

Just Eat Real Food!

Paleo Café™

All Day

- BONE BROTH** – check out our daily flavour 6
- SOUP** of the day – with toast 12
- FRESH FRUIT SALAD** – with coconut yoghurt & chia seeds 14
- ALMOND PANCAKES** – with berry compote, whipped coconut cream, maple syrup & chia seeds ♡ 16
add: free range bacon 6, or coconut ice-cream 4
- SHAKSHUKA** – Moroccan baked egg with spiced pork mince balls, sautéed kale, chermoula & toast 18
- MEXICAN BREAKFAST** – beef burrito with egg, green salad, chipotle aioli & guacamole 20
- ZUCCHINI & KUMARA FRITTERS** – with green goddess dressing, cherry tomatoes & toasted pumpkin & sunflower seeds ♡ 17
add: avocado 4, or grilled chicken 6, or free range bacon 6, or garlic prawns 6
- PALEO BLT** – free range bacon, baby cos, tomato, homemade relish & aioli with rustic kumara fries
add: grilled chicken 6, or avocado 4 or garlic prawns 6 18
- CAVEMAN'S BREAKY** – free range bacon, kumara & leek rosti, wilted silverbeet, breakfast sausage, vine tomatoes, sautéed mushrooms, toast & free range eggs any style 23
- RUSTIC KUMARA FRIES** – with aioli 9

Breakfast – served until 11.30am

- PALEO PARFAIT** – grain free homemade muesli, apple, carrot, berry compote & coconut yoghurt ♡ 13
- FREE RANGE EGGS** any style on toast 12
add: free range bacon 6, or Manuka honey cured NZ salmon 6 or mushrooms 5
- EGGS BENNY** – with rosti or English muffin, baby spinach, poached free range eggs, hollandaise & herb oil ♡ 15
add: free range bacon 6, or Manuka honey cured NZ salmon 6 or mushrooms 5
- SMASHED AVOCADO** – on toast, free range poached eggs, cherry tomatoes, cashew cheese & toasted pumpkin & sunflower seeds 18
add: free range bacon 6, or Manuka honey cured NZ salmon 6
- CREAMY MUSHROOMS** – on toast drizzled with truffle oil 17
add: free range bacon 6
- BACON OMELETTE** – free range bacon, mushrooms & caramelised onions 18
- SALMON OMELETTE** – cured salmon, red onions, capers & baby spinach 18

Lunch – served from 11.30am

- CREAMY CHICKEN SALAD** – with savoy cabbage, pine nuts, fresh herbs & green goddess dressing 19
- RAW BEETROOT & KALE SALAD** – with soft boiled egg, walnuts, fresh herbs, tahini dressing & toasted pumpkin & sunflower seeds ♡ 15
add: grilled chicken 6 or garlic prawns 6
- VIETNAMESE PORK BELLY SALAD** – with apple & herb slaw, housemade apple chutney, chilli, radish, shaved cucumber, lime & sesame dressing 22
- JERK SPICED ROASTED VEGETABLES** – with Mojo aioli & balsamic glaze ♡ 17
add: grilled chicken 6 or garlic prawns 6
- SPAGHETTI BOLOGNESE** – with zucchini zoodles, cherry tomatoes & toasted pumpkin & sunflower seeds 18
- BUTTER CHICKEN** – with cauliflower rice & steamed broccoli 18
- GRILLED CHICKEN & BACON BURGER** – with baby cos lettuce, tomato, onion, avocado, aioli & rustic kumara fries 23
- PETE'S BEEF BURGER** – with free range bacon, tomato, baby cos lettuce, beetroot, fried egg, pickles, housemade chutney, aioli & rustic kumara fries 23
- CHICKEN SCHNITZEL** – almond crumbed chicken breast with coleslaw & chipotle aioli 20
- DUKKAH GRILLED NZ SALMON** – with steamed broccolini, kumara & leek rosti, & Thai coconut sauce 24

