

## SMOOTHIES & SHAKES

<b>VERY BERRY SMOOTHIE</b> Raspberries, strawberries, blackberries, honey, yoghurt, apple juice	<b>9.00</b>	<b>SPECIALTY SHAKES</b> Choose from peanut butter, Oreo, chai or coffee	<b>8.00</b>
<b>BANANA SMOOTHIE</b> Banana, cinnamon, honey, milk	<b>8.00</b>	<b>CLASSIC MILKSHAKES</b> Choose from chocolate, caramel, strawberry, lime, vanilla or banana	<b>6.50</b>
<b>ALMOND PIÑA COLADA SMOOTHIE</b> Pineapple, banana, orange, vanilla extract, shredded coconut, almond milk	<b>9.00</b>	<b>ICE CREAM SPIDER</b> Vanilla ice cream with your choice of soft drink	<b>6.00</b>
<b>GREEN SMOOTHIE</b> Kale, spinach, banana, mango, coconut milk, lemon juice	<b>9.00</b>	<b>ICED COFFEE</b> Havana coffee, vanilla ice cream & cream	<b>7.00</b>
<b>TROPICAL SMOOTHIE</b> Orange, raspberries, mint, banana, orange juice	<b>9.00</b>	<b>ICED MOCHA</b> Havana coffee, chocolate, vanilla ice cream & cream	<b>7.50</b>
		<b>ICED CHOCOLATE</b> Vanilla ice cream, chocolate & cream	<b>6.50</b>
		<i>Make it dairy free</i>	<i>add 2.00</i>

## FRESH JUICE

<b>BUGS YUMMY</b> Carrot, apple, ginger	<b>7.50</b>
<b>MINT TO BE</b> Apple, mint, lime	<b>7.50</b>
<b>KICKSTART</b> Carrot, celery, beetroot, cucumber, ginger	<b>7.50</b>
<b>SUMMER BREEZE</b> Pineapple, apple, orange, lime	<b>7.50</b>

## DRINKS

ASK US FOR OUR  
WINE, BEER &  
COCKTAIL LIST



## HOT

<b>HAVANA ESPRESSO COFFEE</b>	<i>from 3.50</i>
<b>HOT CHOCOLATES</b> Classic hot chocolate Coconut milk hot chocolate Whittaker's chilli hot chocolate Tim Tam slam	<b>4.50</b> <b>5.50</b> <b>5.50</b> <b>6.00</b>
<b>CHAI LATTE</b>	<b>4.50</b>
<b>HOT BLACKCURRANT</b>	<b>4.00</b>
<b>FRESH LEMON HONEY GINGER</b>	<b>6.00</b>
<b>SPECIALTY LATTES</b> Turmeric, ginger, almond & honey Ceremonial matcha & almond	<b>6.00</b> <b>6.00</b>
<b>FINE &amp; DANDY TEA</b>	<b>4.50</b>

## COLD

<b>HARPOON COLD BREW COFFEE</b> Single origin cold brew seasonal coffee	<b>6.00</b>
<b>SIX BARREL SODA CO.</b> Cola six, hibiscus, sarsaparilla, celery tonic, ginger, raspberry & lemon - ask our staff for seasonal flavours	<b>5.00</b>
<b>SOFT DRINKS</b> Coke, coke zero, lemonade, ginger beer, ginger ale, tonic, lemon lime & bitters	<i>from 4.00</i>
<b>JUICE</b> Tomato, orange, feijoa, apple, pineapple, cranberry	<i>from 4.50</i>
<b>ANTIPODES SPARKLING WATER</b> 500ml or 1L	<b>6.50 / 11.00</b>
<b>KARMA COLA RANGE</b> Karma cola, Gingerella ginger ale, Lemmy lemonade, Summer orangeade, Sugar free Karma cola	<b>6.00</b>
<b>MAMA'S BREW SHOP KOMBUCHA</b> 'Love': lavender, rosehip, hibiscus & vanilla	<b>7.50</b>

## BREAKFAST CLASSICS

<b>APPLE CINNAMON PORRIDGE</b> Almond milk porridge, topped with cinnamon spiced apple, toasted walnuts & maple syrup	<b>13.00</b>
<b>GRANOLA BOWL</b> Homemade almond & orange granola clusters, with coconut yoghurt & warm blueberry compote	<b>14.50</b>
<b>SMOOTHIE BOWL</b> Pic's peanut butter, cacao, banana, rice milk & coconut cream, topped with granola clusters	<b>12.00</b>
<b>EGGS ON TOAST</b> Free-range eggs cooked how you like them, with your choice of ciabatta or Vogel's sprouted grain	<b>10.00</b>
<b>SHAKSHUKA</b> Cumin & saffron spiced tomato, red pepper, onion, topped with your choice of egg or turmeric scrambled tofu, baked & served with ciabatta	<b>16.00</b> <i>add chorizo &amp; feta +8.50</i>
<b>EGGS BENEDICT OR FLORENTINE</b> Poached eggs on English muffins with homemade hollandaise & served with your choice of bacon or wilted spinach	<b>18.00</b>

