

DRINKS

HOT

coffee
SUPREME

Coffee

	Regular	Large
Espresso / Long Black	4.5	
Macchiato (Long or Short)	5	
Flat White / Latte	5	6
Cappuccino	5	6
Mocha	5.5	6.5
Extra Shot - Coffee, Vanilla or Caramel		1

HAKANOA

Alternatives

Hot Chocolate	5	6
Kids Hot Chocolate	4	
Hakanoa Sweet or Spicy Chai Latte		6
Hakanoa Ginger, Lemon & Manuka Honey		6
Fluffy	2.5	

Milks

Oat, Almond, Coconut, & Soy		1
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NOBLE
& SUNDAY

Tea

English Breakfast	5	
Earl Grey	5	
Peppermint	5	
Strawberry & Plum	5	
Jasmine Pearl Green Tea	5	

COLD

coffee
SUPREME

Coffee

Iced Americano	6	
Iced Latte, Chocolate or Chai	6.5	
Coffee Caramel Shake	13	

Juices & Water

Almighty - Orange, Apple & Mango Juice	8	
Voyage Sparkling / Still (500ml)	8	

DUCK
ISLAND
ICE
CREAM

BITES

BAKING

— WILD WHEAT —
SPECIALTY BREAD

Wild Wheat pastries	6.5
Chef Mike's famous homemade cheese scones	5.5
Chef Mike's famous homemade chilli cheese, herb scones	5.5

BREAKY BUTTIES

Classic	11
Bacon, tomato relish, hollandaise	
B&E	13
Bacon, egg, tomato relish, hollandaise	
Snag	17
Bacon, egg, pork sausage patty, aged cheddar, baby spinach, tomato relish, hollandaise	
Vege	15
Egg, halloumi, guacamole, baby spinach, tomato relish, hollandaise	

KIDS

Star Toast	8
Fried egg, bacon, brioche	
Waffles	10
Waffle, maple, ice cream, berries	

BRUNCH

Eggs on toast	12
Sourdough, relish, eggs. Poached, scrambled or fried	
Guacamole	18
Sourdough, feta, chilli oil, toasted seeds, poached eggs	
Creamy Mushrooms	20
Sourdough, mixed mushrooms, herbs, parmesan, bacon	
Eggs Benedict	22
Potato hash, creamy spinach, poached eggs, hollandaise. Bacon, Salmon or Halloumi	
French Toast	20
Brioche, banana, maple, ice cream, cinnamon, bacon	
Granola	15
Homemade Granola, yoghurt, banana, berries	

SIDES

Bacon	6
Salmon	7
Halloumi	6
Hash	6
Roasted Mushrooms	6
Guacamole	6



SMOOTHIES & BOWLS



Bowl and Arrow's nutritious blends demonstrate that wholesome food can be delicious and provide the energy boost we all seek.

	Smoothie	Bowl
Mango Muscle	15	18
Banana, mango, dates, vanilla pea protein, turmeric, cinnamon, salt		
Blueberry Blast	15	18
Banana, blueberries, dates, roasted peanuts, vanilla pea protein		
Guiltless Cacao	15	18
Frozen banana, roasted peanuts, dates, salt caramel protein, cacao powder		
Granola		15
House granola, Kāpiti yoghurt, fresh berries		



ICE CREAM

PRICES

★ **\$4**

KIDS

★ **\$6**

SINGLE SCOOP

★ **\$9**

DOUBLE SCOOP



Black Doris Plum
Fig & Manuka Honey
Triple Chocolate
Vanilla Bean
White Chocolate & Raspberry
Hokey Pokey
Affogato
Feijoa & Pear Sorbet (VG)
Chocolate Brownie (VG)
Cookies & Cream



Tuck *by BURGER BURGER*
Shop

OPEN DAILY 7AM

Sweet & Savoury Toast, Breaky Butties
& Granola Bowl served until 11:30am

@TUCKSHOP_NZ