





BRUNCH

<b>Acai Smoothie Bowl (v)</b> Oat & pepita granola, kiwifruit, blueberries, apple, shaved coconut, almond butter, coconut yoghurt	17	<b>Kawau Benny (gf)</b> Leek & kumara rosti, wilted greens, poached eggs, hollandaise. Choice of salmon, bacon or pulled beef brisket	23
<b>Oat &amp; Chia Porridge (v)</b> Spiced berry poached pear, super food dukkah, coconut milk	16	<b>Shakshuka</b> Baked eggs, cannellini beans, smokey chorizo, tomatoes, labneh, grilled focaccia	18.5
<b>Sambal Scramble</b> Streaky bacon, fried chili, manchego cheese, crispy shallots, coriander, tomato chutney, chili threads, organic sourdough	17.5	<b>Sweetcorn &amp; Kale Fritter (vg)</b> Flame roasted red pepper coulis, kale chips, cumin yoghurt, dukkah, grilled haloumi. + bacon 4	21
<b>Kawau Kai</b> Pork & fennel sausage, streaky bacon, mushroom medley, vine tomato, herbed potato rosti, poached eggs, beetroot & feta pesto, organic toast	23	<b>Beetroot &amp; Citrus Cured Salmon</b> Salsa verde, pickled salad, preserved lemon crème fraiche	17.5
<b>Lazy Sunday (vg)</b> Kawau granola, vanilla labneh, macerated berries, crushed avocado & edamame on organic grain toast, cured salmon, dukkah poached egg, beetroot pesto, corn pakora, OJ + bacon 4	25	<b>Heirloom Bruschetta (vg)</b> Stracciatella, #29 olive oil, balsamic, olive crumbs, ciabatta, fresh herbs, salsa + cured salmon 6	19
<b>Rhubarb &amp; Apple Crumble French Toast (vg)</b> Spiced baked apple, stewed rhubarb, crumble, brioche, crème patisserie, apple crisps	21	<b>Ancient Grain &amp; Chicken Salad</b> Activated grains, currants, spring onion, fresh kale, beetroot hummus, chargrilled Moroccan chicken, cumin yoghurt	19
		<b>I Just Want Some Eggs</b> Poached / Fried / Scrambled on organic sourdough + bacon 4 + vine tomato 4 + sautéed greens 5	11

GRINDERS

<b>Glazed Duck</b> Vietnamese slaw, nam jim dressing, kewpie mayo, sesame seeds, crispy shallots, coriander	18.5
<b>Philly Steak</b> Sirloin, onions, pimento peppers, provolone cheese, spiced mayo	
<b>Soy Honey Chicken</b> Asian slaw, house pickles, carrots, fried shallots, toasted nuts & seeds, chili jam	



**v** = vegan  
**vg** = vegetarian  
**gf** = gluten friendly  
**df** = dairy free  
We value the health of our customers. Please advise us of any dietary needs

NOURISH BOWLS

<b>Goodness Bowl (v) (gf)</b> Teriyaki tofu, pumpkin, broccoli, spinach & kale, shredded carrots, edamame, tumeric & cumin hummus, toasted pepita, beetroot tahini dressing + haloumi 6 + poached egg 3	17.5
<b>Korean Fried Chicken Bowl (gf)</b> Crunchy cos, Asian slaw, broccoli, pickled salad, toasted sesame & cashews, fried shallots, gochujang mayo, fried vermicelli, sprouts	18.5
<b>Bibimbap Bowl (gf)</b> Bulgogi beef, shredded carrots, scallions, sautéed spinach, bean sprouts, kimchi, fried egg, kewpie mayo, rice	18.5



CLEAN LEAN SMOOTHIES

<b>Kawau Green</b> Spinach, banana, almond milk, avocado, good green spirulina	9.9
<b>Golden Sunrise</b> Organic turmeric, coconut milk, banana, cinnamon, vanilla protein	
<b>Summer Berry</b> Oats, banana, berries, almond milk, strawberry protein	
<b>Nuts About You</b> Peanut butter, cacao, almond milk, banana, chocolate protein	

