



AT SOURCE CAFÉ WE ARE STRONGLY COMMITTED TO ETHICAL SOURCING AND PRODUCT TRACEABILITY, ANIMAL WELFARE AND WE ARE PROUD TO SUPPORT LOCAL SUPPLIERS WHOSE PASSION AND TALENTS HELP OUR VISION, FROM THEIR PADDOCK TO YOUR PLATE.

WE ONLY USE FREE RANGE BACON, HAM, CHICKEN & EGGS.



## BREAKFAST, ALL DAY / 7.30AM - 3PM

Our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish, gluten. Whilst all reasonable efforts are taken to accommodate guest dietary needs, we cannot guarantee that our food will be allergen free.

### BAGEL WITH CREAM CHEESE & SEASONAL SOURCED JAM \$8.50 (VEGETARIAN, GLUTEN FREE POSSIBLE)

Toasted bagel with cream cheese & seasonal jam.

### SOURCE GRANOLA \$17.00 (VEGETARIAN)

House baked granola with ginger, turmeric, cinnamon, nuts & fruit. Served with Raglan coconut yoghurt & seasonal stewed fruit.

### SOURCE SEASONAL FRUITS SMOOTHIE BOWL \$16.50 (GLUTEN FREE, DAIRY FREE, VEGETARIAN & VEGAN POSSIBLE)

Seasonal fruits blended with almond milk and garnished with Source Granola, chia seeds & berries.

### BEETROOT HUMUS TOAST - SOURCE STYLE \$16.50

(VEGETARIAN, VEGAN POSSIBLE, GLUTEN FREE POSSIBLE, DAIRY FREE POSSIBLE)

Thick 5 grain toast with garlic cream & house made beetroot humus. Topped with pickled carrot

### CARROT HUMMUS & GRILLED EGGPLANT TOAST

\$15.50 (VEGETARIAN, VEGAN, DAIRY FREE, GLUTEN FREE POSSIBLE)

House made carrot hummus on ciabatta topped with ripe sliced tomato and grilled eggplant.

### SOURCE INSPIRED FRENCH TOAST \$19.00

(GLUTEN FREE POSSIBLE)

Caramelised banana, peanut butter sauce, bacon, maple syrup and vanilla mascarpone.

### BENEDICTS ON BAGEL \$18.50

(VEGETARIAN, GLUTEN FREE POSSIBLE)

Two poached eggs with hollandaise sauce on bagel with your choice of smoked ham hock, smoked salmon or grilled field mushrooms.

(Add Bacon for \$1.00)

### SOURCE BIG BREAKFAST \$22.50

(GLUTEN FREE POSSIBLE)

2 eggs your way, bacon, sausages, hash browns, slow roasted tomato, field roasted mushrooms & toast.

### SOURCE VEGGIE BIG BREAKFAST \$22.00

(VEGETARIAN, VEGAN POSSIBLE, GLUTEN FREE POSSIBLE)

Two eggs your way, hash brown, buttered spinach, slow roasted tomato, roasted field mushroom, grilled artichoke & toast.

## SIDES

BACON (4)	\$6.00	SLOW ROASTED TOMATO (3)	\$5.00	GLUTEN FREE BREAD	\$4.00
EGGS YOUR WAY (2)	\$6.00	ROASTED FIELD MUSHROOM (4)	\$5.00	BAGEL	\$4.00
HASH BROWNS (3)	\$6.00	TOMATO RELISH	\$4.00	5 GRAIN	\$4.00
SAUSAGE (2)	\$6.00	HOLLANDAISE	\$4.00	SOURDOUGH	\$3.00
SMOKED SALMON	\$7.00	BEER BATTERED ONION RINGS WITH		SHOESTRING FRIES WITH ROAST	
AVOCADO (1/2)	\$5.00	ROAST GARLIC & PARMESAN AIOLI	\$8.00	GARLIC & PARMESAN AIOLI	\$8.00

(SUBJECT TO AVAILABILITY)

# LUNCH, ALL DAY / 7.30AM - 3PM

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## SUPER FOOD VEGAN STACK WITH SESAME

### SRIRACHA TOFU \$17.00

(VEGETARIAN, VEGAN, DAIRY FREE, GLUTEN FREE)

Crisp broccoli, quinoa patty, sesame sriracha tofu, beetroot humus, tahinni with carrot.

## CHEESE & BACON BURGER \$19.00 (GLUTEN FREE POSSIBLE)

House made beef patty, grilled bacon, double cheese, pickles, mustard relish, ketchup, mayo & caramelised onion on a soft potato bun with shoestring fries.

## CHICKEN BURGER \$19.00 (GLUTEN FREE POSSIBLE)

Crispy chicken breast fillet, grilled bacon, cheese, house coleslaw, parmesan & roast garlic aioli on soft potato bun with shoestring fries.

