### ph 04 891 0198 BOTANIST thebotanistlyallbay.co.nz



#### 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!

LYALL BAY

# 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 RASPBERRY CAKE with berry coulis (v) \$10

OREO CHEESECAKE Angel Food cream cheese & oreo crumb cheesecake (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

## t leaf tea

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

### sodas

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