

MORNING MENU

WAFFLE 20

Vanilla waffle, strawberries, vanilla cream, chocolate soil, maple syrup

PORRIDGE 18 **can be made vegan**

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

AVOCADO TOAST 23 **can be made gluten free or vegan**

Tomatoes, avocado smash, pickled fennel, red pepper chimichurri, whipped feta, walnut dukkah, sourdough

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 with..
Sticky chicken thigh 28 | Chilli fried egg 25

PEAR & RICOTTA TOAST 17 **can be made gluten free**

Green tea poached pear, lemon ricotta, almonds, honey, sourdough

'SHROOMS 25 **gluten free | vegan**

Sticky miso mushrooms, herby spuds, charred brocolini, cavolo nero, whipped tofu, smoked carrot, pepitas

CHILLI SCRAMBLE 24

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

ROSTI BENNY 26 **gluten free**

Agria potato rosti, poached eggs, hollandaise, green leaves, streaky bacon | miso mushroom | charred greens

A COMPLETE 29 **can be made gluten free**

Avocado smash, cavolo nero, haloumi, charred brocolini, poached eggs, slow roasted tomato, whipped feta, sourdough

B COMPLETE 29 **can be made gluten free**

Pork & fennel sausage, avocado smash, cavolo nero, poached eggs, slow roasted tomato, whipped feta, sourdough

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 | Pork & fennel sausage | 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**

Otis the Cacao peanut butter, dates, cacao, banana + oat milk 9
Morning Gorgeous berries, mango, orange + coconut yoghurt 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 | Orangeade 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

WAFFLE 20

Vanilla waffle, strawberries, vanilla cream, chocolate soil, maple syrup

AVOCADO TOAST 23 can be made gluten free or vegan

Tomatoes, avocado smash, pickled fennel, red pepper chimichurri, whipped feta, walnut dukkah, sourdough

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 with..

Sticky chicken thigh 28 | Chilli fried egg 25

SHROOMS 25 gluten free | vegan

Sticky miso mushrooms, herby spuds, charred broccolini, cavolo nero, whipped tofu, smoked carrot, pepitas

SUPER DUPER 25 vegan | gluten free

Quinoa, charred broccolini, pumpkin, green leaves, tomatoes, cashewnaise, puffed grains, sesame miso dressing

CAESAR 25 can be made gluten free

Chicken, bacon, parmesan, pangrattato, cos lettuce, anchovies (optional), herb mayo, boiled egg

ZUCCHINI, CHICK PEA & HALOUMI FRITTERS 25 gluten free

Harissa, cucumber & cumin yoghurt, rocket, poached egg

LAMB SHOULDER 29 gluten free

Pomegranate & honey slow cooked lamb, tzatziki, berbere spiced potatoes, dukkah

CHEESEBURGER 19

Smashed beef patty, burger cheese, T sauce, pickles, brioche bun, bbq mayo
+ Royal with cheese 5 (add bacon, mustard & cheese)
+ fries & bbq mayo 5

CASARECCE PASTA 22

Greens, chilli, ricotta, pine nuts, pangrattato, parmesan

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 | Pork & fennel sausage | Herby potatoes with aioli 7

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Guava + passion fruit 6 | Orange + mango 6

Carrot, orange, apple + ginger 9

SMOOTHIES vegan

Otis the Cacao peanut butter, dates, cacao, banana + oat milk 9

Morning Gorgeous berries, mango, orange + coconut yoghurt 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 | Orangeade 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

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Quiet XPA <0.5% Heaps Normal 9

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Apple Cider 5.3% Peckhams 9

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PICK ME UPS

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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

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earl grey

rooibos citrus

lime green

peppermint

mango star

chamomile

ALLDAY MENU

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B COMPLETE 29 can be made gluten free

Pork & fennel sausage, avocado smash, cavolo nero, poached eggs, roasted tomato, whipped feta, sourdough

ROSTI BENNY 21 gluten free

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streaky bacon 26 | miso mushroom 26 | charred broccolini 26

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