

## DESIGN YOUR OWN

whether your diet is protein rich or carb free, or you just like to decide what is on your plate create your own meal option will satisfy you.

	total energy (kJ)	protein (gm)	carbs (gm)
<b>protein (160gm) - \$12.00</b>			
waikato angus beef fillet char grilled to your liking	1197	45	0
corn fed chicken breast, horopito	1122	50	0
marlborough salmon fillet, kelp pepper	968	38	1
tofu steak pan seared with soft boiled free range egg	1306	20	2
<b>sauces (30gm) - \$3.00</b>			
red wine jus	185	1	3
mushroom sauce	127	1	2
mango chutney	258	1	14
smoked tomato relish	217	1	12
horseradish crème fraiche	279	1	1
<b>vegetable &amp; salad (100gm) - \$6.00</b>			
seasonal steamed vegetables	439	3	5
roasted pumpkin & chickpea salad	219	3	10
quinoa, citrus, baby spinach salad	1428	10	63
tomato, basil, bocconcini salad	1130	28	1
<b>starch (100gm) - \$4.00</b>			
steamed jasmine rice	1458	7	77
roasted herb gourmet potatoes	369	3	19
organic brown rice	593	3	30
toasted israeli cous cous	129	1	7
roasted orange kumara	381	2	19
<b>wicked - \$4.00</b>			
hand cut chips	760	4	29
2 fried free range eggs	1090	14	1
free range bacon	2621	18	0
harmony free range pork sausage	1329	14	11

\*the above nutrition advice should be used as a guide only

\*\*nutrition count is based on per serve

# NEXT GENERATION AUCKLAND DOMAIN MENU

## BREAKFAST

**toast** **\$5.00**  
your choice of white, wholegrain, turkish pide, country sourdough, bagel with choice of strawberry, mixed berry, marmalade or vegemite. gluten free available

**muesli - original or gluten free** **\$9.00**  
cec's hawkes bay muesli with full cream, skim, soy milk or yoghurt

**porridge** **\$9.00**  
plump rolled oats with milk and brown sugar, blueberry compote

**toasted bircher muesli** **\$12.00**  
cec's hawkes bay muesli soaked in apple juice, granny smith apple, natural yoghurt, blueberry compote. gluten free available

**granola** **\$9.00**  
oats, toasted seeds, cranberries, figs, coconut, cherries, natural yoghurt

**3 egg omelette** **\$16.00**  
choose 3 fillings, served with wholegrain toast  
- mushroom, tomato, baby spinach, roasted capsicum, feta, cheddar cheese, ricotta, ham, smoked salmon, chives

**eggs on toast** **\$10.00**  
2 eggs cooked any style, grilled tomato, toasted country sourdough

**eggs benedict** **\$18.50**  
poached eggs, toasted muffin, light hollandaise with your choice of streaky bacon, smoked salmon or spinach

**free range breakfast** **\$20.00**  
"la authentique" pork sausage, streaky bacon, grilled tomato, braised mushrooms, homemade baked beans, eggs cooked any style, toasted country sour dough

**all of our eggs, bacon & pork sausages are free range**

Breakfast: 7am - 11am Mon - Fri  
7.30am - 12pm Sat - Sun

## LIGHT MEALS

**b.l.t** **\$10.00**  
bacon, lettuce & tomato sandwich on your choice of white or wholemeal bread, hand cut chips

**roast beef baguette** **\$10.00**  
warm roast beef, salad, tomato, mushroom, swiss cheese, beetroot chutney

**marinated olives** **\$10.00**  
kalamata olives, celery heart, feta, crostini's

**asian basket** **\$10.00**  
chinese lantern dumplings, wontons, chilli prawn twisters, assorted dipping sauces

**chicken lasagne** **\$11.00**  
roma tomato sauce & parmesan

**1/2 shell mussels** **\$12.00**  
brioche, herb & semi-dried tomato crumb, salad

**club wrap** **\$12.00**  
tender chicken pieces, bacon, salad, tomato, cheddar, aioli, toasted in pita bread

**greek salad** **\$12.00**  
iceberg heart, olives, tomato, feta, cucumber, red onion, garlic croutons, balsamic dressing

**pâté plate** **\$13.00**  
chicken & cognac pâté, fig paste, assorted crackers

**antipasto for one** **\$14.00**  
marinated vegetables, house semi-dried tomato, cured meats, baked ricotta, lavosh crackers

**optional extras can be added to any breakfast meal - \$4.00**

- grilled tomato, wilted spinach, mushrooms, baked beans, pork sausage, streaky bacon, smoked salmon, eggs

## ALL DAY MENU

**bruschetta** **\$8.00**  
topped with a salsa of fresh & semi-dried tomato, bocconcini, capers, basil & mandarin oil

**fish and chips** **\$19.50**  
tempura battered fresh fish fillets, crunchy garden salad, hand cut chips, lemon & caper aioli

**open grilled sandwich** **\$20.00**  
turkish pide or wrap, seared scotch fillet or chicken tenderloin, salad, crisp streaky bacon, caramelised onion, swiss cheese, hand cut chips & aioli

**beef burger** **\$19.50**  
floured bap, 100% ground lean scotch fillet burger, crisp streaky bacon, smoked tomato chutney, aged cheddar, hand cut chips & aioli

**linguine pasta** **\$19.00**  
roasted pumpkin, tender chicken pieces, pine nuts, baby spinach, cherry tomato, extra virgin olive oil, parmesan. vegetarian available.

**rigatoni pasta** **\$18.50**  
capsicum, courgette, eggplant, spinach, rich tomato sauce, olives, fresh basil, parmesan

**yakiudon** **\$18.00**  
organic udon noodles, chicken, shitake mushroom, capsicum, shredded cabbage, light soy & ginger broth, pickled ginger. vegetarian available.

**stir-fry** **\$18.00**  
thin slices of spicy tender beef, bok choy, chinese broccoli, snow peas, bean sprouts, rice noodles, roasted cashew nut crumble. vegetarian available.

**moroccan salad** **\$20.00**  
spiced chicken strips, figs, toasted whole almonds, semi-dried tomato, baby spinach, toasted israeli cous cous, tagine dressing

**thai beef salad** **\$20.00**  
seared rare beef with thai flavours, crunchy vegetables, fried shallots, roasted peanuts, crisp vermicelli noodles, lime dressing

**vegetable salad** **\$19.00**  
italian grilled marinated vegetables, chunky roast pumpkin, cumin fried chick peas, grilled haloumi, sunflower seeds, baby spinach, kikorangi blue cheese dressing

**chunky chips** **\$6.00**  
hand cut chips with chilli salt, tomato sauce, aioli

**flax seed oil** **\$3.00**  
add flax seed oil to any meal

*\*we use only rice bran oil for frying*

## KIDS MEALS includes drink (keri kids juice)

beef stir fry, fresh vegetables & steamed rice \$10.00      pasta with meatballs, tomato sauce & cheese \$9.00

battered fish, salad & french fries \$10.00      pizza with ham, cheese & tomato \$8.00

crumbed chicken strips, salad & french fries \$10.00      fruit salad \$6.00  
banana split \$6.00