

ALA CARTE

Organic quinoa porridge, hemp seeds, toasted coconut, home-made yoghurt, berry compote \$16.90

Smoked Canterbury beef brisket potato hash, spring onion, spinach, poached eggs, hollandaise \$22.90

House-made falafel, spinach, poached eggs, hollandaise (choice of smoked Mt Cook salmon, free range streaky bacon or Freedom farms chorizo) \$23.90

Crispy spiced chicken, house-made waffles, maple syrup, crème fraiche \$22.90

Quesadilla, spiced beans, smoked cheddar, capsicums, red onion, guacamole, salsa pebre \$19.90

Free range Spanish omelette, Freedom farms chorizo, smoked cheddar, capsicum, red onion, spinach, rocket \$22.90

Free range eggs cooked your way, toasted multigrain \$12.50

Sliced seasonal fruit, natural yoghurt, granola crumb - \$11

SIDES

Mt Cook smoked salmon, crispy spiced chicken, Freedom farms chorizo, house-made falafel \$7

Free range streaky bacon, spinach, sautéed mushrooms spiced beans, grilled tomato \$5

HOT DRINKS

Gravity coffee espresso \$5
Short black, long black, flat white, latte, cappuccino, Americano, machiato

Dilmah Exceptional Range \$5
English breakfast, Earl Grey, Ceylon green tea, pure chamomile, peppermint with cinnamon, berry sensation, lively lime and orange fusion

Available between 6:00am-10:00am

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JUICES

Orange, apple, tomato, cranberry, pineapple \$4

SMOOTHIES

Spirulina slam, very berry, tropical storm \$5

ANTIPODES WATER

Sparkling \$5
Still \$5

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STARTERS

Soup of the day \$12

Warmed baguettes with smoked garlic butter \$10

House-made pork, chive and prawn pot sticker dumplings, baby bok choy, shiitake mushrooms, cashews, ginger, soy and paprika oil \$20

Fresh assorted seafood cooked in a creamy seafood base Entrée - \$15 Main - \$19

House-cured Mount Cook freshwater salmon, citrus quinoa, shaved fennel, charred bell pepper, orange segments, pomegranate dressing - \$22

CASUAL

Tempura battered fresh fish of the day, curly fries, seasonal leaves, tartare \$26

Szechuan spiced beef sirloin, mixed greens, crispy noodles, cherry tomatoes, cucumber, cashews, radish, julienned vegetables, chilli and lime aioli \$24

House-made curry of the day, steamed Basmati rice, naan bread \$26

Pasta of the day POA

Roast of the day, truffle mashed potatoes, steamed seasonal vegetables, Yorkshire pudding, red wine jus \$28

House-made falafel, grilled spiced eggplant, edamame beans, semi-dried cherry tomatoes, mint coconut yogurt (Vegan) \$26

Cos lettuce, anchovies, streaky bacon, croutons, shaved parmesan, caesar dressing - \$19
Add grilled chicken - \$8

SIDES

Curly fries, garlic aioli \$8

Shoe string fries, garlic aioli \$8

Sweet Potato wedges, sour cream \$8

Charred broccoli, garlic, almonds, cranberries \$9

Seasonal leaves, cherry tomatoes, cucumber, radish, julienned vegetables, dressing \$9

Steamed seasonal vegetables \$9

Available between 11:30am- 2:00pm



BURGERS

Grass fed topside beef patty (cooked to your preference)
milk bun, beetroot, cos lettuce, tomato, streaky bacon,
brie, tomato relish, aioli, curly fries \$24

Crispy spiced chicken thigh, milk bun, Swiss cheese,
streaky bacon, tomato, lettuce, garlic aioli, hickory
sauce, curly fries \$24

House-made falafel, milk bun, beetroot, cos lettuce,
tomato, Swiss cheese, onion relish, curly fries \$22

(Gluten free buns available)

HAND STRETCHED PIZZA

Aged Hungarian pepperoni, tomato base,
mozzarella \$22

Smoked beef, freedom farms chorizo, caramelised
onion, capsicum, brie, mozzarella \$24