<b>AVOCADO ON TOAST</b> Smashed avocado on Vogel's sprouted grain, topped with Zany Zeus feta & microgreens	<b>15.00</b> <i>add poached egg +3.00</i>
<b>BIG BREAKFAST</b> Poached eggs on toast with bacon, chorizo, giant baked beans, portobello mushroom & hashbrowns	<b>23.00</b> <i>- no substitutions</i>
<b>VEGAN BREAKFAST</b> Turmeric scrambled tofu, toasted ciabatta, wilted spinach, giant baked beans, portobello mushroom & homemade cashew hollandaise	<b>19.00</b> <i>add Zany Zeus halloumi +6.00</i>
<b>PORTOBELLO BENEDICT</b> Sesame seed avocado balls on English muffins with portobello mushrooms, wilted spinach & homemade cashew hollandaise	<b>18.00</b>
<b>CINNAMON SUGAR WAFFLE</b> Waffle tossed in cinnamon sugar, served with bacon, banana, mascarpone & maple syrup	<b>16.50</b> <i>add extra waffle +8.00</i>
<b>CORN FRITTER STACK</b> Homemade corn fritters, served with Zany Zeus halloumi & cos salad with almond dressing	<b>18.50</b> <i>add bacon +6.50</i>

## BRUNCH

AVAILABLE UNTIL  
2.30PM DAILY

The most important meal of the day! Start your day the right way with a delicious breakfast at ours. As you would expect, our chicken & eggs are free-range, pork is free-farmed, seafood is sustainably caught, and bananas & coffee are fair-trade.

## SOMETHING MORE

<b>CROSS BURGER</b> Beef patty with melted cheese, sliced gherkin, bacon bourbon jam, cos lettuce, aioli & crispy bacon, served with fries & tomato sauce	<b>23.00</b>		
<b>KEDGEREE</b> Brown sugar cured hot smoked fish on spiced brown rice, tomatoes, spinach, toasted almonds & coriander, topped with a poached egg	<b>20.00</b>		
<b>BUDDHA BOWL</b> Roasted spiced carrot & mint, wild rice pilaf with cranberry, toasted chickpeas, spinach leaves, topped with a creamy almond dressing, with your choice of Zany Zeus halloumi or marinated tofu or wild prawns or spiced chicken	<b>25.00</b>		
<b>HALLOUMI BURGER</b> Roasted spiced pumpkin & kumara patty, with chilli jam, shredded cos, Zany Zeus halloumi, beetroot relish, avocado dressing & spring onion, served with fries & tomato sauce	<b>22.00</b>		
<b>SHREDDED BEEF CHEEK</b> Sous vide beef cheek, shredded & served on toast with gravy & shaved parmesan	<b>22.00</b> <i>add poached egg +3.00</i>		
<b>SIDES</b>			
Ciabatta	<b>4.00</b>	Vogel's sprouted	<b>4.50</b>
Free-range egg	<b>3.00</b>	Gluten-free bread	<b>5.00</b>
Hollandaise	<b>2.00</b>	Portobello	<b>4.50</b>
Wilted spinach	<b>4.50</b>	Zany Zeus halloumi	<b>6.00</b>
Hashbrowns	<b>4.50</b>	Free-farmed bacon	<b>6.50</b>
Giant baked beans	<b>4.50</b>	Free-farmed chorizo	<b>6.50</b>

● vegetarian ● vegetarian available ● vegan ● vegan available ● gluten-free ● gluten-free available

## TO SHARE

AVAILABLE ALL DAY

### CLASSIC FRIES ●●●

Served with homemade aioli & tomato sauce  
8.50

### CRISPY SWEET CORN BALLS ●

Served with chilli whipped sour cream  
9.00

### CHEERIOS

Island Bay free-farmed cheerios, served with Wattie's tomato sauce  
11.00

### GARLIC BREAD ●●●

Served hot to share  
9.50

### COB LOAF ●

Mini cob loaf, filled & baked with cheesy spinach & curry powder dip  
14.00

AVAILABLE AFTER 2.30PM

### STICKY SESAME CAULIFLOWER NIBBLES ●●

With a soy maple glaze  
12.00

### CRISPY CHICKEN NIBBLES ●

Free-range crispy chicken nibbles with a soy, sesame & maple glaze  
14.00

### PORK BELLY BITES ●

Free-farmed pork belly, sous vide & glazed in sticky chilli sauce  
16.00

### FLATBREAD ●●

Toasted flatbread topped with coconut yoghurt & za'atar, served with smooth hummus  
13.00

## MAINS

AVAILABLE AFTER  
2.30PM DAILY

### CHICKEN & GNOCCHI

Spiced sous vide Waitoa chicken breast, served on fried potato gnocchi, creamy spinach sauce & parmesan tuile  
31.00

### BUDDHA BOWL ●●●

Roasted spiced carrot & mint, wild rice pilaf with cranberry, toasted chickpeas, spinach leaves, topped with a creamy almond dressing, with your choice of Zany Zeus halloumi or marinated tofu or wild prawns or spiced chicken  
25.00

