



Our food philosophy is based on the  
“Eco Gastronomy” concept, which has strong  
connections between our planet and what, and how we eat.

All ingredients are fresh, seasonal and locally grown.

We have strived to retain their full nutritional value.

We believe eating is for the health of body, mind and soul.

Bon Appétit!

Jinu Abraham

Executive Chef



*GST included*  
*20% surcharge applies on public holidays*

## BREAKFAST Time - 0700hrs to 1130hrs

Smoothies & freshly squeezed juices	\$7
Banana & bran muffins <i>Spiced eggless muffins served with soy cream</i>	\$3.5
Spinach & sunflower seed muffins <i>Savoury eggless spinach &amp; sunflower seed muffin served with Olivani</i>	\$3.5
Almond & coconut cake <i>Almond meal &amp; coconut, soy icing &amp; pistachio</i>	\$4
Soyurt parfait with cranberry muesli & grated apple	\$6
Berries, macadamia & buckwheat pancakes <i>Maple syrup &amp; grilled banana</i>	\$12

## LUNCH Time - 1200hrs to 1400hrs

Ginger marinated organic tofu skewer <i>Preserved lemon with coriander cous cous</i>	\$15
Avocado & tomato sandwich <i>Mango chutney, red onion, lettuce &amp; herb dressing</i>	\$15
Panzanella salad <i>Italian bread salad with olives, capers &amp; tomatoes</i>	\$16
Wholemeal pumpkin pansotti <i>Spinach with garlic sauce &amp; soy parmesan (diced pumpkin as garnish)</i>	\$17
Mushroom & tofu wrap <i>Grilled mushroom with tofu, turmeric root, thyme &amp; vegan pesto</i>	\$16

**If you have a query regarding food allergens, please ask a member of our staff who will be happy to assist**

## HIGH TEA Time - 1430hrs to 1630hrs

Price per person \$21

Selection of sumptuous sandwiches

*Wholemeal sandwich with avocado, hummus & cucumber*

*White bread sandwich with tomato, basil & vegan cashew cheese*

Brownie bites

*Petit cupcakes with chocolate*

Cranberry, orange & ginger scones

*Served with strawberry jam & soy cream*

Fruit tartlets

*Butterless pastry filled with fruits in season*

Vanilla macaroons

*Gluten free coconut & vanilla macaroons*

Chocolate dipped apricots

*New Zealand apricots dipped in bitter chocolate*

Freshly brewed coffee or tea of your choice

## Petit Fours

Apricot & almond truffles

\$6

*Raw almond, apricot & carob flavoured balls, carob is a tropical pod made into a sweet powder that resembles cocoa & is caffeine free*

Fig & pistachio baklava

\$6

*Pistachio & fig in filo pastry roll*

Raspberry & anise center chocolog

\$6

*Petit chocolate log, aniseed & raspberry center*

Apricots filled with tahini & orange

\$6

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## TAPAS MENU Time - 1700hrs to 2300hrs

Choose any three for	\$22
Selection of olives <i>Marinated in garlic &amp; rosemary</i>	\$9
Spiced macadamia <i>Olive oil &amp; sweet paprika</i>	\$9
Pickled garlic <i>Marinated in garlic &amp; rosemary</i>	\$9
Pickled cabbage <i>With crusty bread</i>	\$9
Clevedon confit green tomato <i>New season garlic pickled with herbs</i>	\$9
Baked filo cigars with tempeh & cauliflower <i>Beetroot chilli relish (allow twenty minutes cooking time)</i>	\$9
Crisp polenta <i>With paprika flavoured tomato</i>	\$9
Catalan style spinach <i>Sweetcorn dumpling</i>	\$9
Truffle oil marinated field mushrooms <i>On chickpea puree with black olive paste</i>	\$9

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## Hot Beverages

Selection of herbal teas	\$4
Short black, long black	\$5
Soy macchiato, soy ristretto	\$5
Soy flat white, soy cappuccino, soy latté	\$5
Soy moccachino, soy hot chocolate	\$5

