

BREAKFAST

available until 11 am

TOAST 11

sourdough, 5 grain or best ugly
bagel with jam

MUESLI 18

coconut milk (vegan)

PORRIDGE 19

coconut milk ,fruit compote

OMELETTES 29

ham, mushroom, cherry tomato, mozzarella ,
red onion omelette

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feta, mushrooms ,cherry tomato omelette

## ALL DAY BREAKFAST

### BUILD YOUR OWN

2 eggs any style

sourdough, 5 grain or bagel 16

substitute kumara rosti +3

sauteed kale 8

kumara rosti 8

halloumi 8

sausage 9

vine tomatoes 8

bacon 9

mushrooms 8

chicken 9

steamed veggies 8

smoked salmon 12

### BREAKFAST WRAPS 19

scrambled eggs, bacon, tomato, mesclun

scrambled eggs, halloumi , tomato, mesclun (V)

### SMASHED AVOCADO & FETA 28

poached eggs, toasted sourdough

add bacon or smoked salmon 31

### CHARGRILLED EGGPLANT & KUMARA ROSTI 28

capsicum salsa, creamy beetroot hummus, crunchy

roasted chickpeas, golden kumara rosti (VEGAN)

½ portion 17.5

### CREAMY MUSHROOMS 30

poached eggs, dukkah, sourdough toast

### EGGS BENEDICT 30

bacon, spinach, hollandaise, english muffin  
with salmon 31

1/2 portion 16.50

with salmon 17.50

## SOUPS 11am

|                                                                  |    |
|------------------------------------------------------------------|----|
| CHICKEN BONE BROTH                                               | 26 |
| shredded chicken, onion, celery, cauliflower , sourdough         |    |
| ½ portion 17                                                     |    |
| SEAFOOD CHOWDER                                                  | 29 |
| prawns, mussels, clam, squid, coconut cream, herbs, garlic bread |    |
| ½ portion 19                                                     |    |

## SALADS 11am

|                                                                                                     |    |
|-----------------------------------------------------------------------------------------------------|----|
| CAESAR SALAD                                                                                        | 25 |
| poached egg, bacon, parmesan, white anchovies, croutons ½ portion 17                                |    |
| CRISPY NOODLE SALAD                                                                                 | 25 |
| mesclun, cucumber, capsicum, tomato, red onion, walnuts, honey balsamic dressing                    |    |
| ½ portion 17                                                                                        |    |
| BEETROOT & FETA                                                                                     | 25 |
| candied walnuts, orange slices, roasted chickpeas, mixed, green goddess dressing                    |    |
| GREEK SALAD                                                                                         | 25 |
| feta, cucumber, red onion, cherry tomato, black olives, mesclun, extra virgin olive oil, pita bread |    |
| ½ portion 17                                                                                        |    |

ADD Tofu or grilled chicken 16  
ADD Grilled salmon, steak or shrimp 20

## POKE BOWLS 11am

|                                                                                                                                       |    |
|---------------------------------------------------------------------------------------------------------------------------------------|----|
| soy cured salmon                                                                                                                      |    |
| teriyaki grilled shrimp, tofu, or crumbed chicken                                                                                     | 30 |
| purple rice, wakame, seaweed, cherry tomato, cucumber, edamame, pickled ginger, toasted sesame, vegan miso mayo,shoyu-sesame dressing |    |

OUR PRODUCTS MAY CONTAIN TRACES OF ALLERGENIC SUBSTANCES

## COFFEE & TEA

|                       |      |
|-----------------------|------|
| FLAT WHITE            | 6.5  |
| CAPPUCCINO            | 6.5  |
| AMERICANO             | 6    |
| HOT CHOCOLATE         | 6.5  |
| SHORT BLACK           | 6.25 |
| LONG BLACK            | 6.25 |
| MACCHIATO - SHORT     | 6.25 |
| MACCHIATO - LONG      | 6.25 |
| PICCOLO               | 6.5  |
| LATTE                 | 6.5  |
| MOCHA                 | 6.5  |
| CHAI LATTE            | 7.5  |
| MATCHA OR TUMERIC     | 7.5  |
| ICED COFFEE           | 7    |
| HARNEY’S TEA          | 6    |
| FLUFFY                | 5    |
| SOY- OAT- ALMOND MILK | 1    |
| EXTRA SHOT            | 1    |

ALLPRESS COFFEE SERVED  
DOUBLE SHOTS



AUCKLAND  
DOMAIN

## WINE

upgrade to large 7

### SAUVIGNON BLANC

Northrow, Marlborough glass 12 bottle 60  
Whitehaven, Marlborough glass 16 bottle 80

