

MORNING MENU

RAGLAN BAGELS

Avocado & green pea hummus, whipped feta, pickled red onions, pepitas 18

Smoked kahawai, herbs, chopped egg, caper remoulade 18

Cream cheese and jam 13

WAFFLE 20

Gingerbread waffle, poached pear, custard cream, hazelnut blueberry crumb

PORRIDGE 18 can be made vegan

Spiced oats, beetroot & cranberry compote, brown sugar syrup, orange yoghurt, almond crumble, cream

SHACKSHUKA 27 can be made gluten free | can be made vegan*

Spiced tomato sugo, puy lentils, white beans, chick peas, cucumber yoghurt, dukkah, poached eggs, sourdough

*make me vegan | sub yoghurt and eggs for coconut yoghurt and cavalo nero

BREAKFAST BOWL 25 gluten free | can be made vegan *

Brocolinni, cavolo nero, haloumi, avocado & green pea hummus, coriander zhoug, poached egg

*make me vegan | sub haloumi and egg for miso mushroom and slow roasted tomato

MUSHROOMS ON TOAST 23 can be made gluten free

Thyme roasted, balsamic cream, whipped ricotta, walnut dukkah, parmesan, sourdough

CHILLI SCRAMBLE 24 can be made gluten free

Scrambled eggs, sourdough, pumpkin, peanut chilli crunch, feta, red chilli, pickled red onion, coriander

SHACK DADDY 29 gluten free

Chorizo, ham, herby potatoes, pickled red onions, cavolo nero, harissa, hollandaise, poached eggs

EGGS 'N HOLLY 20 can be made gluten free

Poached eggs, sourdough toast, green leaves, hollandaise sauce

add streaky bacon +7 | miso mushrooms +6 | broccolini +6

add braised beef cheek, pickle salad, crispy onion +10

ONESIE 14 can be made gluten free

One poached egg, one bacon, one tomato, one butter, one toast, onesie love

GOOD EGGS 14 (scramble +2) can be made gluten free

Poached or fried, sourdough, tomato kasundi

ADD A LITTLE SOMETHIN' SOMETHIN'

Miso mushrooms | Slow roasted tomato 6

Grilled halloumi | Streaky bacon | Herby potatoes with aioli 7

Fries with aioli or vegan mayo 10

We are happy to swap any toast for gluten free toast +2 or green leaves +2

Gluten free, Dairy free & Vegan options are available on request.

If you have any food allergies, please be sure to tell us so we can help you with your options.

We do use nuts, gluten, soy, crustacea, dairy, fish, eggs, sesame seeds and lupins in our kitchen.

The Shack loves cash and debit cards. If you would prefer to use contactless or credit card payments, a 2% surcharge applies to cover fees.

COFFEE | DRINKS

JUICE

Orange | Apple | Tomato juice 5.5

Apple, blackcurrant + raspberry 6

Guava + passion fruit 6 | Orange + mango 6

Carrot, orange, apple + ginger 9

SMOOTHIES vegan

CocoCachai banana, dates, cacao, chai + coconut 9

Morning Gorgeous berries, mango, orange + banana 9

GOOD SIPS

Chia Sisters Blueberry Gut Health 6

Chia Sisters Orange Passionfruit Natural Energy 6

Arepa Blackcurrant The Brain Drink 9

FIZZ

Karma Cola 6 | Lemmy Lemonade 6 | Sugar Free Cola 6

Gingerella 6 | Red Grapefruit 6

Good Buzz Pineapple + Mango Kombucha 6

Almighty Sparkling Water Peach + Ginger 6

Sundays lemon + yuzu | raspberry, blackberry + elderflower 6

Antipodes Sparkling 9

BREWS

Quiet XPA <0.5% Heaps Normal 9

Hazy Bare Beer <0.5% Sawmill 9

Pilsner 4.8% Sawmill 9

Lager 3.8% Gisborne Gold 8

Good Shout Hoppy 4% low carb / low gluten Garage Project 9

Chipper Hazy Pale Ale 5% Garage Project 9

Apple Cider 5.3% Peckhams 9

PLONK

Prosecco Zonin 1821 Italia 12 | 55

Sauvignon Blanc Koparepare Marlborough 11 | 49

Pinot Gris Wild Earth Central Otago 13 | 59

Rose Beachhouse Hawkes Bay 11 | 49

Tempranillo Love not War Castilla la Mancha 9 | 42

PICK ME UPS

Bloody Mary 15

Rum 'n Ginger | spiced rum, ginger ale & lime 15

Mimosa | orange juice & prosecco 13

Botanical | zesty lemon gin, cucumber & tonic 13

Pacha spritz | passionfruit liqueur, tequila, prosecco & soda 15

Aperol spritz | Aperol, prosecco, soda & orange 15

ESPRESSO COFFEE KAWHE KUTE

Short black **Pango poto** 4

Long black **Pango roa** 4

Americano **Amerikano** 4

Flat white **Mowai** 4.5

Silky (long black with cream) 4.5

Cappuccino **Kaputino** 4.5

Latte **Rate** 5.5

Hot chocolate **Tiakarete wera** 5

Mocha **Moka** 5.5

Cosset chai **Rate chai** 5

Lemon honey ginger 4.5

Golden turmeric latte 6

Matcha latte 6

Cacao hot chocolate 6

Iced Coffee | Iced Chocolate | Iced Chai 7.5

ADD ON

Oat milk .80

Plant milk .80

gluten, lactose & soy free

Decaf .50

Vanilla syrup - caramel syrup .80

TAKEAWAY CUP add .50

A POT OF TEA TOTAL 5

english breakfast

earl grey

rooibos citrus

lime green

peppermint

mango star

chamomile

LUNCH MENU

CHILLI SCRAMBLE 24

Scrambled eggs, sourdough, pumpkin, peanut chilli crunch, feta, red chilli, pickled red onion, coriander

MUSHROOMS ON TOAST 23 **can be made gluten free**

Thyme roasted, balsamic cream, whipped ricotta, walnut dukkah, parmesan, sourdough toast

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Miso mushrooms | Slow roasted tomato | Herby potatoes 6

Grilled halloumi | Streaky bacon 7

Fries with aioli or vegan mayo 10

CHILLI CRUNCH RICE 21 **gluten free | dairy free | can be made vegan**

Miso fried brown rice, coriander & cabbage slaw, kewpie mayo, lime, peanut chilli crunch

add Sticky chicken thigh +7 | Chilli fried egg +4 | Miso mushrooms +6 **vegan**

SOUP 18 **can be made gluten free**

We'll let you know what today's flavour is...

ZUCCHINI, CHICK PEA & HALOUMI FRITTERS 25 **gluten free**

Harissa, cucumber & cumin yoghurt, rocket, poached egg

POTATO GNOCCHI 23

Roasted tomato sugo, ricotta, pine nuts, parmesan

add Braised beef cheek +10

COS WEDGE SALAD 20 **vegan | can be made gluten free**

Avocado & green pea hummus, miso tahini dressing, puffed quinoa, herb bread crumb, vegan mayo & pepitas

CHEESEBURGER 19

Smashed beef patty, burger cheese, T sauce, pickles, brioche bun, bbq mayo

add Royale with cheese +5 (bacon, mustard & cheese)

add fries & bbq mayo +5

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