### TUNA POKE BOWL ●●●

Wild caught marinated raw tuna or marinated tofu, avocado, kale, carrot noodles, edamame & sticky black rice, with a ponzu dressing  
25.00

### BBQ JACKFRUIT BURGER ●●●

Chargrilled pineapple, red onion, spiced BBQ jackfruit pulled 'pork' & spring onion, served with fries & tomato sauce  
21.00

### BACON WRAPPED EYE FILLET ●

200G premium eye fillet wrapped in bacon, chargrilled & served with wilted greens, potato rösti, celeriac purée & a rich red wine jus  
36.00

### CROSS BURGER

Beef patty with melted cheese, sliced gherkin, bacon bourbon jam, cos lettuce, aioli & crispy bacon, served with fries & tomato sauce  
23.00

### HALLOUMI BURGER ●●●

Roasted spiced pumpkin & kumara patty, with chilli jam, shredded cos, Zany Zeus halloumi, beetroot relish, avocado dressing & spring onion, served with fries & tomato sauce  
22.00

### PREMIUM PORTERHOUSE STEAK ●

250G grass fed chargrilled beef steak, cos salad with almond dressing, fries & peppercorn sauce  
30.00

### LENTIL & LAMB ●

24 hour slow cooked lamb shank on braised puy lentils, topped with greek yoghurt & crispy onion  
29.00

### MUSHROOM & WALNUT BOLOGNESE ●●

Spicy 'bolognese' served on organic green tea soba noodles, topped with Angel Food parmesan, served with cos salad & almond dressing  
24.00

## ABOUT OUR FOOD

Here at The Cross, we believe in cooking from scratch, with the very best local & ethical ingredients. As you would expect, our chicken & eggs are

free-range, pork is free-farmed, seafood is sustainably caught, and bananas & coffee are fair-trade.

## STONEGRILLS

AVAILABLE AFTER 11.30AM  
WEEKDAYS & 2.30PM WEEKENDS

### 200G / 400G SURF & TURF ●

Grass fed lean cut beef rump & wild sustainable prawns, cos salad with almond dressing, fries & garlic butter  
29.00 / 37.00

### EYE FILLET ●

200G grass fed beef eye fillet served with turmeric & mustard seed smashed potatoes, wilted greens & red wine jus  
36.00

### STUFFED PORTOBELLO ●●●

Sun-dried tomato & Angel Food parmesan stuffed portobello mushroom, served with roasted spiced carrots, turmeric & mustard seed smashed potatoes  
25.00

### ZANY ZEUS HALLOUMI ●●

Served with roasted spiced carrots & cos salad with almond dressing  
29.00

Stonegrill meals are served on a super heated volcanic stone using no added fats or oils. Just like a mini BBQ, cooked to perfection because you cooked it!

### 200G / 400G BEEF RUMP ●

Grass fed lean cut with caramelised onion, cos salad with almond dressing, fries & garlic butter  
25.00 / 34.00

### LAMB RUMP ●

180G grass fed lamb rump, served with chilli jam, turmeric & mustard seed smashed potatoes & wilted greens  
32.00

### MARINATED TOFU ●●

Soy, chilli & garlic marinated tofu, served with kale, edamame & sesame seed tossed organic green tea soba noodles & roasted spiced carrots  
28.00

### MIXED GRILL - TWO OR THREE OPTION ●●●

Your choice of wild prawns, lamb rump, beef rump, Zany Zeus halloumi, marinated tofu or stuffed portobello, served with a cos salad with almond dressing, fries & garlic butter  
26.00 / 34.00

## WEEKLY FOOD DEALS

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### MONDAY & TUESDAY TWO-FOR-ONES

Every Monday & Tuesday we offer stonegrill meals – two for the price of one (the meal of lesser value is free). Available 11:30am-1:30pm & 5:30pm until sold out. Terms & conditions apply. One bill per table.

### MIDWEEK MEAT-FREE

Break up your weekly routine by enjoying a plant-based meal from our Wednesday evening vegetarian & vegan specials board. To sweeten the deal, choose a main & dessert for \$30 from any of our vegetarian or vegan options. Terms & conditions apply. Available from 5pm.

### SUNDAY NIGHT ROAST

On Sunday evenings, come on in for a tasty roast & a complimentary brownie for \$23.50. Available from 5pm.

## DESSERTS

AVAILABLE AFTER 2.30PM

### SALTED CARAMEL CHEESECAKE ●●

Topped with macadamia praline  
13.00

### APPLE CRUMBLE ●●●

Cinnamon spiced apple with ginger crumble & vanilla bean or coconut ice cream  
12.00

### GINGER PUDDING ●

Sticky ginger pudding, served warm with poached pear, butterscotch sauce & vanilla bean ice cream  
12.00

### CHOCOLATE CAKE ●●

Served with hot chocolate fudge sauce & vanilla bean or coconut ice cream  
12.00

● vegetarian ●● vegetarian available ●●● vegan ●●●● vegan available ●●●●● gluten-free ●●●●●● gluten-free available