**Our coffees are sustainable, fair trade & made with a choice of soy or rice milk**

## Special Coffees

Café society	\$10
<i>Espresso, bailey's kahlua &amp; cream</i>	
Irish coffee	\$10
<i>Espresso, Irish whisky &amp; cream</i>	
Jamaican coffee	\$10
<i>Espresso, tia maria &amp; cream</i>	
Mexican coffee	\$10
<i>Espresso, kahlua &amp; cream</i>	

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## Smoothie Selection

Classic Banana	\$7
<i>Banana, trim milk or soy, frozen yoghurt &amp; honey</i>	
Nutrablast	\$7
<i>Banana, oats, honey, peanut, trim milk &amp; frozen yoghurt</i>	
Tropical Mix	\$7
<i>Pineapple, mango, strawberries, strawberry yoghurt &amp; banana</i>	
Mango Tango	\$7
<i>Mango, banana, passionfruit, frozen yoghurt &amp; orange</i>	
Strawberry Blast	\$7
<i>Strawberries, strawberry yoghurt, banana &amp; apple</i>	
Fresh Spirulina	\$7
<i>Banana, kiwifruit, apple, honey, frozen yoghurt &amp; spirulina shot</i>	

## 100% Fresh Juices

Zinger	\$7
<i>Carrot, apple &amp; orange</i>	
Vitamin C	\$7
<i>Pineapple, lemon &amp; orange</i>	
Think Healthy	\$7
<i>Pineapple, kiwifruit &amp; apple</i>	
Liver Lover	\$7
<i>Carrot, apple, beetroot &amp; ginger</i>	
Energizing	\$7
<i>Strawberry, pineapple &amp; apple</i>	
Detox	\$7
<i>Carrot, apple, beetroot, ginger &amp; celery</i>	

## Wine Selection

glass    bottle

### Champagne

Mumm Cordon Rouge 375 mls Reims France	\$19	\$50
Mumm Cordon Rouge Reims France		\$95
Möet et Chandon		\$100

### Méthode traditionnelle

Deutz Marlborough Cuvée NV	\$17	\$72
Daniel Le Brun Marlborough	\$12	\$65
Brancott Estate Reserve Brut Cuvee	\$11	\$42

### White Wine

#### Chardonnay

Church Road Cuve Hawkes Bay	\$14	\$57
Wither Hills Wairau Valley	\$13	\$52
Huntaway Reserve Gisborne	\$12	\$51
Montana Classic Gisborne	\$10	\$42
Cottage Block Hawkes Bay		\$72
Boundary Vineyards Tuki Tuki Road Hawkes Bay		\$44

#### Sauvignon Blanc

Yealands Estate Awatere Valley Marlborough	\$14	\$55
Stoneleigh Marlborough	\$13	\$52
Wither Hills Wairau Valley	\$12	\$49
Montana Classic Marlborough	\$10	\$42
Triplebank Awatere Valley Marlborough		\$50
Mt. Difficulty Marlborough		\$52
Brancott 'B' Marlborough		\$62

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glass    bottle

## Aromatics

Te Whare Ra Gewurztraminer	\$15	\$65
Triplebank Pinot Gris Awatere Valley Marlborough	\$14	\$55
Martinborough Manu Riesling	\$13	\$49
Peter Yealand Pinot Gris Marlborough	\$12	\$46
Trinity Hill Viognier	\$11	\$42

## Red Wine

### Pinot Noir

Soho Pinot Noir Central Otago	\$16	\$59
Triplebank Awatere Valley Marlborough	\$14	\$52
Peter Yealands Central Otago	\$14	\$52
Brancott Estate Living Land Marlborough	\$11	\$44
Gibbston Valley Central Otago		\$78
Oyster Bay Central Otago		\$60
Mt. Difficulty Roaring Meg Central Otago		\$56
Kopiko Bay Marlborough		\$48

### Syrah

Corbans Private Bin Hawkes Bay	\$13	\$53
Lake Road Gisborne	\$12	\$52
Trinity Hill Shiraz Hawkes Bay		\$65
Coupers Shed Hawkes Bay		\$58

glass    bottle

## Red Blends

Cottage Block Ruahine Merlot Hawkes Bay	\$19	\$85
Stoneleigh Merlot Marlborough	\$12	\$50
Tom McDonald		\$225
Church Road Merlot Cabernet Hawkes Bay		\$61

