

Onehunga Neighbourhood Eatery



Parakuhi / Breakfast

6.30am – 2pm

Mum's Granola – 12

Mixed grains, seeds & oats w/ apple & rhubarb compote and yoghurt or coconut yoghurt (**)

Toast & Spreads – 8

Buttered Sourdough w/ marmalade, strawberry jam, peanut butter or marmite (*)

Eggs on Toast – 12

Any style on buttered sourdough w/ kasundi (*)

Eggs Benedict

Served on house-made toasted English muffin w/ poached eggs & hollandaise (*)
House glazed ham – 18
House smoked salmon – 20
Portobello mushroom – 18

One Breakfast – 22

House glazed ham, eggs any style, house baked beans, kransky, vine tomatoes, rosti, sourdough (*)

One Vegetarian Breakfast – 22

Eggs any style, portobello mushroom, wilted spinach, house baked beans, vine tomatoes, rosti, sourdough (*) (**)
Add Halloumi – 5
Add Avocado – 5

Smoked Fish Hash – 20

Smoked kahawai on a rosti, celeriac, fennel radish, fried capers, dressed in tartare sauce (*)

Waffles – 18

Waffles, berry mascarpone & grilled banana (*)

Aubergine Smash – 20

Charred & smashed aubergine, dukka, chilli butter & poached egg on sourdough (served at room temp.)(*) (**)

Kai Tina / Lunch

6.30am – 2pm

Caesar Salad – 18

Cos lettuce, croutons, bacon, parmesan, anchovy caesar dressing (*)

Green Bowl – 20

Green tea soba noodles w/ roasted veggie, broccolini, pickled ginger & dukka(**)

Watermelon "Tuna" – 22

Marinated watermelon w/ edamame, avocado & mixed grain rices (*) (**)

House Smoked Chicken Sandwich – 18

w/ sriracha aioli, green slaw on sesame bun + potato rosti (*)

Pulled Pork Bun – 18

w/ green slaw on brioche bun, potato rosti (*)

Protein Burger – 18

Chickpea & bean patty w/ corn, tomato & onion salsa on brioche bun (*) (**)

Beef Enchiladas – 20

Mince, beans, rice & cheese baked in tortilla w/ tomato salsa

Ask about our daily specials, from \$18

Kinaki / Sides

House glazed ham – 5
House smoked salmon – 5
House smoked chicken – 5
Kransky – 5
Portobello mushrooms – 5
Potato rosti – 5
Wilted spinach – 5
House baked beans – 5
Roasted tomato – 5
Halloumi – 5
Toast – 5
- Sourdough, grain, brioche bun, gluten free

Tamariki / Kids

Egg on Toast – 8
Egg any style on toast

Waffles – 12
Waffles w/ maple syrup & cream

Kransky Dog – 10
Two kranskies in a white bun

Grilled Ham & Cheese – 10
Ham & cheese toastie

Inu Wera / Hot Drinks

Long black, espresso – 4
Flat white, cappucino, piccolo, hot chocolate, chai – 4.2
Latte – 4.5
Mocha – 4.8
Websters Organic Tea – 4
- English breakfast, earl grey, sencha green, lime & ginger green, rooibos

Milks - Almond, Soy, Coconut +0.6
Syrups - Vanilla, Caramel, Hazelnut +0.6

Inu Makariri / Cold Drinks

Karma Drinks – 4.8
- Cola, Cola SF, Gingerella, Lemmy
Kombucha, Switchel – 5.5
Almighty Apple juice – 5.5
Freshly squeezed orange juice – 6
Virgin Mary – 6
House mint lemonade – 6
Blood orange iced tea – 6
- Rooibos, peach, orange, lemon & thyme
Iced Coffees – 6
- Black, white, chocolate, chai or mocha

Ngarene / Smoothies

Banana & orange smoothie – 7.5
Banana, orange, yoghurt & honey

Sunrise smoothie – 7.5
Berry, honey, mango & pineapple

Green smoothie – 7.5
Spinach, kale, green tea, banana & pineapple

(*) – Gluten Free Option Available
(**) – Vegan Option Available

No Surcharge on Public Holidays.
Please inform the wait staff if you have any allergies or dietary requirements.

**Onehunga
Neighbourhood
Eatery**

7 Days, 6am to 3pm
306 Onehunga Mall,
Onehunga, Auckland
www.oneakl.nz