

# **BRUNCH & BOWLS**

# WINTER FRUIT BOWL ("TIL 3PM)

Toasted oats with poached pear & rhubarb compote, coconut uoghurt & almond milk (v, gf, af) \$14

### EGGS ON TOAST ("TIL 3PM)

Scrambled, poached or fried eggs on toasted sourdough or rue (af\*, af) \$10 add facon \$5

#### AVO ON RYE ("TIL 3PM)

Sliced avocado, pickled red onion, micro basil & cherry tomatoes on toasted rue (v. af\*) \$13

#### BRUNCH BOWL ("TIL 3PM)

Poached eggs, hash brown, house beans, fresh tomato, avocado, pan-fried mushrooms, wilted spinach & bacon mayo (gf) \$19 add halloumi \$6

#### VEGAN BRUNCH BOWL ("TIL 3PM)

Popcorn tofu, hash brown, house beans, fresh tomato, sliced avocado, pan-fried mushrooms, wilted spinach & bacon mayo (v, af) \$19

#### MOROCCAN BOWL

Smoku harissa tofu, chararilled red pepper. zucchini & red onion, with spicy Moroccan lentils, sliced avocado, baby spinach & coconut yoghurt (v, qf) \$19

#### **BURRITO BOWL**

Brown rice, house beans, seitan 'chicken' skewers. avocado, baby spinach, charred corn & jalapeño salsa & coconut sour cream (v) \$19

Pear poached

in almond red

served with

mascarpone

wine reduction.

PEAR

(v) \$12

# DESSERTS

#### CHOC 4 WAYS Choc-orange

mousse, rich brownie truffle, coconut chocolate tart & chocolate gelato (v) \$13



Cinnamon & sugar dusted doughnuts with chocolate dipping sauce (v) \$10



Facon (v) \$5 Poached eaas (2) til 3pm \$6 Hash Brown (2) \$6 Spicy Black Beans (v, qf) \$5 Fried egg (til 3pm) \$3 **BBQ** Jackfruit (v. af) \$6 Halloumi \$6 Avocado \$5 Green Salad \$6 Toasted Sourdough

# or Rue (2) (v) \$4 SAUCES \$1.5

Sriracha mayo (v, gf) Aioli (v, gf) Spicy buffalo (v, af) Bacon mayo (v, af) Truffle mayo (v, gf) Dill mayo (v. af) Coconut sour cream (v, gf)



# OREO IAR

Oreo crumbs lauered with chocolate mousse & whipped coconut cream (v) \$12

# **SHARING PLATES & SNACKS**

#### MARINATED OLIVES (v, af) \$6

**CURLY FRIES** with truffle mayo (v) \$10

BEER BATTERED FRIES Fries with sriracha mayo (v) \$9

### **KUMARA FRIES**

with sriracha mayo (v, gf, af\*) \$10

#### **BUFFALO CAULI WINGS**

Buffalo seasoned & battered cauli wings with aioli (v) \$12

#### **PAN-FRIED SPROUTS**

Brussels sprouts with tahini & peanut dukkah (v, gf, af) \$12

# LOADED FRIES

Fries with cheese sauce, pulled BBO jackfruit, jalapeños & crispy onions (v) \$14

### LOADED NACHOS

Seitan mince ragu, cheese sauce, jalapeños, crumbled feta, charred corn salsa & coconut sour cream (v) \$16

#### SPIRULINA DUMPLINGS

Water chestnut mushroom & carrot dumplings with soy, sesame & chili sauce (v) \$12

#### **POPCORN TOFU**

Battered, seasoned tofu bites with sriracha mayo (v, af\*) \$12

# SATAY 'CHICKEN'

Housemade seitan skewers with satay sauce. crushed peanuts & micro radish (v) \$13

# OUESADILLA

Toasted tortilla with jackfruit, mashed beans, cheese, seitan mince, served with coconut sour cream (v) \$9

#### THE M'BIRD PLATTER

Smoked pastrami, satay chicken skewers, pickled red onion. marinated feta & olives, chargrilled zucchini & red pepper, mustard pickle, sriracha mayo & toasted housemade focaccia (v) \$38

# BURGERS & BAOS GLUTEN FREE BUN \$2. ADD FRIES, CURLY FRIES OR GREEN SALAD \$5, KUMARA FRIES \$6

# BREAKFAST BURGER ("TIL 3PM)

Fried egg, hash brown, fresh tomato, facon, cheese, BBQ sauce & bacon mayo, on an English muffin (gf\*) \$15

# VEGAN BREAKFAST BURGER ("TIL 3PM)

Popcorn tofu, hash brown, fresh tomato, facon, cheese, BBO sauce & bacon mayo, on an English muffin \$15

#### CHEESEBURGER

Hungry Planet 'beef' patty with melted cheddar cheese, pickles, onion, mustard & ketchup (v. af\*. af\*) \$15

#### THE MOCKINGBURGER

Hungry Planet 'beef' patty, melted cheese, facon, beetroot, lettuce, tomato & pickled red onion, with burger sauce (v, gf\*, af\*) \$17

# HULA HULA

Crumbed seitan 'chicken' with Angel Food cheddar, facon, charred pineapple, lettuce & mayo (v) \$16

# THE CODMOTHER

Battered banana blossom 'fish', with charred lemon 'slaw, dill mayo & pickles (v) \$15

#### FRIDA

Black bean, chickpea & corn patty, cheese sauce, avocado, corn & tomato salsa, jalapeños, lettuce, tomato & pickled red onion (v gf\*) \$15

#### **MEKONG BAO**

Hungry Giraffe Vietnamese sliced 'beef', Asianstyle 'slaw, coriander & sriracha mayo, in a bao bun (v) \$14

# **BALI BAO**

Seiten chicken pieces, satay sauce, pickled red cabbage, coriander & crispy shallots, in a bao bun (v) \$14

\* = availble until 3pm every day. v = vegan; af = onion & garlic free; af\* = onion & garlic free on request; gf = gluten free, check with server if suitable for coeliac: gf\* = gluten free bread or bun available for \$2 extra