## FISH BURGER \$19.00 (GLUTEN FREE POSSIBLE)

Daily crisp beer battered fish, tartare sauce, slaw, pickles and cheese with shoestring fries

## VEGGIE BURGER \$19.00

(VEGETARIAN, GLUTEN FREE POSSIBLE)

House made quinoa patty, grilled field mushroom, tomato, pickles, coleslaw & aioli.

## FISH & CHIPS \$24.00 (GLUTEN FREE POSSIBLE)

Traditional beer battered day boat fish fillets served with tartare sauce, fries & lemon wedge.

## SALT & PEPPER SQUID \$19.50

Crisp fried squid with tartare sauce, lemon wedge & green salad

# ALL DAY KIDS MENU / 7.30AM - 3PM

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## KIDS MEALS \$8.00 EA

FISH & CHIP BUTTIE (GLUTEN FREE POSSIBLE)

EGG & BACON BUTTIE (GLUTEN FREE POSSIBLE)

SCRAMBLED EGG & TOMATO SMASH (VEGAN, GLUTEN FREE POSSIBLE)

HAM & CHEESE TOASTIE (GLUTEN FREE POSSIBLE)

SEASONAL FRUIT & COCONUT YOGHURT

(VEGETARIAN, GLUTEN FREE)

## MILKSHAKES \$6.50 EA

CHOCOLATE / STRAWBERRY / LIME / VANILLA

## ICE CREAM \$5.00 EA \*AVAILABLE AT SOURCE PAKURANGA ONLY

RASPBERRY / STRAWBERRY / BLUEBERRY / MANGO / KIWIFRUIT

## FROZEN YOGHURT \$5.50 EA \*AVAILABLE AT SOURCE PAKURANGA ONLY

RASPBERRY / STRAWBERRY / BLUEBERRY / MANGO / KIWIFRUIT

# SIDES

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SMOKED SALMON	\$7.00	BEER BATTERED ONION RINGS WITH		SHOESTRING FRIES WITH ROAST	
AVOCADO (1/2)	\$5.00	ROAST GARLIC & PARMESAN AIOLI	\$8.00	GARLIC & PARMESAN AIOLI	\$8.00

(SUBJECT TO AVAILABILITY)

# DRINKS MENU

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## COFFEE

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### L'AFFARE

FLAT WHITE / CAPPUCCINO - \$4.50 / \$5.00  
LATTE / CHAI LATTE - \$5.00  
MOCHA / HOT CHOCOLATE - \$4.50 / \$5.00  
LONG BLACK / SHORT BLACK - \$4.00  
PICCOLO - \$4.00  
BABY CHINO - \$2.00  
LEMON TODDY - \$4.50  
COLD BREW - \$4.50

» EXTRA .50C - SOY / ALMOND / DECAF

» TAKE .50C OFF WITH YOUR KEEP CUP

## TEA

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### ALL FINE & DANDY TEAS \$5.00

EARL GREY  
ENGLISH BREAKFAST  
GREEN TEA  
PEPPERMINT  
CHAMOMILE & CINNAMON  
LEMONGRASS  
GINGER AND KAWAKAWA  
GREEN TEA & ROSE PETALS

## MILKSHAKES ALL \$6.50

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CHOCOLATE  
STRAWBERRY  
LIME  
VANILLA

## JUICES / ALL \$9.00

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### MY CLEAN GREEN MACHINE

Apples, kale, cucumber, spinach & celery.

### LONGEVITY

Mix berries, pineapple, mango & coconut water.

### THE BOOSTER

Carrot, celery, apple, ginger & beetroot.

## SMOOTHIES / ALL \$9.00

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### MY MORNING START

Dates, banana, almonds, cinnamon, rolled oats, milk & yogurt.

### THE POPEYE

Banana, strawberry, mango, spinach & coconut water.

### OUR SMOOTHIE

Banana, mixed berries, honey, yoghurt & milk.

### SMOOTHIE OF THE WEEK

Ask our friendly staff about the source smoothie of the week.

» ADD PROTEIN POWDER \$1.00

## COLD DRINKS / ALL \$5.00

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### KARMA COLA

### GINGERELLA

### LEMMY LEMONADE

### ALMIGHTY ORGANIC JUICES

APPLE, ORANGE

### FOXTON FIZZ

CREAMING SODA, RASPBERRY  
LEMONADE, LIME

### GOOD BUZZ KOMBUCHA (\$6)

FEIJOA, LEMON GINGER

## ICED DRINKS / ALL \$9.00

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### ICED COFFEE

Espresso, ice-cream, caramel syrup & cream.

### ICED MOCHA

Espresso, liquid chocolate, ice-cream & cream.

### ICED CHOCOLATE

Liquid chocolate, ice-cream, cream & biscuit crunch.

» MAKE A FREAKSHAKE FOR \$2 EXTRA

## ROYA'S CHIA BEADS

\$6.00

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### ROSEN LIME

### CARDAMOM