

NERAL
ESSO · EATERY
UNGANUI

THE GE
KITCHEN · ESPR
MOUNT MA

COLD

HOME BREWS

COLD BREW SINGLE ORIGIN - **4.5**

WEBSTER'S ICE TEA - **4.8**

JUICES

COLD PRESSED JUICE ORGANIC - **6.5**

- Beet, apple, carrot & lemon
- Orange, carrot, lime, ginger & turmeric
- Apple
- Orange

BOTTLED JUICE - **6**

- Orange, apple & mango
- Guava, lime & basil
- Nectarine
- Feijoa

SODA

ALLGOOD ORGANICS **5**

- Karma Kola
- Karma Kola Zero Sugar
- Lemmy Lemon
- Lemmy Lime & Bitters
- Razza Raspberry & Lemon

ALMIGHTY SPARKLING WATERS

ZERO SUGAR **4.5**

- Peach & ginger
- Lemon

WATER

300ML - **4.5** 750ML - **9**
- Still - Sparkling
- Sparkling

SMOOTHIES

GREEN - **9.5**

Spinach, kale, mint, coconut water & banana

COCOA COCONUT - **9.5**

Cocoa, coconut milk, banana, cinnamon & peanut butter

BERRY - **9.5**

Berries, banana, coconut water & chia

KOMBUCHA - LOCAL

GREEN APPLE - **6.5**

BLUEBERRY - **6.5**

GINGER - **6.5**

RASPBERRY & LEMON - **6.5**

FEIJOA - **6.5**

BERRY & HIBISCUS - **6.5**

PINEAPPLE & COCONUT - **6.5**

GINGER BEER

HAWKE'S BAY GINGER BEER - **6.5**

HOT

TEA

All teas are organic, hand blended and fairly sourced

ENGLISH BREAKFAST - **4.5**

EARL GREY - **4.5**

SENCHA GREEN - **4.5**

HERBAL BOTANICAL INFUSIONS

LEMONGRASS, GINGER & KAWAKAWA - **4.5**

PEPPERMINT - **4.5**

PEPPERMINT, SPEARMINT, HIBISCUS, LEMON MYRTLE & LEMONGRASS - **4.5**

BLOOD ORANGE & ROOIBOS - **4.5**

ALTERNATIVES - ORGANIC

MATCHA - **6**

TURMERIC LATTE - **6**

CHAI, HAKANOVA

SPICY OR SWEET- **5.8**

COFFEE

Our coffee is roasted twice weekly exclusively for The General. The blend is 100% arabica beans consisting of four origins and is roasted in a 15kg petroncini hot air drum roaster: the taste profile offers complexity, flavour, body and finish.

SHORT BLACK - **4**

LONG BLACK - **4.4**

FLAT WHITE - **4.7**

CAPPUCCINO - **4.7**

AMERICANO - **4.6**

LATTE - **5**

MOCHA - **6**

SINGLE ORIGIN FILTER - **4.2**

DECAF/MYLKS - **+0.8**

FLUFFY - **1.8**

CHOCOLATE

HOT CHOCOLATE - **5.8**

MINT HOT CHOCOLATE - **6**

KIDS - **4**

ICED

FRAPPE - **7**

ICED CHOCOLATE - **7**

ICED MOCHA - **7.5**

COFFEE OVER ICE - **6.5**

ICED AMERICANO - **5.5**

ALL DAY EATING

7.30AM - 2.30PM

EGGS ON TOAST

Poached, fried or scrambled on sourdough, mixed grain, gluten free or housemade nutter toast
(Scrambled, GF & Nutter +2)

12.5

LOOM BOWL ^{DF} ^{GF} ^V

Granola, coconut mango chia "yoghurt", mango, berries, toasted coconut flakes, puffed grains

18

PESCE

House smoked salmon, spinach, roast beetroot, quinoa, whipped feta with horseradish, soft egg, seeded sourdough

21.5

CILIBIR - TURKISH EGGS ^V

House yoghurt, poached eggs, aleppo pepper butter, fried zucchini crisps, sourdough

21.5

PURE GAINS

Twelve hour braised brisket, black brioche, kumura miso, jalapeno bernaïse, poached eggs

22.5

MON AMOUR ^V

Baked brioche French toast, lime and mint curd, raspberry gel, Helila vanilla custard, summer berries, hazelnut crumble

