

CLASSIC Burgers

BEEFROOT 12.5
Angus beef with a beetroot boost, lettuce, tomato, pickle, Awesome sauce and kumara brioche.
Best with Swiss Cheese.

SPICY CHICKEN 14.5
Free-range Aztec spiced chicken thigh, spicy kale slaw, chipotle yoghurt, smashed avocado and kumara brioche.

CRUMBED FISH 16.5
Apple & caper crumbed market fish, lettuce, tomato, red onion, basil mayo and kumara brioche.

VEGETARIAN 14.5
Chickpea, mint & kale falafel, lettuce, tomato, red onion, chargrill capsicum, basil pesto and kumara brioche.

BURGER BOWL SINGLE 14.5 / DOUBLE 17.5
Have your burger wrapped in an iceberg lettuce cup for a low-carb, high protein option, topped with burger sauce, sprouts and power seeds.

CHOOSE BEEFROOT, SPICY CHICKEN OR VEGETARIAN
CRUMBED FISH PLEASE ADD 2

EXTRAS

AVOCADO 4
FREE RANGE BACON 5.5
PATTIE / PROTEIN 5.5
SWISS CHEESE 2
SAUERKRAUT 1

WRAPS

SUPERFOOD WRAP 14.5
All the good stuff in a toasted wrap. Beetroot, carrot, super grains, baby spinach, almonds, flax seeds & our famous 'redergize' miso good dressing.
Dairy free & vegan.

+ **AZTEC CHICKEN** 2.5

SPICY CHICKEN WRAP 16.5
Free-range Aztec spiced chicken thigh, spicy kale slaw and lashings of chipotle yoghurt.

CRUMBED FISH WRAP 16.5
Apple and caper crumbed market fish, lettuce, tomato, red onion, carrot, basil mayo.

SOFT TACOS

AZTEC CHICKEN 15.5
Two soft flour tortillas with Aztec spiced chicken, tomato kasundi, lettuce & chipotle yoghurt.

CHIPOTLE PRAWN 16.5
Two soft flour tortillas with chipotle marinated prawns, tomato kasundi, lettuce & chipotle yoghurt.

VEGETARIAN NUT MINCE 15.5
Two soft flour tortillas with walnut & almond nut mince, tomato kasundi, lettuce & chipotle yoghurt.

SAUCES

BASIL-MAYO, CHIPOTLE-YOGHURT, AWESOME SAUCE, KASUNDI, MISO-GOOD DRESSING. 1

SIGNATURE Bowls

BURRITO BOWL
Our take on a naked burrito. Lime infused black rice, quinoa and cauliflower super grains, turtle beans, lettuce, spiced corn & chipotle yoghurt. Served with soft flour tortillas.

Gluten free & vegan available.

WITH FREE RANGE AZTEC CHICKEN 18.5

WITH VEGETARIAN NUT MINCE 18.5

REDERGIZE BOWL 14.5

Our classic salad back by popular demand. Baby spinach, red quinoa, shredded beetroot, shredded carrot, almonds, currants, flax seeds, miso dressing.

Gluten free & vegan available.

+ **HALF AVOCADO** 4.5

+ **FREE RANGE AZTEC CHICKEN** 4.5

SIDES

AGRIA CHIPS 6.5

Garage cut Agria potato chips with pink salt and date tomato ketchup.

Gluten free & vegan.

KUMARA CHIPS 9.5

Classic kiwi kumara chips with pink salt and date tomato ketchup.

Gluten free & vegan.

BURNT BROCCOLI 11.5

Broccoli florets, garlic confit, red wine vinegar, dried chilli, ground sesame.

Gluten free & vegan.

MINT & DATE SLAW 7.5

Shredded cabbage, carrot, dates, mint and secret apple cider vinegar dressing.

Gluten free & vegan.

SUNDAES

JELLY TIP 8.5

Probiotic vanilla frozen yoghurt, raspberry chia seed jelly, 70% cocoa dark chocolate sauce.

Gluten free.

