

## ALL DAY BREAKFAST MENU

**Breakfast Tasting Board (v)** 29  
Granola pot, avocado & edamame crush, grain toast, dukkah poached egg, cherry tomatoes, cumin yogurt, pakoras & orange juice  
+ halloumi 6, + cured salmon 7

**Kawau Benny (gf)** 28  
Sautéed spinach, free range poached eggs, chilli & yuzu hollandaise, kumara & leek rösti  
(choice of house cured salmon / streaky bacon / pulled lamb)

**Kawau Kai** 28  
Free range pork & fennel sausage, streaky bacon, vine tomatoes, sautéed greens, herbed potato rosti, poached eggs, beetroot hummus & grain toast  
+creamy mushrooms 7

**Green With Envy (v) (gf)** 25  
Roast pumpkin, broccoli, kale & quinoa, free range poached egg, herb hollandaise, hummus, sliced almonds, pomegranate dressing  
+halloumi 6, +bacon 5

**Elderflower & Lemon Hotcakes (v)** 24  
Lemon curd, vanilla mascarpone, torched meringue, white chocolate shards, elderflower syrup, dried flowers  
+bacon 5

**Shakshuka - Baked Eggs (v)** 24  
Harissa, tomato, red bell pepper sauce, free range egg, cumin labneh, dukkah, crispy kale, Turkish pide  
+avocado 5, +bacon 5, +sausage 5.5

**Chilli Scramble (v)** 22  
Manchego cheese, crispy shallots, coriander, kimchi & chilli sauce, fermented chilli oil on sourdough  
+bacon 5, +halloumi 6, +keto toast 3

**Smashed In Japan (v)** 23  
Edamame avocado smash, sautéed kale, poached egg, togarashi, kimchi & miso crema, sourdough & lotus crisps  
+cured salmon 7, +halloumi 6, +keto toast 3

**Superfood Oatmeal (ve)** 18  
Oats, chia & hemp heart porridge, poached pear, coconut milk, cinnamon, seed nuggets

**Kawau Granola (ve) (gf)** 18  
Buckwheat, puffed millet, puffed amaranth granola, coconut yoghurt, spiced berry poached pear, edible flowers

**Ever Green Omelette With Herb Salad (v) (gf) (k)** 24  
Seasonal greens, baby spinach, feta, herbed chimichuri  
+toast / keto 3, +avocado 5, +cured salmon 7

**Walnut & Banana Bread (v)** 24  
Grilled banana, boysenberry & blackcurrant apple gel, salted caramel sauce, mascarpone, walnut brittle, chocolate crumb  
+ bacon 5

**Green Fritters (v)** 24  
Kale, pea & zucchini, soused vege, preserved lemon crème fraîche, sautéed kale, pea puree & dukkah  
+halloumi 6, +avocado 5, +bacon 5

**I Just Want Some Eggs (v)** 12  
Poached / fried / scrambled on ciabatta  
+ bacon 5, +vine tomatoes 6, +half avocado 5

### Sides

Half avocado (seasonal) 5.0  
Keto toast (1) 3.0  
Sautéed greens (kale & spinach) 6.0  
Streaky bacon 5.0  
Free range pork & fennel sausage 5.5  
Mushroom medley 6.0  
Creamy mushrooms 7.0  
Vine tomatoes 6.0  
Grilled halloumi 6.0  
Ora King beetroot & citrus cured salmon 7.0  
Kung Pao tofu 7.0  
Hand cut fries with aioli 9.9  
Bagel: Pils peanut butter & preserves 9.5  
Salmon, pesto, herbed cream cheese 14.5  
Bacon, cheese, avocado, tomato chutney (bagels available until 10am) 13.5

v = vegetarian    ve = vegan    k = keto friendly    gf = low gluten

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

K

## ALL DAY LUNCH MENU

**Harissa Lamb & Homemade Yoghurt Flatbread** 31  
Slow cooked pulled lamb, plum chutney, homemade yoghurt flatbread, pomegranate & herb salad

**Seared Salmon Keto Bowl (k) (gf)** 31  
Broccoli, kale & almond tabouli, roasted pumpkin, cherry tomatoes, Bombay aioli, edamame, grilled lemon  
+avocado 5, +sautéed greens 6

**The Nourish Bowl (ve) (gf)** 24  
Kung Pao tofu, broccoli, spinach & kale slaw, edamame, beetroot hummus, toasted pepita, orange dressing, cashews & nori  
+ halloumi 6, +avocado 5

**Korean Fried Chicken Bowl (gf,df)** 26  
Crunchy cos, slaw, broccoli, pickles, toasted sesame seeds & cashews, fried shallots, vermicelli, sprouts, coriander, chili floss

**Bibimbap Bowl (gf,df)** 26  
Bulgogi beef, shredded carrots, sautéed spinach, bean sprouts, kimchi, fried egg, kewpie mayo, pickles & furikake rice

**Creamy Mushroom & Sage Ravioli (v)** 25  
Mushroom medley, baby spinach, parmesan, sage  
+bacon 5, +garlic butter toast 4

**Mei Goreng (df)** 26  
Wok fried Asian greens, noodles, egg, honey soy chicken, crispy shallots, roasted peanuts, prawn crackers, coriander & pickles

**Wagyu Beef Burger** 26  
Grass fed patty, cos lettuce, gruyere cheese, pickles, bbq chipotle aioli & hand cut chips

**Mumbai Express Burger** 26  
Fried chicken, herbed slaw, pickled onions, mint chutney, Bombay aioli & hand cut fries  
(falafel patty (v) – option available)