### PINOT GRIS

Northrow, Marlborough glass 12 bottle 60  
The Ned, Marlborough glass 16 bottle 80

### CHARDONNAY

Northrow, Marlborough glass 12 bottle 60  
Church Road, Hawke's Bay glass 16 bottle 80

### ROSE

Northrow, Marlborough glass 12 bottle 60  
Pays Du Orc, France glass 16 bottle 80

### REISLING

Koparepare, Marlborough glass 16 bottle 80

### SPARKLING

Vueve de Vernay, Bordeaux demi 15

### PINOT NOIR

Northrow, Marlborough glass 12 bottle 60  
Horatio, Central Otago glass 16 bottle 80

### MERLOT

Tohu, Hawks Bay glass 13 bottle 65

### SHIRAZ

Killibinbin Sneaky, South Australia glass 13 bottle 65  
Barossa Valley Estate glass 16 bottle 80

## BEER

Epic Low Carb -Heineken-Heineken Light-  
Heineken 0 -  
Montheiths Crushed Apple Cider  
9  
Liberty Brewing Halo Pilsner 5.4% -Little  
Creatures Pale Ale 5.2% - Panhead  
Quickchange XPA 4.5% -  
12  
Heineken Pint 16

## MAINS

11am

SPAGHETTI BOLOGNESE 27  
parmesan, garlic bread

TERIYAKI BOWL 28  
chicken or tofu, seasonal vegetables, mesclun,  
pickled ginger, sesame seeds, chili, purple rice

LAMB SKEWERS 30  
tzatziki, hummus, greek salad, pita

BEER BATTERED FISH 30  
shoestring fries, seasonal salad  
substitute roast potato +3

GRILLED CAULIFLOWER STEAK 30  
roasted chickpeas, grilled green beans, dukkah, red  
coconut curry  
add 120gms Chicken 9

STEAK & EGGS 34  
shoestring fries, seasonal salad  
substitute roast potato +3

BRAISED BEEF CHEEKS 34  
red onion, potato, carrot, pumpkin, beetroot, red  
wine jus, parsley

PAN SEARED SALMON 36  
sweet roasted beets, a bright mint, basil, herb  
yogurt sauce, micro greens on kumara rosti

MISO ROASTED SALMON 36  
green beans, roasted pumpkin, potato

## BITES

11am

SHOESTRING FRIES 14  
KUMARA FRIES 16  
WEDGES 16  
ONION RINGS 16  
PARMESAN TRUFFLE FRIES 20  
CAMEMBERT BITES 20  
CRISPY SQUID BITES 23

JOIN US FOR LIVE IN THE LOUNGE  
Great local entertainment  
friends and family always welcome  
FRIDAYS FROM 6pm

## SMOOTHIES

PEANUT BUTTER & BANANA 15

DETOX 15

blueberries, banana, dates, boysenberries

REBOOT 15

mango, pineapple, banana, passionfruit

BOOSTER 15

mango, banana, spinach, lime

ENERGIZE 15

strawberries, apple, pear, pineapple dates

PEANUT BUTTER CRUNCH 15

almond milk, peanut butter, flax seeds, banana protein (vegan)

BERRIES & COCONUT 15

coconut water, berries flax seed, lemon, banana pea protein (vegan)

INCREDIBLE BULK 17

milk, egg white, banana, peanut butter, almonds, vanilla protein powder

GREAT GAIN 18

almond milk, cacao powder, dates, banana, peanut butter, chocolate protein powder

add coffee shot 2 egg white 2

banana 3 spinach 3 flax seeds 3

## PROTEIN POWDER

RASPBERRY ELECTROLYTES 4

CREATINE SHOT 4

VEGAN 6.5

vanilla, chocolate, banana

100% WHEY 6.5

chocolate, vanilla

WHEY PROTEIN 6.5

vanilla, chocolate, cookies & cream

MUSCLE BUILDER 6.5

chocolate water base

## KIDS MEALS

12's AND UNDER

18

Includes a free karma beverage

CHICKEN & CHIPS

CHEESE PIZZA

HAWAIIAN PIZZA

SPAGHETTI BOLOGNESE

MILK SHAKES 11

CHOCOLATE, VANILLA, BANANA, HAZELNUT, CARAMEL OR BUTTERSCOTCH

CHEEKY MONKEY MILKSHAKE 12

BANANA, CACAO POWDER, DATES

FRIDAY FUN NIGHT

Tennis, Games & Pizza

FROM 5:30PM - 8:30PM

AGES 5-13

bookings at reception

## JUICES

CARROT JUICE 13

CELERY JUICE 13

CARROT & CELERY JUICE 13

HEALTH KICK 14

apple, carrot, celery & ginger

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