

BREAKFAST MENU ~ Available for Pick-Up

Kawau Granola (ve) 18.0
Housemade super grain granola, vanilla labneh, seasonal fruit, berry coulis

Apple & Rhubarb Porridge (v) 18.0
Cinnamon crumble, freeze dried rhubarb, candied walnuts

Chilli Scramble (v) 19.0
Manchengo cheese, crispy shallots, coriander, kimchi & chilli sauce, fermented chilli oil on sourdough

Kawau Benedict (gf) 24.0
Free range poached eggs, sautéed spinach, chilli & yuzu hollandaise on kumara & leek rosti (choice of streaky bacon / beetroot and citrus cured salmon / braised bbq beef brisket)

Madras Mince 21.0
Gourmet grass fed beef mince, fried egg, labneh, coriander on Turkish pide

Smashed in Japan 21.0
Edamame & avocado smash, whipped feta, torahashi poached egg, lotus crisps, sprouts & freeze dried kimchi
+halloumi 6, +bacon 5, +cured salmon 7

Kawau Kai 25.0
Free range pork & fennel sausage, streaky bacon, herbed portobello mushrooms, vine tomatoes, herbed potato røsti, poached eggs, beetroot hummus & grain toast

Ricotta Hot Cakes (v) 21.0
Citrus curd, macerated berries, vanilla mascarpone, chocolate shards, freeze dried berries

Breakfast Salad (v) (gf) 21.0
Broccoli & kale salad, buckwheat, pumpkin purée, cherry tomatoes, portobello mushroom, flaxseed cracker, miso dressing, & poached egg
+vine tomatoes 6, +halloumi 6, +bacon 5

I Just Want Some Eggs 12.0
Free Range Eggs Poached/ Fried/ Scrambled
+streaky bacon 5, + half avocado 5, +cured salmon 7, +vine tomatoes 6, +halloumi 6, +herb roasted mushrooms 6

LUNCH MENU ~ Available for Pick-Up

Sunfed Bowl (ve) (gf) 23.0
Teriyaki chicken (plant based), broccoli, spinach & kale, edamame, sprouts, beetroot, pepitas, herb dressing
+ halloumi 6

Korean Fried Chicken Bowl (gf) 23.0
Cos lettuce, Asian slaw, broccoli, house pickles, toasted sesame & cashew, fried shallots, vermicelli, sprouts, coriander

Bibimbap Bowl (gf) 23.0
Bulgogi beef, carrots, slaw, sautéed spinach, bean sprouts, kimchi, fried egg, kewpie mayo, rice

Mie Goreng 23.0
Wok fried Asian greens, noodles, soy honey chicken, crispy shallots, roasted peanuts, prawn crackers, coriander, egg & pickles

Wagyu Beef Burger 25.0
Grass fed patty, cos lettuce, gruyere cheese, McClures pickles, BBQ chipotle sauce & hand cut fries

Honey Soy Chicken Burger 25.0
Asian slaw, pickles, fried shallots, chili jam, kewpie mayo, toasted nuts and seeds & hand cut fries

Creamy Mushroom & Sage Gnocchi (v) 21.0
Gnocchi, mushroom medley, parmesan & sage
+bacon 5

FRESHLY BAKED

Sweet Muffin 5.5

Banana Loaf 5.5

Scones 5.0
Sweet or savoury

Almond Croissant 6.0

Healthy Treats (gf) (ve) 7.0
Snickers Bars or Paleo Muesli Bars

Sweet Slices (gf) 5.5
Chocolate brownie or caramel slice or raspberry slice

Sides

Half avocado (seasonal) 5.0

Halloumi 6.0

Sautéed greens (kale & spinach) 5.0

Streaky bacon 5.0

Free range pork & fennel sausage 5.5

Mushroom medley Vine tomatoes 6.0

Sunfed plant based chicken 6.0

Beetroot & citrus cured salmon 6.5

Artisan toast & preserves 8.5

Hand cut fries w/ aioli 9.5

“We value the health of our customers. Please advise us of any dietary needs”

v = vegetarian

ve = vegan

gf = gluten friendly

K

COFFEE

Flat White 4.5

Latte 4.5

Cappuccino 4.5

Piccolo 4.0

Mocha 5.0

Hot Chocolate 5.0

Chai 5.0

Iced Coffee 7.5

Iced Chocolate 7.5

Iced Americano 5.0

Long Black 4.0

Options (only for – Flat White, Latte, Cappuccino, Mocha)
Regular, Large 80c, Soy \$1, Almond \$1, Coconut \$1, Trim, Decaf

TEA

English Breakfast 5.0

Earl Grey 5.0

Peppermint Maté 5.0

Jasmine Green 5.0

Turmeric Tonic 5.0

Hisbiscus Rose Petal 5.0

Elderflower Tonic 5.0

SMOOTHIES

Kawau Green 9.9
Spinach, banana, avocado, green spirulina, almond milk

Golden Sunrise 9.9
Turmeric, banana, cinnamon, vanilla pea protein, coconut milk

Summer Berry 9.9
Mixed berries, banana, strawberry pea protein, almond milk

Nuts About You 9.9
Pics peanut butter, cacao, banana, chocolate pea protein, almond milk

WELLNESS DRINKS

Love Kombucha 9.0
Lavender, rose-hip, hibiscus, vanilla

Warrior Kombucha 9.0
Lemongrass, ginger, thyme, turmeric

Gypsy Kombucha 9.0
Juniper, star anise, cardamom, angelica

Arepa (nootropic brain drink for mental clarity) 7.0
Blackcurrant extract, pine bark extract, L-Theanine

Goju Immunity Shots 6.0
Turmeric or ginger

ALMIGHTY SODAS & JUICES

Karma Cola 6.0

Lemmy Lemonade 6.0

Gingerella 6.0

Carrot, Orange & Turmeric 7.0

Beetroot, Black Currant & Ginger 7.0