCAL TAP WINE	SM	500ml	
PINOT GRIS - Waimauku	\$8	\$22	
PINOT NOIR - Marlborough	\$10	\$28	

BY THE BOTTLE...

**PURE BLONDE** \$8

**AMSTEL LIGHT** \$8

**HALLERTAU CIDER** \$10

ASK ABOUT OUR BEVERAGE SPECIAL. WE SOMETIMES HAVE ONE.



GOOD TO GO.