ESPRESSO

Black	4
White	4.5
Mocha	5
Hot Chocolate	5
Chai	5
Golden Turmeric Latte	5
Iced Coffee / Chocolate	7.5
<b>extras:</b> large, cream, almond milk, soy milk	0.8
coconut milk	1

ORGANIC TEAS BY BOHEMIA

English Breakfast, Earl Grey, Peppermint Mate, Jasmine Green, Turmeric Tonic, Hibiscus Rose Petal, Elderflower Tonic	
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REMEDY KOMBUCHA

Lemon & Ginger, Hibiscus Kiss, Original	7.5
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MISTY DAY PLANT POTIONS

<b>Cosmic</b> for vitality blue spirulina – pineapple - ginger - tulsi	7
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<b>Bliss</b> for a happy outlook raw organic cacao – turmeric – four tonic herbs	
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<b>Shroom</b> for a sharper mind raw organic cacao – peppermint – spices - lions mane gotu kola	
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<b>Beauty</b> for a flawless complexion organic matcha – marine collagen – amla – vanilla	
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HOUSE SODAS & JUICES

<b>Orange, Apple</b>	6
<b>Pineapple &amp; Mint</b>	6
<b>Ginger, Juniper &amp; Lime</b>	6
<b>Strawberry &amp; Basil</b>	6
<b>Six Barrel Carbonates</b> Cola, Lemonade, Ginger Beer	6
<b>Vista Sparkling Waters</b> Feijoa, Berry, Lemon	6
<b>Antipodes Still/Sparkling</b>	5

URBANAUT BEERS

“Urbanaut beers are designed to celebrate the cities that inspired their creation. Whether you know the destination well, or yearn to explore it someday, every sip will give you a taste of the culture no matter where you are in the world.”

Kingsland Pilsner	10	<b>Low Alcohol Beers</b>	
Brixton Pale Ale	10	Croucher Low Rider	10
Gastown Red IPA	11	Garage Project Fugazi	10
Williamsburg IPA	12		

SPARKLING WINE

<b>Mionetto Prestige Prosecco DOC Treviso 200ml</b>	12
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<b>Mionetto Prestige Prosecco DOC Treviso 750ml</b> <i>Effortless style and sophistication from this world-wide Italian star, refreshing enough to enjoy from lunch right through to the evening</i>	45
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<b>J Lassalle Preference 1er Cru Brut NV Champagne</b> <i>Helmed by three generations of women, superb delicacy and unassailable quality</i>	130
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WHITE WINE

<b>Framingham Nobody’s Hero Marlborough Sauvignon Blanc 2017</b> <i>Fresh and crisp with lemon, currant &amp; herb rhythms</i>	9	45
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<b>Rimu Grove Bronte Nelson Pinot Gris 2017</b> <i>Almond and pear is entwined with spicy floral characters, textural and rich</i>	11	57
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<b>Kumeu River Village Chardonnay 2016</b> <i>Alluring stonefruit and citrus, a masterclass in Chardonnay from Michael Brajkovich MW</i>	10	50
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RED WINE

<b>Escarpment The Edge Pinot Noir Martinborough 2016</b> <i>From ‘Mr Pinot Noir’ Larry McKenna, a drink-now Pinot Noir with a great backbone and a long lingering finish</i>	13	65
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<b>Seresin OSIP Pinot Noir Marlborough 2016</b> <i>Organic, Biodynamic and no added sulphur. A pure reflection of Seresin, with a subtle power and depth</i>	15	80
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<b>Brookfield's Cabernet Sauvignon Hawkes Bay 2016</b> <i>New Zealand’s oldest boutique winery, a dark smoky aromatic air with hints of cassis and liquorice</i>	9	45
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<b>Matawhero Church House Malbec Gisborne 2015</b> <i>Aromatic notes of plum, dark fruits and herbs. The palate is big and fruity with a ripe tannic finish</i>	13.5	70
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<b>Rabbit Ranch Pinot Rose Central Otago 2017</b> <i>The refreshingly dry palate allows the delicate fruit and classic cool climate mineral acidity to shine through</i>	13.5	70
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