

Allpress Coffee

from \$3.50

as you
like

Moccamaster filter

4.50

Single origin brew

always quick, always changing, always bottomless

FORAGE + BLOOM

Loose leaf organic teas

4.50

English Breakfast

Earl Grey

Gunpowder green and lemon verbena

Chamomile, rose, lemon balm, rooibos

Fresh lemon, honey & ginger

5.50

Turmeric latte with almond milk

8.50

Counter

Food

Daily Sandwich	8.50	
Savoury tart	9.50	
Seasonal vegetable frittata	7.00	GF
Galette	8.50	
Risotto cake	7.00	GF
Savoury pie	10.50	
Sausage roll	6.00	
Cheese bacon scone / bran raisin muffin	4.50	
add... choice of daily side salad	+6.50	GF

PICNIC treats

Morning pastries	5.50	
Filled donuts	5.50	
Cookies	3.00	
Iced cakes / sweet loaves	6.50	
Slices	4.50	
Chocolate brownie / raw muesli bar	5.50	GF

Smoothies

8.50

Cacao pea protein powder, banana,
dates, almond milk

Leafy greens, kiwifruit, coconut water, chia

Berries, yoghurt, honey, orange juice

Fresh Juices

Orange

Beetroot, carrot, apple, ginger

Carrot, apple, ginger, lemon

7.50

Turmeric tonic;
fresh turmeric, lemon, honey, chilli

All Day Breakfast

Poached eggs and toast
sourdough / wholegrain / gluten free
add...

12.50

extra toast slice / extra egg

+3.50

wilted greens / half avocado / housemade kimchi

+5.50

house smoked salmon / bacon

+8.50

Eggs Benedict

Turkish toast, poached eggs,
& hollandaise with bacon
or house smoked salmon

19.50

Avocado, tomato & basil on wholegrain toast

16.50

Breakfast Bowls

Raw Energy sprouted muesli with
blackcurrant, fig, yoghurt & fruit compote

14.50

Coconut macadamia granola with

fresh orange, tahini & whipped coconut cream

Daily Salads

regular

9.50

Always vegan, always gluten free,
always three to choose from

large

13.50

add...

feta / half avocado /

toasted seeds / housemade kimchi /

soft boiled egg / silken tofu /

root vegetable hummus

one

+3.00

two

+5.00

three

+7.00

Grilled Sandwiches

12.50

GF
available

- Roasted vegetables, house made pesto, spinach, feta, Turkish bread
- Croque monsieur; ham, Swiss cheese, béchamel sauce, mustard, sourdough
- Reuben; corned beef, Swiss cheese, kimchi, mustard, wholegrain

PICNIC

Picnic is our stand alone food store / bakery where all our bread is baked / visit us in Ahuriri on Mahia Street

Have two slices here

8.50

wholegrain / sourdough / gluten free
served w/ butter & house made preserves / nut butter

Take a loaf home

Orders welcome & encouraged

Wholegrain cereal loaf

100% sourdough, six seeds, rye, spelt,
& wholegrain flours

6.50

Sourdough

100% sourdough, crusty on the outside,
soft on the inside

6.50

Gluten free

Seeded loaf delivered every Friday
(contains egg)

12.50

All Day Lunch

Roasted pumpkin

beluga lentils, walnuts, pomegranate, mint, cashew cream

16.50

Smoked fish cakes

house made creme fraiche, capers, choice of daily salad

16.50

Albion chicken salad

seasonal, fresh, flavour changes daily

18.50

Organic beef lasagne

handmade pasta, tomato sauce, choice of daily salad

16.50

Lean protein

daily choice of rare beef, poached chicken, or house smoked salmon

Add... choice of daily salad

10.50

+8.00