



BREAKFAST MENU

Available 7am – Midday

Please order at the counter

House-made Granola \$13.5 V, DF AVAILABLE

Served with seasonal fresh fruit, Raglan coconut yoghurt and your choice of blue, green, soy, coconut or almond milk

Free Range Eggs \$14 V, GF AVAILABLE

Fried, poached, or scrambled on Mount Sourdough toast

Make it vegan: ditch the eggs, add scrambled tofu

Belgium Toasted Waffles \$22

Served with grilled banana, maple syrup and bacon

Eggs Benedict V AVAILABLE, GF, DF

With bacon \$22 / With mushrooms \$21 / With halloumi \$22

House made potato hash cakes with wilted spinach, poached eggs and hollandaise sauce

Classic Savoury Mince on Toast \$18 GF AVAILABLE

Served with a free range poached egg on Mount Sourdough toast

House Made Smoky Baked Beans \$16 VEGAN, GF AVAILABLE

American style baked beans made from scratch served on Mount Sourdough toast

The Complete Vegan \$23 VEGAN

House made potato hash cake, American style baked beans, scrambled tofu, mushrooms, wilted spinach and Mount Sourdough toast

Deli Big Breakfast \$25

Free range poached, scrambled or fried eggs, bacon, house-made potato hash cake, wilted spinach, The Snag Co. chorizo sausage, grilled tomato, mushroom and Mount Sourdough toast

Add ons:

Hollandaise \$2

Bacon / halloumi / house made potato hash cake \$5

Egg (1) poached/fried \$3.5

Wilted Spinach / avocado (seasonal) / mushroom / grilled tomato \$4

The Snag Co. chorizo sausage / scrambled tofu \$6



THE DRINKS

We use Excelso coffee, roasted right here in Tauranga.

All our coffees are double shot unless specified.

HOT

Flat White/Cappuccino/Latte	4.5/5/5.5
Long Black/Espresso	4
Americano	5
Mocha	4.5/5
Macchiato	4.5
Piccolo	4.5
Hot Chocolate	4.5/5/5.5
Chai Latte	5.5/6
Turmeric Latte	5.5/6
HARNEY & SONS TEA	4.5

English Breakfast / Early Grey / Paris / Peppermint / Chamomile / Japanese Sencha / Green with Coconut / Hot Cinnamon / African Autumn / Berry / Lemon & Ginger

ICED

Iced Chocolate / Coffee / Mocha	8
Iced Latte / Americano	6
Cold Drip	7.5
Affogato – Espresso over ice cream	8
GOOD BUZZ KOMBUCHA	7/9

Natural / Blueberry & Peach / Lemon & Manuka Leaf / Peach & Kawakawa

KARMA FIZZY 6

Cola / Razza / Gingerella

KARMA JUICE 6

Apple / Orange, mango, apple / Apple, guava, passionfruit

FRESHLY SQUEEZED JUICE 8

OJ – nothing but oranges

Vitamin Boost – carrot, celery, apple, ginger, parsley

SMOOTHIES 9

Banana & Berry – banana, berries, yoghurt, honey, milk (alt milk +\$1)

Vegan Green (VG) – mango, banana, spinach, coconut milk

Peanut Butter (VG) – banana, dates, peanut butter, almond milk

KIDS

Hot Chocolate	4.5
Fluffy	2
Karma Can - Lemmy / Orangeade	4

EXTRAS

Extra shot/Decaf/Alt. milk	1
Cream / Flavoured syrups	0.5