

All day breakfast and lunch menu

please order at the counter

Breakfast dishes

Big Brekkie	28.00
<i>Poached eggs, bacon, roast tomatoes, mushrooms, potato cake, sausages, and 2 pieces of Vogel's toast</i>	
Bacon & Eggs	17.00
<i>Bacon and eggs: poached, scrambled, or fried with 2 slices of toast</i>	
Chicken Liver Paté	16.00
<i>Served with Petit salad, 2 x crispy ciabatta and beetroot jelly</i>	
Black Pudding and Eggs	17.00
<i>With fried green apple and onion, vine tomato and 1 slices sourdough toast</i>	
Shakshuka	17.00
<i>Cooked tomato and chickpea base, served with eggs, and 2 pieces of sourdough</i>	
Savoury Mince on Toast	20.00
<i>With poached egg, and 2 pieces of Freya's toast</i>	
Natural Muesli	15.00
<i>Served with berry compôte, yoghurt, milk, and honey</i>	
Coconut Granola with Baked Apricot	15.50
<i>Honey-roasted dried fruit, nuts, topped with baked apricot and Greek yoghurt</i>	
French Toast	24.50
<i>CHEF'S SIGNATURE DISH: served with bacon, banana, berries, mascarpone and maple syrup (on the side)</i>	
*Dairy Free option available	25.00
Gluten Free option available	25.50
Kumara Cakes	
Topped with poached eggs w hollandaise sauce (on side)	
with mushrooms	20.00
with bacon	21.00
with salmon	24.00
Eggs Benedict	14.00
<i>English muffins served with fresh spinach, 2 poached eggs, hollandaise, and tomato relish</i>	
add bacon	+ 6.00
add salmon	+ 6.00
Keto Eggs Benny	
<i>Housemade Keto English muffins served w fresh spinach, housemade relish, poached eggs and hollandaise</i>	
with mushrooms (3.0 g)	21.00
with salmon (0.5 g)	25.00
with bacon (0.7 g)	25.00

Porridge	15.00
<i>Served with cream, brown sugar, and dried fruit compôte</i>	
Breakfast Rosti	20.00
<i>Served with seasonal greens and 2 poached eggs. Vegan option available</i>	
Open Omelette	18.50
<i>with potato, onion, tomato, and 2 slices of Freya's toast</i>	
add cheese	+ 2.00
add bacon	+ 6.00
add salmon	+ 6.00
add mushrooms	+ 5.00
Creamy Mushrooms	13.00
<i>1 piece sourdough with creamy mushrooms and Parmesan cheese on top</i>	
add egg	+ 4.50
Avocado on Toast	14.00
<i>1 slice toasted sourdough with smashed avocado and 1 poached egg</i>	
Keto Open Omelette	19.00
<i>With onion, tomato, and cheese served with 2 slices of Keto bread (6.40 grams)</i>	
add bacon (0.5 - 0.8 grams)	+ 6.00
add smoked salmon (0.5 - 0.7 grams)	+ 6.00
add button mushrooms (2.3 grams)	+ 5.00
Keto Savoury Waffle	19.00
<i>With 3 strips of bacon, greens, and poached egg</i>	
Keto French Toast	27.00
<i>Served with bacon, banana, berries, cream cheese and sugar-free maple syrup</i>	
Sweet Crêpes	16.00
<i>Served with mixed berries, banana, caramelised pecan, whipped cream, peanut glaze and chocolate glaze. Gluten-free option available</i>	
Sweet Waffle	14.00
<i>Served with whipped cream or ice cream, chocolate syrup, and maple syrup (on the side)</i>	
Savoury Waffle	19.00
<i>Served with 1 poached egg, sautéed mushrooms, gremolata, sautéed greens, and Parmesan cheese</i>	

Extras

Bacon	6.00
Roast tomatoes	5.00
Field mushrooms	5.00
Potato cake	5.00
Smashed avocado	5.00
Creamy mushrooms	6.00
Sausages	5.00
Baked beans	5.00
Black pudding	5.00
Gluten-free toast (x2)	5.00
Spinach	5.00
Salmon	6.00
Kumara cake (x1)	5.00
Extra Toast (Vogel's, Freya's, sourdough, or ciabatta)	2.90
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Keto toast (1 slice)	4.00
Tomato (fresh)	5.00
Smashed avocado	5.00
Spinach (fresh)	5.00
Extra egg (poached / fried / scrambled)	4.50
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Keto bullet-proof coffee	4.30
MCT oil	1.00
add MCT Oil	+ 1.00

Food allergies and intolerances: Please ask a member of staff if you require information on the ingredients in the food we serve

- GF** Gluten-free foods
- DF** Dairy-free foods
- VT** Vegetarian foods = may contain eggs, dairy, cheese
- V** Vegan foods = entirely plant based
- KETO** Ketogenic foods = high animal fat & protein / low carbohydrates

