



# Breakfast

available from 8–10am

**drinks not included**

homemade gf muesli [df, v, gf]

a mixture of nuts, seeds and dried fruit served with apple sultana compote and coconut yoghurt, with your choice of milk. contains nuts

french toast [df, v]

french toast with coconut yoghurt, berry ginger compote and pear chips.

kimchi breakfast bowl [df, v]

roasted potatoes, kumara, beetroot, feta, green onions, greens, kimchi and two fried eggs or scrambled tofu

spinach soft taco [gf, v]

black bean salsa, crispy black beans, pea hummus, red sauerkraut, served in house-made red lentil and spinach tortilla and cheese, served with a choice of chorizo or scrambled tofu and salad greens.

breakfast stack\* [v]

two poached eggs, sourdough bread, avocado mash, feta, sundried tomatoes, greens, and sprouts, dukkah, balsamic dressing, your choice of bacon or halloumi.

nourish plate [v,df,gf]

poached eggs, gluten free bread, pea hummus, grilled mushrooms, mesclun salad, house-made sauerkraut, dukkah. option of scrambled tofu

kumara and greens bowl [vg,df,gf]

roasted kumara, kale, mushrooms, onions, garlic, dukkha, sauerkraut.

\*gluten free bread available on request

## tasty additions

add for \$8 – bacon | halloumi | cold smoked salmon

add for \$5 –sourdough bread | salad

## Kids menu \$15

one egg your way, house-made sourdough bread, choice of bacon or halloumi french toast

with coconut yoghurt, berry ginger compote and pear chips

our small team work hard to make our set menu amazing so changes to dishes are not always available

v = vegetarian | vg = vegan | df = dairy free | gf = gluten free

\*Please advise the waiting team if you have any allergies