

THE MARANUI SURF LIFE SAVING CLUB

(INCORPORATED)

P.O Box 14-393, Kilbirnie

CAFE TELEPHONE: 04 387 4539

OFFICE TELEPHONE: 04 387 2649



THE PARADE, LYALL BAY, WELLINGTON, N.Z.

ELECTRONIC MAIL ADDRESS
cafe @ maranui.co.nz

FOUNDED 1911



SURF SNACKS

10am - 4.30pm

TASTY TOASTIES \$9

Ham, Cheese & Tomato
or Roast Zucchini, Feta, Caramelised Onion, Mint & Rocket
or Salami, Black Olive Tapenade, Fresh Basil, Tomato Salsa & Mozzarella

QUESADILLA W/ FRESH SALSA SIDE \$10

Smoked Mozzarella, Spicy Chorizo, Fresh Tomato & Coriander
or Chargrilled Capsicum & Cashew Pesto, Jalapeño & Rocket

SUPER STEAMED MUSSELS \$14

One Dozen Steamed Mussels in Garlic, Cream & Thyme
w/ Herb Spelt Bread

SHOESTRING FRIES \$6

w/ Maranui Aioli

LIFE SAVING SIDE ORDERS

\$7 Organic Green Side Salad w/
Toasted Sesame Seeds & Maldon Salt ⑦

\$6 Organic Baked Beans ⑦

\$4 Homely Hash Browns ⑦

Manuka Smoked Bacon

Kransky Sausages

Black Pudding

Grilled Haloumi

\$3 Baked Flat Mushroom ⑦

Rosemary Roasted ⑦

Baby Potatoes

Grilled Tomato ⑦

Wilted Spinach ⑦

\$2 Gluten Free Bread

\$1 Hollandaise Sauce

Maple Syrup ⑦

KIDDIES KAI

BOILED FRENZ FREE RANGE EGG & SOLDIERS \$5

PIXIE PANCAKES \$5

w/ Jam & Cream or Maple Syrup

FRUIT TOAST w/ Jam or Honey \$5

HAM & CHEESE TOASTIE \$5

⑦ = vegan

DO NOT PANIC, STAY CALM



AND SIGNAL FOR HELP

THE MARANUI SURF LIFE SAVING CLUB

P.O Box 14-393, Kilbirnie

CAFE TELEPHONE: 04 387 4539

OFFICE TELEPHONE: 04 387 2649



(INCORPORATED)

THE PARADE, LYALL BAY, WELLINGTON, N.Z.

ELECTRONIC MAIL ADDRESS
cafe @ maranui.co.nz

FOUNDED 1911



COOKED BEACH BREAKFASTS 7am - 3pm

5 GRAIN TOAST & SPREAD \$6

Jam, Honey, Peanut Butter, Vegemite or Marmite

TOASTED BEACH BAGEL

w/ Smoked Salmon, Cream Cheese & Fresh Dill \$10

or w/ Grilled Haloumi & Roasted Tomato \$10

or w/ Cream Cheese & Raspberry Jam \$7

AVOCADO & TOMATO ON 5 GRAIN TOAST ⊕ \$10

A Favourite After Swim Super Snack - or - w/ Bacon \$13

BEACH BEAUTY BAKED BEANS ⊕ \$12

Organic Baked Beans on Herbed 5 Grain Toast

MARANUI MUESLI \$11

w/ Fabulous Seasonal Fruit, Yummy Yoghurt & Honey

PENCARROW PORRIDGE \$12

Coconut Porridge w/ Vanilla Feijoa Compote & Toasted Almonds

ORGANIC BUTTERMILK PANCAKE STACK

w/ Stewed Rhubarb, Caramelised Apple & Pears, Yoghurt & Maple Syrup \$13

or w/ Bacon, Banana & Maple Syrup \$14

SEASIDE SCRAMBLED TOFU ⊕ \$15

w/ Wok Fried Vegetables on 5 Grain Toast & Avocado

FRESH FREE RANGE EGGS ON ORGANIC SOURDOUGH \$8

Your Choice of Poached, Scrambled or Fried

EGGS BENEDICT \$15

Two Poached Free Range Eggs on Toasted Organic Sourdough & Hollandaise

w/ Grilled Ham off the Bone - or - w/ Smoked Salmon

VICTORY BREAKFAST \$17.50

(the Vegetarian Selection)

Two Tasty Poached Free Range Eggs on 5 Grain Toast

w/ Baked Flat Mushrooms & Pesto, Tomatoes, Wilted Spinach,

Avocado and Rosemary Roasted Baby Potatoes

⊕ option without Eggs or Pesto

BIG BAY BREAKFAST \$18.50

Two Tasty Poached Free Range Eggs on Organic Sourdough

w/ Manuka Smoked Bacon, Kransky Sausages, Baked Flat Mushrooms & Pesto,

Grilled Tomatoes & Homely Hash Browns

THE FIRE ONLY MADE



THE COFFEE STRONGER