20

BECAUSE

Sourdough, manuka smoked bacon, poached eggs, hollandaise, house relish

(Switch out bacon for house smoked salmon +3.5)

20.5

SIDES

SMOKED BACON - **6.5**

GERMAN BRATWURST - **7.5**

POTATO AND LEEK ROSTI - **6.5**

THYME MUSHROOMS - **7.5**

VINE TOMATOES - **6.5**

HALLOUMI- **7.5**

AVOCADO - **6**

HOUSE SMOKED SALMON - **8.5**

HOLLANDAISE, RELISH - **2.5**

SHOESTRING FRIES

WITH HOUSE MAYO - **9**

CHARRED SEASONAL GREENS WITH

MISO & TOASTED SEAWEED - **10.5**

GIRL NEXT DOOR ^V

Avocado, feta, cherry tomatoes, spiced seed mix, greens

19

LOADED

Smoked bacon, bratwurst sausage, poached eggs, potato and leek rosti, vine tomato, toasted sourdough

24.5

WHOLEFOODS ^{DF} ^{GF} ^V ^{VG}

Charred greens, brocolli, shredded kale, beetroot hummus, turmeric cashew cheese, kumura, falafel crumb, saurkraut, basil lemon vinegrette, caramelised pepitas

(Add egg +3)

23

HAWADIR ^V

Halloumi, muhammara, lentils, spiced kumura, cavolo nero, grilled pita

(Add falafels +7, add soft egg +3)

21

MILLIE & EMMA

Beef burger, cheese, onion, tomato, cos lettuce, pickle, siracha mayo, fries

(Add bacon +5, add fried egg +3.5)

22.5

CANGUU BOWL ^{DF} ^{VG} ^{GF}

Rice noodles, herbs, edamame, spring onions, pickled cabbage, cucumber and ginger, peanuts, sesame, crispy shallot, yuzu wasabi dressing.

(Add poached chicken +7.5, add tofu +6.5)

21.5

COCKTAILS

THE RITZ

Bubbles and fresh orange juice

11.5

APEROL SPRITZ

Aperol, Cinzano Prosecco, Soda

12.5

DARK N' STORMY

Kraken Rum, Ginger Beer, Fresh Lime

13

BLOODY MARY'S COUSIN

Vodka, Tomato, Pickle, Spiced Salt, Cos

13.5

ESPRESSO MARTINI

Vodka, Espresso, Kahlua

14

GIN & TONIC

Little Bidy Classic Gin with

Fever-Tree Indian Tonic

13

WINE

BUBBLES

GLASS BOTTLE

GANCIA PROSECCO
Piedmont, Italy

200ml
12

CA'DI RAJO PROSECCO TREVISO BRUT
Veneto, Italy

49

WHITES

GLASS BOTTLE

LAWSON'S DRY HILLS PINOT GRIS
Marlborough, New Zealand

9.5 **46**

MILLS REEF CHARDONNAY
Marlborough, New Zealand

10 **49**

CABLE BAY SAUVIGNON BLANC
Marlborough, New Zealand

10 **49**

ROSÉ

GLASS BOTTLE

M.CHAPOUTIER PAYS D'OC ROSÉ
Rhône, France

9.5 **46**

REDS

GLASS BOTTLE

GIBSTON VALLEY GOLD RIVER PINOT NOIR
Central Otago, New Zealand

11.5 **49**

WINE SELTZERS - LOW SUGAR, LOW ALCOHOL

PINOT GRIS, SPARKLING WATER, PEAR & GINGER

12

SAUVIGNON BLANC, SPARKLING WATER, YUZU,
MINT & CUCUMBER

12

ROSÉ, SPARKLING WATER, STRAWBERRY & HIBISCUS

12

BEER & CIDER

ON TAP

THE ISLAND - EAST COAST EASY LAGER

9.5

BOTTLED BEER

CROUCHER LOW RIDER 2.5%

9

MT BREWING CO. MOUNTIE PILSNER

9.5

MT BREWING CO. MERMAIDS MIRTH APA

9

MT BREWING CO. SEA BEAST IPA

9

MT BREWING CO. MR JONES IPA

9.5

CORONA

8.5

HEINEKEN

8.5

CIDER

THE ISLAND - LITTLE MISS SUNSHINE

9

Our love and care for food, along with you our customer is our upmost priority. Please advise of any food allergies as most of our menu is adaptable. Surcharge applies on Public Holidays