

ALL DAY MENU

Summer Porridge

Grilled stone fruit compote, oats, chia seed, coconut yoghurt

House Granola

Toasted muesli, coconut, almond, seasonal fruit, yoghurt, honey, stone fruit compote

The Smash

Avocado, beetroot labneh, feta, candied walnuts, sumac, cherry tomato, crispy kale, poached egg, sourdough

3-Egg Omelette

Harissa eggplant, mozzarella, spinach, roasted pepper, sourdough

Free Range Eggs

Poached or fried on 5-grain toast

Rosti Benedict

Poached eggs, house potato rosti, hollandaise & pickled cabbage
With either:

Manuka smoked bacon

Smoked salmon & sautéed spinach

Mushroom & grilled tomato

Wild Creamy Mushrooms

Spinach, feta, parmesan, poached egg, sourdough

Melba Breakfast

Manuka smoked bacon, bratwurst, sourdough, grilled mushroom, hash brown, poached or fried egg, Melba sauce

Honey Garlic Chicken Salad

A Melba classic; free range chicken, apple, roasted cashew, avocado, aioli, tomato, balsamic dressing

Gochujang Chicken

Tempura free range chicken, goma wakame salad, korean slaw, sriracha mayo, brioche & chips

Salmon Hash

Soft potato mash, smoked salmon, house hollandaise, poached egg

House Arancini

Parmesan arancini, ratatouille, rocket, sun-dried tomato & garlic aioli

The Energizer

Grilled halloumi, quinoa, roasted walnuts, pumpkin, beetroot, cranberries, kale, honey lime dressing

Summer Bruschetta

Whipped goat cheese, apple, melon, rocket, serrano ham, toasted sourdough

Pasta of the Day

Please refer to blackboard

We adhere to all practicable controls to meet dietary requirements.
If you have an allergy or intolerance please speak to our friendly wait staff.

LIQUID ENERGY

COFFEE

Espresso	Mocha
Long Black	Organic Hot Chocolate
Macchiato	Matcha Latte
Flat White	Hakanoa Chai Latte
Cappuccino	Hakanoa Ginger Latte
Piccolo	Hakanoa Lemon & Ginger Toddy
Latte	

TEAS

Harney & Son's Teas

Earl Grey, English Breakfast, Raspberry, Chamomile, Peppermint, Citron Green, Ginger & Lemon

COLD PRESSED JUICE

Orange Juice

Apple Juice

Immunity Juice

Carrot, lemon, turmeric, ginger

CARBONATED

Karma Cola
Karma Cola Light
Gingerella
Lemmy
Sparkling Water

ICED BEVERAGES

House Raspberry Iced Tea

Iced Coffee

Iced Chocolate

Iced Mocha

Iced Americano

HOUSE SMOOTHIES

Berrylicious

Mixed berries, banana, oat milk & chia

Green Lean

Spirulina, apple, spinach, cucumber, celery, coconut water & cashews

Tropicana Chia

Apple, orange, pineapple, coconut & chia

Gym Junkie

Protein, banana, caramel, soy milk, cinnamon

ALCOHOLIC BEVERAGES

WINE

Sauvignon Blanc

Peter Yealands

Pinot Noir

Brancott

BEER

Heineken Light
Peroni

