

ethos.

MENU

PLEASE ORDER AT THE
COUNTER

eggs on toast (Keto & GF bread avail)

two free range eggs on 5grain, ciabatta or
keto/gf bread
-add one or more for \$6 ea:
free range bacon
smoked salmon
grilled portobello mushrooms

\$14

avo smash (vegan & GF optional)

smashed avocado on toasted ciabatta with
haloumi, rocket & dukkah
(vegan option: swap haloumi for tomato)

\$19.50

big brekkie (Keto & GF bread avail) \$25.50

eggs, bacon, hash browns, tomato,
toast, portobello mushrooms, kransky

vegan brekkie (Keto & GF bread avail) \$21.50

mushrooms, kale, tofu scramble, tomato,
hash brown & toast

pancakes (vegan)

with bananas, seasonal fruit, maple
& coconut yoghurt

-add bacon \$6

-add cream \$2

Small size \$15

\$20

mince on toast (GF & Keto optional) \$21.50

housemade savoury beef mince topped with
a potato rosti, poached egg & toast

burger special & chips

burger flavour and price changes regularly – see
specials for current flavour & price

chips with tomato sauce

small \$7

large \$11

housemade aioli \$1

check our SPECIALS that change regularly

KETO & GF BREAD EXTRA \$1

DIETARY KEY:

V = Vegetarian

Vegan = No animal products

DF = Dairy Free

GF = Gluten Free

GFO = Gluten Free Option

RSF = Refined Sugar Free

Keto = Keto diet friendly

ALL OF OUR MEAT & EGGS ARE FREE RANGE

ethos.

DRINKS MENU

COFFEE (DOUBLE SHOT)

Proudly serving locally roasted
Manuka Brothers Coffee

Black	\$4
Short/Long Macchiato	\$4
Vienna	\$4.50
Piccolo	\$4
Flat White	\$4.50/\$5
Latte	\$5
Cappuccino	\$4.50/\$5
Mochaccino	\$4.50/\$5.50
Bulletproof (Keto)	\$8
Extra espresso shot	+0.50c
Decaf available	

Hot Chocolate (we use vegan, Fair Trade organic drinking chocolate)	\$4.50/\$5
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Fluffy	\$3
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House made Chai	\$5
Hot Lemon, honey & ginger drink	\$5.50

NUTRITIONAL LATTES \$5 (Vegan, Sugar Free, Paleo, Gluten Free)

Beetroot (caffeine free)	
Jaffa (caffeine free)	
Matcha	
Minty Cacao (caffeine free)	
Turmeric (caffeine free)	
Vanilla (caffeine free)	

TEA POTS \$4

Proudly serving locally owned Informal Tea

English Breakfast or Earl Grey
Kawakawa
Pure Green
Fresh Mint
Hibiscus Heaven (Berry)
Lemon & Ginger
Vanilla Red Rooibos (caffeine free)

ICED DRINKS

Iced Coffee/Chocolate	\$9
Iced Mocha	\$9.50
Iced Latte	\$8
Iced Tea (see board for current flavour)	\$6.50

FRESH SMOOTHIES \$9.50

All Vegan

BERRY NICE (GF)

berries, almond milk, coconut yoghurt, banana & apple

OATY NANA

banana, oats, oat milk, vegan protein powder

GROOVY GREEN MACHINE (GF)

kiwifruit, kale, banana, apple, orange & coconut water

FRESHLY SQUEEZED JUICES \$9.50

CITRUS SMASH

lemon, orange & apple

KAKARIKI CRUSHER

kale, celery, apple & orange

IMMUNE BOOST JUICE

carrot, orange, lemon & ginger