All day breakfast and lunch menu

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Lunch dishes

Soup of the Day (seasonal)	13.90
<i>Served with 2 pieces of ciabatta bread, and butter</i>	
"Chef's Special" Thai Chicken & Cashew Stirfry	20.00
<i>Stirfry chicken with 3 special umami sauce. Served with sticky rice</i>	
Steak Sandwich	31.00
<i>With garlic aioli, onion, slow-roasted tomato and fries</i>	
V Vegan Steak Sandwich	28.00
<i>Comes with grilled sourdough, lettuce, onion, tomato, relish and fries</i>	
VT Mediterranean Dip Platter	16.00
<i>Served with 4 pieces of ciabatta or sourdough, baba ghanoush, olives, sundried tomatoes and hummus</i>	
GF Fries	10.00
<i>Served with aioli and tomato sauce</i>	<i>half fries 6.00</i>
V Kumara Fries	12.00
<i>Served with sweet chilli sauce and sour cream</i>	
B L A T	26.00
<i>Bacon, lettuce, smashed avocado, fresh tomato, Served with fries and garlic aioli</i>	
	<i>GF option available 28.00</i>
Fish and Chips	27.00
<i>2 fillets Served with salad greens, tartare and tomato sauces</i>	
Chef's Pizza of the Day	19.50
<i>Smoked salmon - cream cheese, red onion, spinach, cherry tomato, pesto and mozzarella</i>	
<i>Smoked chicken - cranberry sauce, brie cheese, spinach, mozzarella on tomato paste base</i>	
<i>Hawaiian - ham, red onion, pineapple and mozzarella on tomato paste base</i>	
<i>Pepperoni - mozzarella and pepperoni on tomato paste base</i>	
VT Vegetarian - * Gluten free option available	21.50
VT Salads	17.50
<i>Tossed salad greens, cherry tomatoes, and red wine vinaigrette *crispy bacon optional</i>	
	<i>add smoked chicken 22.50</i>

Gourmet Toasted Sandwich	20.00
<i>Options: ham, cheese, onion, pineapple, tomato. Served with salad greens and fries</i>	
GF	*GF option available 22.50
Gourmet Burgers	23.00
<i>Brioche bun, cheese, fresh tomato, lettuce, aioli, and tomato relish. Served with fries.</i>	
<i>Options: beef, chicken, and falafel</i>	
GF	*GF option available, with fries 24.00
Keto B L A T	25.50
<i>Bacon, lettuce, smashed avocado, fresh tomato and garlic aioli (8.85 grams) with cauliflower chips</i>	
Keto Buddha bowl	18.00
<i>Seasonal vegetables: cauli rice, carrot, cherry tomato, red onion, spinach, cabbage (15 g)</i>	
<i>+ with mozzarella and scrambled egg</i>	
<i>+ with toasted sesame and sunflower seeds</i>	
Keto Garden Salad	17.50
<i>Cherry tomato, cucumber, red onion, lettuce, and mesclun (7.6 g)</i>	
	<i>add smoked chicken (1.89 g) + 6.00</i>
	<i>add bacon (0.5 g) + 6.00</i>
	<i>add mozzarella (0.5 g) + 2.00</i>
Keto Pizzas	22.00
GF	Keto cauliflower pizza crust (3 g pizza base) choose from:
<i>Smoked Salmon w cream cheese, red onion, spinach, cherry tomato, pesto and mozzarella (9 g)</i>	
<i>Hawaiian w ham, pineapple, red onion and mozzarella on a tomato sauce base (15.6 g)</i>	
<i>Pepperoni w mozzarella on a tomato sauce base (9.8 g)</i>	
VT	Vegetarian w capsicum, red onion, zucchini, tomato, spinach and mozzarella on a tomato sauce base (10.6 g)

Kids dishes

Kids Brekkie	11.00
<i>Poached or scrambled egg, bacon, and Vogel's toast</i>	
Pancakes	13.00
<i>Served with jam, butter, whipped cream and maple syrup</i>	
Chicken Nuggets	14.00
<i>Served with fries</i>	
Fish Bites	14.00
<i>Served with fries</i>	

Desserts

Sticky Toffee Pudding	13.50
<i>Combination of 4 spices served with vanilla ice-cream or cream and butterscotch sauce</i>	
Ice Cream Sundae	10.00
<i>Ice cream, served with chocolate glaze, whipped cream, and wafer rolls</i>	
Cakes and Slices	from 6.00
<i>Gluten-free, dairy-free options available. Served with cream or yoghurt.</i>	

Cabinet food

Apart from this menu, we have cabinet food available. Prices vary between \$ 16.00 to \$ 18.00 — dishes come with green salad and dressing, or relish, or chutney, or sour cream on the side

Drinks

Drinks list for coffee and tea, soft drinks, and alcoholic beverages available at the counter

Don't forget to try

Our delicious fine hand-crafted coffee from Coffee Supreme Wellington

coffee
SUPREME
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