CARAMELLO 8.5

Probiotic vanilla frozen yoghurt dripping in date caramel sauce, goji berries, almonds and dark chocolate.

Gluten free.

PINEAPPLE LUMP 8.5

Probiotic vanilla frozen yoghurt, house made pineapple jam, 70% cocoa dark chocolate sauce & freeze-dried pineapple crunch. *Inspired by the Kiwi classic*

Gluten free.

PIXIE CARAMEL 8.5

Probiotic vanilla frozen yoghurt, dulce de leche, 70% cocoa dark chocolate sauce & sea salt.

Just like the candy bar, only it wont stick your teeth together! Gluten free.

THE RAW KITCHEN

SWEET VEGAN TREATS 12.5

Ask your waiter about this week's special from our neighbours at The Raw Kitchen.

Gluten free, dairy free, vegan.

BEVERAGES & Cocktails

NATURAL SODAS

Our sodas are made using low-sugar Soda Press Co syrups. All syrups are carefully extracted from organic and natural fruits and spices.

OLD FASHIONED LEMONADE 6
GINGER ALE 6
RASPBERRY & MINT 6
PINK GRAPEFRUIT 6
BLUEBERRY & LIME 6

KARMA COLA

330ML BOTTLE 5
Good looking, great tasting, fair trade fizzy.

COCKTAILS

COCONUT GIN & TONIC 14.5
Gin, CoAqua coconut water, tonic, lime.

PIMMS HONEY LEMONADE 14.5
Pimms, House Lemonade, orange, lemon, cucumber.

GREEN TEA MOJITO 14.5
White rum, coconut sugar, mint, Gunpowder Green tea.

GARAGE MULE 15.5
Vodka, lime, orange, ginger ale, soda.

KOMBUCHA DARK & STORMY 15.5
Kracken Spiced Rum, lime, coconut sugar, kombucha.

BEER

HALLERTAU Luxe Kolshe Lager (4.5%) Tap 9.5 / 22

HALLERTAU #2 Statesman Pale Ale (5.3%) Tap 9.5 / 22

BROTHERS BEER Tropical (5%) Bottle 10

BROTHERS BEER Amber (5%) Bottle 10

GARAGE PROJECT Garagista IPA (5.8%) Can 10

GARAGE PROJECT 'Beer' (4.8%) Can 10

GARAGE PROJECT Guest Beer, please enquire POA

EMMERSON'S Pilsner (5%) Bottle 10

STEINLAGER Pure Lager (5%) Bottle 9

AMSTEL Light Beer (2.8%) Bottle 9

CELIA Czech Lager (4.5%) GF / Organic 9.5

CIDER

HALLERTAU Apple Cider (5.1%) Tap 11

WINE

BABYDOLL Sauvignon Blanc (Marlborough) 9

YEALANDS ESTATE Sauvignon Blanc (Marlborough) 12

CROSSROADS Chardonnay (Hawke's Bay) 10

BABICH Pinot Gris (Marlborough) 10

BABYDOLL Rosé (Marlborough) 9

TE MATA ESTATE Syrah, (Hawke's Bay) 12

BABYDOLL Pinot Noir (Marlborough) 10

VEUVE DU VERNAY Brut, France (200ml) 12

All wines also available by the bottle.

CLASSICS

COCONUT WATER (CoAqua) 5.5

100% Coconut Water.

KOMBUCHA (Organic Mechanic) 6.5

Fermented ginger and black tea health tonic.

JUICES (Homegrown) 5.5

Orange, Apple or Pineapple - all 100%.

HARNEY & SON TEAS (Pots) 5.5

English Breakfast, Earl Grey, Gunpowder Green, Peppermint, Pomegranate Oolong.

ALLPRESS ORGANIC COFFEE

All the usuals ... Reg 4.5 / Large 5.5

ORDER BY PHONE: 09 973 2305. NUTRIENT DENSE. 100% FREE-RANGE. PROUDLY LOCAL.

Please advise kitchen of any allergies. Our packaging is 100% compostable – please dispose of it thoughtfully.