

All day breakfast

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| Croissant with kaffir lime curd | \$1.80 |
| Pain au chocolate | \$1.30 |
| Toast with butter & strawberry jam | \$2.00 |
| Cinnamon & raisin loaf toasted with combed honey | \$3.00 |
| Toasted granola with nashi pear & raisin compote, fresh milk | \$4.00 |
| Regional fruit bowl with yoghurt | \$3.50 |
| Bacon & egg roll with tomato & grape chutney | \$4.00 |
| French toast, vanilla & orange confit, greek yoghurt | \$6.00 |
| Tomatoes on multigrain toast, herbs de provence | \$3.50 |

Special menu

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| Fresco Classic | \$5.50 |
| Ready to go sandwich + soft drink + cookie | |
| Gourmet Executive | \$6.50 |
| Premium sandwich + smoothie + slice | |
| Picnic box | \$9.50 |
| Ready to go sandwich + salad + cake + gourmet juice | |

Sandwiches ready to go

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| Tomato, ham, cheddar panini | \$4.00 |
| Chicken caesar ciabatta roll | \$4.50 |
| Spinach, feta, eggplant, roasted pepper, mushrooms, pesto panini (V) | \$4.50 |

Bruschettas

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| Garlic crostini with tomato salsa (V) | \$3.00 |
| Parma ham with roasted mushroom, eggplant salad | \$3.50 |
| Pastrami, artichoke, roast pumpkin, rocket pesto | \$3.50 |

Salads

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| Please choose from the selection in the cabinet (All one size) | \$3.80 |
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Ice cream

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| Selection of New Zealand natural ice creams available, see the board for your choice of flavours | |
| Per scoop | \$2.00 |

Bakery

Please check the cabinet for a selection of cakes, bakery & savoury items

Create your own sandwiches

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| Includes base + vegetarian + condiment + one cheese | \$3.80 |
| Includes base + vegetarian + condiment + one meat | \$4.00 |
| Includes base + vegetarian + condiment + one cheese + one meat | \$4.50 |
| Includes base + vegetarian + condiment + one premium cheese + one premium meat | \$5.00 |

All sandwiches with lettuce & tomato, toasted or plain

Base

White, rye, wholemeal, multigrain, semi dried tomato & pumpkin seed roll, poppy seed & onion bagel, french baguette, herb foccacia, tortilla wrap, pita pocket, turkish bread, sesame roll, multi grain bagel

Meats

Shaved ham, grilled chicken, roast beef, bacon

Premium Meats

Parma ham, pastrami, pepperoni, roast lamb

Cheeses

Cheddar, swiss, cream cheese, mozzarella

Premium Cheese

Feta, goat cheese, bocconcini, brie

Vegetarian

Carrot, cucumber, onion, roasted pepper, tabbouleh, eggplant, roast mushrooms, spinach, olives, semi dried tomatoes, roasted cherry tomatoes, avocado, capers, sauerkraut, artichokes, gherkins jalapeno chillis, pickled vegetables, watercress, roast pumpkin

Condiments

Dijon mustard, seeded mustard, hummus, babaganoush, horseradish crème, semi dried tomato tapenade, garlic yoghurt dressing, tomato chutney, chilli jam, mayonnaise, garlic aioli, fruit chutney, basil pesto, olive tapenade, tomato salsa, tzatziki, pesto cream, honey mustard dressing, pepper parmesan dressing, onion relish, sweet ginger relish, herb dressing

Gourmet sandwiches (available as toasted or plain)

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| Prosciutto, brie, mustard cress ciabatta with fig & rosemary confit | \$5.00 |
| Chicken & bacon wrap with cheddar, tomato, lettuce, avocado, garlic mayo | \$4.50 |
| Deli foccacia with roast pepper, mustard, salami, ham, mozzarella, mayonnaise | \$4.00 |
| Cured salmon gravalax bagel with cream cheese, semi dried tomato tapenade, capers, onion | \$5.50 |
| Roast beef wrap with red pepper, tabbouleh, spinach, feta, hummus, garlic yoghurt dressing | \$5.00 |
| Baguette with parma ham, pepperoni, shaved ham, olives & tomato chutney | \$4.50 |
| Moroccan beef, pickled carrot, goat cheese, green olive tapenade on rye bread | \$4.50 |
| Lamb souvlaki pita pocket with greek salad, tzatziki dressing | \$5.00 |
| Tuscan style bagel with tomatoes, olives, pesto cream, onion, red pepper, feta (V) | \$4.50 |
| Chicken, shaved ham, egg, tomato, lettuce club sandwich | \$5.00 |
| Triple decker multigrain sandwich with pastrami, sauerkraut, swiss cheese, horseradish crème | \$5.00 |

Gourmet juices

\$2.50

Bloody Orange
Oranges, beetroot, apple

Berry Basic
Raspberry, pineapple

Energizer Blend
Apple, pineapple, passionfruit & lime

Berry Booster
Orange, apple & raspberry

Tonle breezer
Pineapple, orange, passionfruit & banana