ph 04 891 0198 BOTANIST thebotanistlyallbay.co.nz

LYALL BAY



parties e

ROYALE WITH CHEESE

Double seitan 'meat' patty, burger sauce, pickles, vegan cheese, lettuce & tomato, with fries (v. nf) \$22

'CHICKEN' TIKKA

Sunfed 'chicken' tikka spicy patty, with coconut yoghurt, lettuce, red onion, red pepper, mustard, gherkins & aioli, with fries (v, gf*, nf) \$22

THE BFC: BOTANIST FRIED CHEESE Crumbed halloumi, smoky BBQ sauce, housemade facon, smoked cheddar, red cabbage & carrot slaw, with fries (nf) \$22

BREAKFAST BURGER

Hash brown, fried egg, housemade facon, spinach, tomato, hollandaise & BBQ sauce, in an English muffin, with fried potatoes (gf*, nf) \$19

VEGAN BREAKFAST BURGER

Hash brown, soy sausage, housemade facon, spinach, tomato, cashew hollandaise & BBQ sauce, in an English muffin, with fried potatoes (v, nf*) \$19

THE REUBEN

Housemade vegan pastrami on sourdough rye, with sauerkraut, pickles, Angel Food cheddar, mustard aioli & with Proper crisps (v, nf) \$15

ask about our contactless delivery!

small plates

HERB SALTED FRIES Fries with aioli (v, gf, nf) \$9

LOADED FRIES

Fries with gravy, facon bits, jalapeños & Angel Food feta (v, gf*, nf) \$13

JALAPEÑO POPPERS

Stuffed with cashew ricotta, with ranch sauce (v, gf) \$13

SOUTHERN FRIED CAULI

Battered cauliflower bites with ranch sauce (v, gf, nf) \$11

CHICKPEA BOLINHOS

Herbed, spicy chickpea balls with sundried tomato & cream cheese mousse (v, gf) \$12

PAN-FRIED GREENS

Seasonal greens with house roasted peanuts (v, gf) \$8

CRUSHED BABY POTATOES
With pan-fried capers (v, gf, nf) \$9

GARDEN SALAD

Rocket, baby spinach, pickled red onion, puffed quinoa, sun-dried tomato & coconut yoghurt dressing (v, gf, nf) \$9

desserts

CHOCOLATE POT

Kahlua cream pot, dark chocolate ganache, peanut cookie crumb & orange coconut ice cream (v, gf) \$13

CASHEW MILK CHEESECAKE
Ask staff for today's flavour (v, gf) \$12

large plates

PICNIC SALAD

Sunfed chicken, facon bits, potato, kumara, cos lettuce, pickled radish, gherkins, capers, spring onions & whole grain mustard aioli (v, gf*, nf) \$20

'FISH' & CHIPS

Battered banana blossom 'fish', chips, pea & mint purée, with tartare sauce & charred lemon (v, gf, af*, nf) \$25

THE VEGAN HASH

Cubed pan-fried potato & kumara, with seasonal pan-fried greens, Gado Gado tofu & cashew hollandaise (v, gf, af*, nf*) \$19

TACOS

Smoky BBQ jackfruit corn tacos with cucumber, pineapple & red pepper salsa, pickled red cabbage, avocado mash, house roasted peanuts & micro coriander (v, gf, nf*) \$22 add Angel Food cheddar \$4 add halloumi \$6

BUTTERNUT SQUASH RISOTTO

Roasted butternut squash, zucchini & snow peas, saffron, shallot & white wine risotto topped with parmesan & micro greens (gf, nf) \$25

Veganise with Angel Food parmesan (v, gf, nf) \$25

v = vegan; v* = vegan on request;
gf = gluten free or on request, check
with server if suitable for coeliac;
gf* = gluten free bread \$2 extra;
nf = nut free; nf* = on request,
please inform of any allergies

peoples coffee

Short / Long Black / Americano \$4 Piccolo / Macchiato \$4 Flat white / Latte / Cappuccino \$5 Mocha / Hot Chocolate \$5.5 Iced coffee / chocolate \$5.5 Chai latte / Turmeric latte \$5.5 Soy / almond / coconut / oat .50c

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Earl Grey / English Breakfast \$4 Sencha Mandarin / Sencha Gunpowder / Peppermint / Summer Peach / Turkish Apple / Strawberry Kiwi / Lavender & Chamomile Tea \$4.5

cold pressed juices

HAVANA BROTHERS

Upbeet: Beetroot, carrot, apple, red kale, collard, lemon & ginger \$8.5

Superman: Carrot, orange, ginger & turmeric \$8.5

Wake Up: Apple, ginger, lemon & orange juice \$8.5

kombucha

MAMA'S BREW SHOP

Love: Rosehip, vanilla, hibiscus & lavender \$8.5

Warrior: Lemongrass, ginger & thyme \$8.5

smoothies \$9

Surfin' Safari: Espresso shot, peanut butter, cacao, banana, almond milk

Under the Boardwalk: Strawberries, raspberries, blueberries, banana, cinnamon, almond milk

Dock of the Bay: Spinach, kale, banana, coconut milk, flaxseed

Island in the Sun: Mango, pineapple, orange juice, banana, coconut water

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Lemonade / Gingerale / Cola \$4 Hardie Boys Ginger Beer \$6 Hardie Boys Dry Ginger Beer \$6