## Dessert Wine

Saints Gisborne Noble Semillon	\$11	\$40
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## Apéritif

Campari	\$7
Dubonnet	\$7
Martini Bianco	\$7
Martini Dry	\$7
Martini Rosso	\$7
Noilly Prat	\$7
Pernod	\$7
Pimms	\$7

## Rum

Coruba	\$7
Bacardi	\$8
Havana Club	\$8
Appleton Estate	\$8
Bundaberg	\$8

## Vodka

Smirnoff Red	\$7
Stolichnaya	\$8
Absolut	\$8
42 Below	\$8
Grey Goose	\$8

## Gin

Gordon's	\$7
Tanqueray	\$8
Bombay Sapphire	\$8

## Whisky

JW Red	\$7
Tullamore Dew	\$7
Jamesons	\$7
Canadian Club	\$7
JW Black	\$8
Chivas Regal	\$10
JW Blue	\$25

## Single Malt

Glenfiddich 12 year old	\$8
Glenfiddich 15 year old	\$10
Glenfiddich 18 year old	\$12
Talisker	\$10
Laphroaig	\$10

## Bourbon

Jim Beam	\$8
Jack Daniels	\$8
Wild Turkey	\$8

## Tequila

Jose Cuervo 1800	\$8
Pepe Lopez	\$7

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## Port & Sherry

Dow's 10 yrs	\$10
Dow's Fine Ruby	\$7
Dow's Fine Tawney	\$8
Harvey's Bristol Cream	\$8
Tio Pepe	\$8

## Cognac & Brandy

De Valcourt	\$7
Chatelle	\$8
Courvoisier V.S.	\$8
Courvoisier V.S.O.P.	\$13
Hennessy V.S.O.P.	\$12
Hennessy X.O.	\$25
Rémy Martin V.S.O.P.	\$12
Rémy Martin X.O.	\$28

## Liqueurs

Baileys	\$9
Crème de Menthe	\$9
Cointreau	\$9
Drambuie	\$9
Tia Maria	\$9

## Beer

DB Export Gold	\$8
Lion Red	\$8
Speights Gold	\$9
Steinlager Classic	\$9
Steinlager Premium Light	\$9
Lite Ice	\$9
Ice Beer	\$9
Mac's Gold	\$9
Mac's Springtide	\$9

## Premium

Steinlager Pure	\$10
Cascade	\$9
Heineken	\$10
Corona	\$10
Stella Artois	\$10
Becks	\$10
Budweiser	\$10
Guinness Draught	\$12
Isaac Apple Cider	\$10
Founder's Organic	\$16

## Non Alcoholic Drinks

Seasonal fresh fruit or vegetable juice	\$7
Mac's Ginger Beer	\$6
Waiwera Infinity sparkling or still water 500ml	\$6.50
Waiwera infinity sparkling or still water 1000ml	\$9.50
Juices	\$5
<i>Cranberry, orange, apple, pineapple, grapefruit, tomato</i>	

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## Cocktails

Brandy Alexander	\$13
<i>Brandy, crème de cacao, cream</i>	
Cosmopolitan	\$13
<i>Vodka, freshly squeezed lemon, triple sec &amp; cranberry juice</i>	
Long Island Ice Tea	\$16
<i>Vodka, gin, bacardi, tequila, triple sec &amp; coke</i>	
Classic Martini	\$11
<i>Gin &amp; dry vermouth</i>	
Pina Colada	\$13
<i>Bacardi, malibu, coconut cream &amp; pineapple juice</i>	
Toblerone	\$16
<i>Frangelico, baileys, crème de cacao &amp; tia maria</i>	
Margarita	\$13
<i>Tequila, triple sec &amp; lime juice</i>	
Manhattan	\$13
<i>Whiskey, sweet vermouth &amp; bitters</i>	
Pimms	\$13
<i>Pimms, lemon juice &amp; dry gingerale</i>	
Rusty Nail	\$13
<i>Whisky &amp; drambuie</i>	