



MENU HOURS

MON-FRI 7.30AM - 2PM

SAT 8.30AM - 2PM

SUN 9AM - 1.30PM

OMG! donuts

14.50

A bit of a treat.. Strawberry, rhubarb and mascapone donuts served with strawberry icecream and a drizzle of real maple syrup. OMG!

breakie BURRITO

13.50

Scrambled eggs, spring onion, tomato, avocado, feta and cheese wrapped in a flour tortilla and toasted into a crispy delight*

ADD	
NZ F/R Middle Bacon	4.50
Hot Smoked Salmon	4.50

* We can still do our famous standard El Gringo. Please just ask the staff

AWESOME AVOCADO

14.50

Smashed avocado on a toasted flatbread served with roasted feta, home-made dukkah, fresh salsa and coriander

GOODNESS GRACIOUS PORRIDGE

11.50

Creamy oats with black doris plums, brown sugar and cinnamon. Served with milk or runny cream

a la BENEDICT

2 poached eggs with home-made hollandaise on top of an english muffin

WITH A CHOICE OF	GF
NZ Middle Bacon	17.50
Salmon Fillet	19.50
Creamed Spinach	15.50

MENTAL LENTIL

17.50

Rock on with this tasty mix of baby spinach, tomato and lentils cooked together with spices and finished with two poached eggs, homemade labne and brushetta

ZEUS' BEARD

A jar of greek yoghurt, Chaos honey, berries and nuts, finished with two crunchy biscotti for dunking

10.50

BREADS & SPREADS

Grain and fruit toast served with butter, and a choice of jam, honey or peanut butter

9.50

SUPER BREAKFAST BOWL

14.00

A healthy kick-start to the day! Chia, apple juice, coconut milk, LSA, fresh fruit, nuts and seeds to get your day going



12.50

A deliciously light crepe filled with fresh seasonal fruit and chaos muesli. Finished with a dollop of coconut yoghurt, a drizzle of honey and sprinkle of cinnamon

choice COMBO

13.50

A choice of fruit toast with jam and cream cheese or grain with bacon, tomato and avocado, served alongside a small bowl of muesli and yoghurt

OMELETTE

3 egg omelette 17.50

CHOICE OF 4 FILLINGS		DF GF
Tomato Spinach Mushrooms	Feta Onion Bacon OR Salmon	
Served with hollandaise		
*all omelettes have cheese unless specified		

Build a BREAKFAST

Free range eggs on toast 9.50

ADD	DF V GF
\$4.50 ea	\$4.50 ea
Potato Rosti Thyme Mushrooms Oven Roast Tomatoes Mexican Beans Baby Spinach Avocado	NZ F/R Middle Bacon Sausages 8.50 Salmon Fillet
Add Hollandaise	1.50

BACON BUTTIE

9.50

Great for a morning "Hair of the Dog". New Zealand free range streaky bacon, homemade tomato sauce and aioli in a soft roll

With fried eggs 13.50

Sweet Dreams

17.50

SWEET OMELETTE

A sweet (but healthy) alternative to the standard. A 3 egg omelette made with a combination of dates, honey, coconut, ginger and finished with fresh fruit, real maple syrup, yoghurt and a dash on cinnamon

PLEASE ORDER AT THE COUNTER

GLUTEN FREE ADD \$1.50

HOLLANDAISE ADD \$1.50



* VEGAN, GLUTEN OR DAIRY FREE OPTION AVAILABLE

PLEASE TELL THE STAFF OF ANY ALLERGIES OR DIETARY REQUIREMENTS WHEN ORDERING