

All Day Menu

Organic Muesli

Honey & passionfruit panna cotta, fruit, milk.

14.5

S.E.B

Free range scrambled eggs, manuka smoked bacon, sundried tomato pesto, bagel.

16.5

Mixed Mushrooms

Creamy tarragon & garlic sauce, free range poached egg, organic brioche.

18.5

Add manuka smoked bacon (2)

5

Add grilled halloumi

5.5

Smashed Avocado

Sumac, feta, salsa, poached free range egg, organic sourdough.

17.5

Add grilled halloumi

5.5

Add manuka smoked bacon (2)

5

Add smoked salmon

6.5

Toppings & Toast

Choose from the following combinations:

Portobello, vegan almond cheese, spinach, vine tomato, organic gluten friendly bread

15

Nutella, banana, dark chocolate, organic brioche

14

Smoked salmon, cream cheese, red onion, capers, lemon, bagel

15

Buckwheat Waffles

Nutella, strawberry sorbet, seasonal fruit, dark chocolate, maple.

19.5

Add manuka smoked bacon (2)

5

Eggs Benedict

Free range poached eggs, house hollandaise, organic rye sourdough, with one of the following:

Manuka smoked bacon

18.5

Smoked salmon & sautéed spinach

20

Portobello, vine tomato & sundried tomato pesto

18.5

Melba Grill

22

Manuka smoked bacon, bratwurst, house hashbrown, portobello, vine tomato, free range eggs any style, organic five grain.

3 Egg Omelette

18

Free range eggs, kale, caramelised onion, roasted capsicum, gouda, organic five grain.

Add manuka smoked bacon (2)

5

Add smoked salmon

6.5

Free Range Eggs

11

Served any style on organic five grain.

And then add your sides:

ADD ONS

Manuka smoked bacon (2)

5

Prosciutto

7

Grilled portobello mushrooms

5

Creamy mushrooms

6.5

Bratwurst (2)

5

Vine tomatoes/sautéed spinach/avocado

3

House hashbrown (1)

3

Smoked salmon

6.5

Grilled free range chicken

6.5

Baked beans

4

Grilled halloumi

5.5

Melba chips & house aioli

7.5

Sauce: aioli, hollandaise, chutney

2

Blackboard Special **POA**

Refer to your waiter for today's special.

Calamari Salad **20.5**

Pan fried calamari, olives, mesclun, grilled lemon, vine tomato, cucumber, feta, crispy prosciutto.

Salmon Hash **17**

A Melba classic; whipped potatoes, smoked salmon, dill, free range poached egg, house hollandaise, lemon.

Add sauteed spinach **3**

P.L.A.T. **19.5**

Prosciutto, parmesan, avocado, vine tomato, rocket, organic rye sourdough, smoked paprika.

Carrot & Quinoa Fritters **19**

Grilled halloumi, free range poached egg, tomato relish, seeds, walnuts, petite salad.

Honey Garlic Chicken Salad **19.5**

A Melba classic; apple, roasted cashews, avocado, tomato, balsamic dressing & aioli.

Steak Sandwich **22**

Grilled sirloin, pickled cabbage, gouda, sundried tomato pesto, organic rye sourdough, pickles, petite salad, chips.

Grilled Market Fish **19.5**

Mango salsa, chips, basil aioli, petite salad.

Get Fit Fast Meals

The Blitz Protein Bowl **16**

Banana, blueberry, NuZest protein powder & peanut butter smoothie bowl topped with fresh fruit, natural yoghurt, roasted almonds & chia seeds.

Selvas Chicken **17.5**

Grilled free range chicken, spinach, avocado, Nancy's kumara sauce.

Selvas Salmon **22**

Smoked salmon, free range scrambled eggs, bacon, avocado, spinach, roasted kumara.

Fitness Mince **17.5**

Savoury mince, organic gluten friendly bread, free range poached egg, sautéed spinach.

Drinks

DINE IN COFFEE

We proudly offer Five Elements Espresso

	Small	Medium	Bowl
Espresso	3.5		
Long Black	4		
Macchiato	3.5	4	
Flat White	4	5	5.5
Cappuccino	4	5	5.5
Piccolo Latte	4		
Latte		5	5.5
Mocha Latte		5.5	6
White Hot Chocolate		5.5	6
White Chocolate Mocha		6	6.5
Organic Hot Chocolate		5	5.5
Organic Turmeric & Coconut Milk Latte		5	5.5

HAKANOA

Chai	5	5.5
Ginger Latte	5	5.5

TEAS

A selection of Harney & Sons' Teas: Earl Grey, English Breakfast, Peppermint, Citron Green, Raspberry.	4.5
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COLD PRESSED JUICES

Apple	5.5
Orange	5.5
Spirulina	6.5

CARBONATED

Karma Cola, Gingerella, Lemmy	5
Karma Cola Light	5
Remedy Lemon & Ginger Kombucha	5.5
Otakiri Water (300ml)	5

SMOOTHIES & ICED DRINKS

Lean Green Smoothie	9
Spirulina, apple, celery, cucumber, parsley, coconut water, cashews	
Island Breeze Smoothie	8.5
Mango cheeks, pineapple, lime, vanilla bean, coconut water	
Berry & Banana Smoothie	8.5
Raspberry, strawberry, blackberry, blueberry, banana, honey, organic soy milk	
Caramel Nut Protein Smoothie	9.5
Date paste, cashews, protein powder, organic almond milk	
Iced Coffee & Chocolate	6
Iced Mocha	6.5
Iced White Mocha	7.5
Iced White Chocolate	7

WINE

Brut

Veuve du Vernay (France) 200ml **11**

Pinot Gris

Main Divide (Waipara) bottle **43.5**

Sauvignon Blanc

The Pass (Marlborough) 150ml **9** 250ml **14** bottle **40**

Chardonnay

Sanctuary (Martinborough) 150ml **9** 250ml **14** bottle **40**

Pinot Noir

Sanctuary (Martinborough) bottle **43.5**

Rose

Babich (Marlborough) 150ml **9.5** 250ml **15** bottle **43.5**

BEER

Heineken	8.5
Heineken Light	8
Peroni	8.5
Corona	8.5