

All day Breakfast menu

House-made toasted granola 15.5
/ coconut yogurt and seasonal fruit
+plant-based milk -.80 (Ve)

Toast & preserves 11-

Poached eggs on ciabatta 16-
w/ house-made Za'atar and drizzled w/ local
extra virgin olive oil
Add FR bacon 6.5-

Mushrooms on toast (Ve) 25-
Mushrooms roasted in smoked paprika then
cooked in coconut cream w/
seared halloumi, local Pinoli pinenuts on
ciabatta drizzled with Kanapu hemp oil

Smashed avo (Ve) 23-
W/ sauerkraut, crumbled
feta, house-made dukkha and drizzled
w/ Kanapu hemp oil. Served with toasted
ciabatta
Add Salmon 9-

Eggs benedict (bacon) 25-

Eggs royale (Salmon) 26-

Eggs fungi 24-
(Served w/ house-made turmeric infused
hollandaise)

Super french toast (V) 24-
House-made infused blueberry muffin w/ pure
organic maple syrup, caramalised banana,
topped w/ rose water infused berry compote +
slithered almonds
Add FR bacon 6.5-

KIDS MENU

Olive's smashed avo on toast 13-

Poached egg on toast 11-

Herb's bacon butty 14-

French toast w/ berry compote 16-

Lunch menu from 11:30am

Marlborough mussel chowder 24-
Served with ciabatta

Mexican chilli beans (Ve, DF, GF) 19.5
W/ GF corn chips, avo, and coconut yogurt

Wellness bowl 25-
Selection of seasonal produce and pickles.
(vegan on request)
Add protein: Salmon 9-
Chicken 6-

Tomato Bruschetta 15.5
w/in-season tomatoes w/ mint + pomegranate
pesto on ciabatta

ADD ALL DAY: (no meals can be made up from the All Day list)

+ FR bacon 6.5

+ Salmon 9-

+ FR poached egg 3-

+ GF seed bread (one slice) 2.5

+ Sauerkraut 6-

+ Avocado 6-

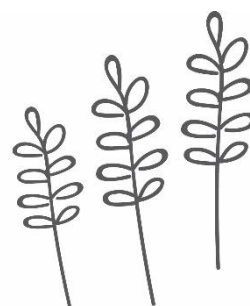
+ Creamy paprika mushrooms 7-

+ Tomato 4-

+ Halloumi 6-

(GF) gluten free (V) vegetarian (Ve) vegan (DF) dairy free

We use free-range bacon, eggs & chicken. Please note,
meals are prepared in a kitchen that handles gluten, egg,
meat, dairy & nuts. Let us know when ordering if you have
any allergies.



HERB + OLIVE

ESPRESSO (we make all styles of coffee)

| | |
|---------------------------|-----|
| Black | 4.5 |
| White | 5.5 |
| Large | .50 |
| Almond/soy/oat | .80 |
| Chai latte | 5.5 |
| Dirty chai | 7- |
| House-made turmeric latte | 6- |

TEA

| | |
|-------------------|-----|
| Paris earl grey | 5.5 |
| English breakfast | |
| Green sencha | |
| Peppermint | |
| Kawakawa/ginger | |

BY THE GLASS

| | |
|---|----|
| Home Grown Juice | 5- |
| Soda & House-made Elderflower cordial w/ fresh mint (Seasonal availability) | 7- |

SMOOTHIES

11

Berry buster

Mixed berries, almond butter, dates, banana and almond milk

Green goddess

In-season greens, ginger, apple, and coconut water

Cacao superfoods

Organic cacao, almond butter, dates, banana and almond milk

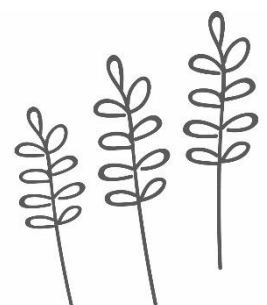
Add an Espresso shot \$4.50

Immunity booster

Orange juice, carrot, turmeric, and ginger

Add a Sauerkraut shot \$2

(rich in probiotics; it activates your digestion, and it generally keeps your belly at ease)



HERB + OLIVE