Kids Menu

- FRUIT SALAD** – with coconut yoghurt ♡ 8
- ALMOND PANCAKES** – with berry compote, whipped coconut cream & maple syrup ♡ 11
- EGGS ON TOAST** – toast, eggs any style, roasted vine tomato & free range bacon 12
- SPAGHETTI BOLOGNESE** – with zucchini zoodles 12
- CHICKEN SCHNITZEL** – almond crumbed chicken breast with coleslaw & aioli 14
- BEEF BURGER** – with baby cos lettuce, tomato, homemade tomato sauce, aioli & rustic kumara fries 14

Sides & Extras

- | | | | |
|------------------------------------|---|---------------------------|---|
| baby cos salad with lemon dressing | 6 | organic kimchi | 5 |
| mushrooms | 5 | organic sauerkraut | 5 |
| manuka honey cured NZ salmon | 6 | seasonal green vegetables | 7 |
| breakfast sausages | 6 | slow roast vine tomatoes | 4 |
| garlic prawns | 6 | avocado | 4 |
| free range bacon | 6 | paleo toast | 3 |
| free-range egg | 3 | 2 kumara & leek rostis | 6 |

100% gluten and refined sugar free
Please order at the counter

Nourishing Beverages

Paleo Café™

Coffee

In House/Takeaway

Regular 4.5 Large 5.5

Light Roast: ask the barista about the single origin of the season.

Dark Roast: rich chocolate brownie flavour, cuts through milk leaving you with a biscuity mouthfeel.

Milk options: coconut / dairy
Housemade almond milk +2

Short black	Long black	Cappuccino	Latte
Flat white	Mochaccino	Piccolo	Americano

Fluffy

Turmeric Latte – house turmeric mix with honey

Classic Hot Cacao – with maple syrup

Chai Latte – Hakanoa sugar-free chai with honey +1

Matcha Latte – with honey +2.5

Salted Caramel Cacao – with maple & date syrup +1

Affogato – with espresso & coconut icecream +2

Bulletproof Coffee – long black with unsalted butter & XCT oil 6.5

upgrade to Brain Octane +2

Tea

Loose Leaf Tea (NZ Live Tea) 4.5

Morning Kick – breakfast

Bergamont Bluff – black

Kakariki – green

Otago Gold – lemon & ginger

Mint Aspiring – peppermint

Island Paradise – tropical fruits

Boosters

Superfoods

Honey +.5

Maple Syrup +1

Chia seeds +1

Acai berry +4

XCT Oil +4

Brain Octane +5

Spirulina +2

Good Green Stuff +3

Maca +2

Proteins

Clean Paleo +3
(egg protein)

Clean Lean +3
(pea protein)

Smoothies

In House/Takeaway

Regular 7 Large 9

Milk options: coconut / dairy
Housemade almond milk +2

Green – mango, cucumber, kale, pear, lemon with coconut water

Salted Caramel – dates, cashews, banana, maple syrup, salt with coconut milk

Choc Dream – cacao, banana, maple syrup, with coconut milk

Spiced Honey & Almond – cinnamon, house almond butter, banana, honey with almond milk & coconut milk

Summer – mango, strawberry, banana, honey with coconut milk

Acai – acai, apple, mango with coconut water

Juices

In House/Takeaway

Regular 7 Large 9

Glow – beetroot, kale, ginger, carrot, celery, lemon with coconut water

Refresh – apple, kiwifruit, lime, maple syrup with coconut water

Zinger – orange, lemon, ginger, carrot, with coconut water, over ice

Rise & Shine – orange, apple, pineapple, cucumber with coconut water

Cold Drinks

In House/Takeaway

10

Iced Coffee – with coffee shot, almond milk & coconut milk, honey, espresso coconut icecream & cacao nibs

Iced Cacao – with almond milk & coconut milk, honey, chocolate coconut icecream & cacao nibs

Salted Caramel Espresso Frappe – with coconut milk, coffee, maple syrup, espresso coconut icecream, dates & salt

100% gluten and refined sugar free

Please order at the counter