

KETO MENU

Green omelette \$9

Made with baby spinach (Add a side)

Eggs Benedict on chaffle \$21.50

Free range bacon , Akaroa salmon or portobello mushrooms served with wilted spinach, free range poached eggs, topped with house lemon hollandaise sauce

Keto bruschetta \$21.50 (GF)

Smashed avocado, cherry tomato, danish feta, house pesto, mild chorizo, green leaves ,free range poached egg on a chaffle

OPEN MEAL OPTION

Create your own plate !

Eggs your way (x2)	\$5	(Free range)
Roasted tomato	\$4	
Spinach	\$4	
Roasted Mushrooms	\$4	
Avocado	\$5	
Chorizo	\$5	(GF) (Mild)
Bacon	\$5	(Free range)
Hot smoked Akaroa salmon	\$5	
Halloumi cheese	\$5	
Cream cheese	\$2	
Sour cream	\$2	
Homemade lemon hollansaise sauce	\$2	
Homemade salsa verde (coriander based)	\$2	
Homemane pesto	\$3	
Chaffles (x3 pieces)	\$7	(GF)

KETO DRINKS

Bullet proof coffee \$7.5

Iced Americano with cream \$7

