



ALL DAY MENU

Latest time to pick an order is 4.00 pm every day

Delivery is until 8.00pm everyday. *Delivery charges do apply*

Omelette's - gf, df optional **\$19.50**

-Ham or bacon, cheese, tomato, mushroom

-Spinach, cheese, mushroom, tomato (v)

-Salmon, red onion, capers, cream cheese

All omelettes served w/ multigrain toast

Eggs, Bacon on Toast - gf optional **\$16.50**

Two cage-free eggs poached, fried or scrambled, tomato, served on your choice of ciabatta, wholegrain or gluten free

Pancakes – vegetarian **\$19.50**

House made vanilla pancakes, banana, vanilla cream, caramel sauce, toasted coconut and sliced almonds

Add bacon \$3.5 extra

French Toast - gf optional **\$18.50**

Ciabatta, Steak bacon, berry coulis, banana, Cinnamon, maple syrup, cream, fruits

Big breakfast -gf / v optional, df **\$23.50**

Two cage-range eggs, streaky bacon, mushrooms, sausage, hash brown, tomato, ciabatta

Add Smoked Salmon - \$5 extra

Creamy Mushrooms on Ciabatta -gf/df Optional, v **\$19.50**

Sautéed mushrooms in garlic and herbs, onion, toasted ciabatta, two poached eggs, salad, balsamic glaze

Acai Bowl -v, vg, df, gf **\$16.50**

Acai, banana, berries, coconut water topped w/ our Sequoia Granola, fresh seasonal fruits, and coconut yoghurt

Sequoia Benedict -gf / v optional \$21.50
Two poached cage-free eggs, toasted ciabatta, hash brown, steaky bacon, wilted spinach, hollandaise

Club sandwich with chips -gf / v optional \$15.00
Bacon, tomato, lettuce, fried egg on white toast, served with chips and aioli
Gluten free option- Extra \$2

Chicken Burger with Chunky Fries \$22.50
Fried chicken, Aioli, beetroot relish, cheese, caramelized onion, tomato, lettuce
Swap to Kumara add \$3

Vegetarian Burger with Chunky Fries \$22.50
Kumara & Chickpea coconut Pattie, OR Cauliflower cheese Pattie w/ Beetroot relish, BBQ sauce, aioli, cheese, onion, tomato, lettuce
Vegan option -Extra \$2
Swap to Kumara add \$3

Beef Burger with Chunky Fries \$24.50
House made beef Pattie w/ beetroot relish, BBQ sauce, aioli, lettuce, tomato, caramelized onion, cheese, sunny side up egg,
Swap to Kumara add \$3

Thai Beef Salad -gf optional, df \$18
Spiced Thai beef w/ salad green, herbs, Wonton crisps

Lamb Salad -gf, df optional \$25
Seared Lamb coated in nuts and spices served on a Fresh Beetroot Quinoa, Roasted Pumpkin and Chickpea, baby spinach salad and Hummus finished w/ a mint Yoghurt Dressing and Toasted seeds

Sequoia Healthy Bowl -vg, df / gf optional \$24
Fresh beetroot quinoa, roasted seasonal vegetable and chickpea, baby spinach salad, toasted seeds, mushroom wonton crisps, and hummus, finished w/ a coconut yoghurt dressing

Pulled Pork Bao \$19.50
Asian style pulled pork served in a steamed bao bun w/ pickled cucumber, carrot, red cabbage, toasted chopped peanuts, crispy shallot and toasted sesame seeds, sesame aioli, hoisin glaze

Fish and Chips	\$20.50
Fried in tempura batter served w/ chunky fries, salad, and tartare sauce	
Beef Nacho -vege optional	\$18
Kiwi-Style Beef nacho, crunchy corn chips, melted cheese, house made salsa, sour cream	
Calamari Salad	\$19.50
Salt & Pepper calamari, salad, chips, lemon aioli	
Seasoned Wedges	\$15
w/ melted cheese, sour cream and salsa	
Chunky Fries	\$9.50
<i>Swap to Kumara add \$4</i>	
Fried Platter	\$25
Prawn twister, fish nuggets, samosa, spring roll, Jalapeno poppers, Vegetable balls, Chips, w/ Aioli and tomato sauce on side	
Spicy Singapore Fried Rice — <i>gf, vege optional</i>	\$13.50
Choose from Chicken / beef / seafood with seasonal vegetables and egg	
Hot & Sour Pumpkin Udon Soup - <i>vege. optional</i>	\$15
Choose from Chicken / beef/ lamb seafood with seasonal vegetables	
Fried Udon — <i>vege optional</i>	\$15
Choose from Chicken / beef/ seafood with seasonal vegetables and egg	
Braised Beef with Rice	\$15
Thai Spicy Chicken Curry with Cibatta - <i>vege. optional</i>	\$15
Seafood Chowder with Ciabatta	\$15
Pumpkin Soup with Ciabatta	\$13
Sequoia Granola - <i>v, vg, df, gf</i>	\$16
Gluten Free Granola Clusters, puffed quinoa, w/ coconut yogurt, berry coulis, seasonal fruit, toasted seeds	

HOT COFFEE

	Regular	Large
Espresso	\$4.00	
Macchiato	\$4.20	\$4.60
Long Black	\$4.50	
Flat White	\$4.50	\$5.00
Latte	\$4.50	\$5.00
Chai Latte		\$5.00
Cappuccino	\$4.50	\$5.00
Mochaccino	\$4.60	\$5.30
Americano		\$4.60
Hot Chocolate	\$4.80	\$5.30
Lemon, Honey & Ginger	\$4.30	
Matcha/Turmeric/Charcoal/Beetroot		\$5.30

LOOSE LEAF TEA

English Breakfast	\$4.30
Earl Grey	\$4.30
Lemon Breeze	\$4.30
Green Tea	\$4.30
Red Star Fruit Tea	\$4.30
Camomile	\$4.30

DELIVERY DETAILS

Latest time to pick an order is 4.00 pm every day, delivery is until 8.00pm everyday

Distance	Delivery Charge
Within 5 KM	\$5.00 (\$3.00 if ordered day before prior to 3.00 pm)
6 – 10 KM	\$10.00
10 – 15 KM	\$15.00

Free delivery if spending \$100 or more (within 15 KM distance)

Pick up anytime for free.