Free range pulled pork, wild rocket, fennel, smoked
cheddar, mozzarella \$24

House smoked Mt Cook salmon, capers, red onions,
baby spinach, dill, creme fraiche \$24

Mediterranean style grilled egg plant, red onion,
zucchini, capsicum, mozzarella \$24

(Vegan mozzarella and gluten free bases available)



Available between 11:30am- 2:00pm

STARTERS

Soup of the day \$12

Hand stretched flat bread, fresh garlic, grilled parmesan \$16

Fresh assorted seafood cooked in a creamy seafood base Entrée - \$15 Main - \$19

House-made pork, chive and prawn pot sticker dumplings, baby bok choy, shiitake mushrooms, cashews, ginger, soy and paprika oil \$20

House-cured Mount Cook freshwater salmon, citrus quinoa, shaved fennel, charred bell pepper, orange segments, pomegranate dressing - \$22

CASUAL

Tempura battered fresh fish of the day, curly fries, seasonal leaves, tartare \$26

Szechuan spiced beef sirloin, mixed greens, crispy noodles, cherry tomatoes, cucumber, cashews, radish, julienned vegetables, chilli and lime aioli \$24

House-made curry of the day, steamed Basmati rice, naan bread \$26

Pasta of the day POA

Roast of the day, truffle mashed potatoes, steamed seasonal vegetables, Yorkshire pudding, red wine jus \$28

House-made falafel, grilled spiced eggplant, edamame beans, semi-dried cherry tomatoes, mint coconut yogurt (Vegan) \$26

Cos lettuce, anchovies, streaky bacon, croutons, shaved parmesan, caesar dressing - \$19
Add grilled chicken - \$8

BURGERS

Grass fed topside beef patty (cooked to your preference) milk bun, beetroot, cos lettuce, tomato, streaky bacon, brie, tomato relish, aioli, curly fries \$24

Crispy spiced chicken thigh, milk bun, Swiss cheese, streaky bacon, tomato, lettuce, garlic aioli, hickory sauce, curly fries \$24

House-made falafel, milk bun, beetroot, cos lettuce, tomato, Swiss cheese, onion relish, curly fries \$22

(Gluten free buns available)

Available between 5:30pm- 9:00pm



HAND STRETCHED PIZZA

Aged Hungarian pepperoni, tomato base, mozzarella \$22

Smoked beef, freedom farms chorizo, caramelised onion, capsicum, brie, mozzarella \$24

Free range pulled pork, wild rocket, fennel, smoked cheddar, mozzarella \$24

House smoked Mt Cook salmon, capers, red onions, baby spinach, dill, creme fraiche \$24

Mediterranean style grilled egg plant, red onion, zucchini, capsicum, mozzarella \$24

(Vegan mozzarella and gluten free bases available)

GRILL

Please select 2 complimentary sides and a sauce

300 gram Canterbury grass fed sirloin \$38

400 gram premium steer, ribeye on the bone \$42

200 gram Canterbury grass fed fillet \$36

Half Canterbury rack of lamb \$42

Mt Cook salmon fillet \$36

Choose red wine jus, peppercorn jus, garlic butter, shitake jus

SIDES

Duck fat potatoes, rosemary garlic \$8

Dauphinoise potato \$8

Truffle mashed potato \$9

Steamed Basmati rice \$7

Charred broccoli, garlic, almonds, cranberries \$9

Seasonal leaves, cherry tomatoes, cucumber, radish, julienned vegetables, dressing \$9

Curly fries, garlic aioli \$8

Shoe string fries, garlic aioli \$8

Steamed Seasonal Vegetables \$9



Saffron creme brulee, cinnamon cookies \$15

Marshmallow and chocolate mousse, dark chocolate soil, berry gel, chocolate tuille \$15

Homemade apple and cinnamon pie, pouring cream, vanilla ice cream \$15

Regional cheese selection, house chutney \$24

LIQUEUR ESPRESSO'S

Jameson's espresso \$13

Bailey's Hot Chocolate \$13

Chocolate Ole (Cointreau, Tia Maria) \$14

Hazlenut Kiss (Frangelico, ice cream espresso) \$14

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