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Seas&de

CAFE + RESTAURANT + BAR

29 The Strand Russell 0202

FOR BOOKINGS CONTACT 09 945 8088 | seasiderussell@gmail.com



Seas&de

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Breakfast Menu

Breakfast

8AM - 11.30AM

SEAFARER'S BIG BREAKFAST (GFO) 25

Your choice of eggs | Grilled bacon | Kransky sausage | Portobello mushroom | Agria rosti | Northland tomato | Baby spinach | Ciabatta

VEGAN BREAKFAST BOWL 20

Roasted pepper hummus | Corn pico de gallo | Baby Spinach | Chickpeas | Kalamata olives | Pita bread | Egyptian Dukkah spice | Evo

PESTO STACK (GFO) 24

English muffin | Broccoli | Cauliflower | Baby Spinach | Gourmet chaat potatoes | Northland tomato | Poached egg | Hollandaise | Aged balsamic reduction | Roasted pine nuts

SALMON & KUMARA ROSTI (GF) 24

Smoked salmon | Kumara rosti | Charred corn | Green beans | Free range poached egg | Pickled vegetable | Capers | Parsnip chips

THE AVO SMASH DUKKAH 20

Vol-au-vent square | Avocado | Corn pico de gallo | Whipped feta | Mint gel | Crispy shallots | Egyptian dukkah spice | Evo

CORN FRITTERS 20

House made corn fritter | Grilled bacon | Avocado | Cherry tomato | Sour cream | Paprika smoked yogurt | Evo

EGGS BENEDICT (GFO)

Free range poached eggs | Agria rosti | Classic English muffin | Baby spinach | Hollandaise | Aged balsamic
Grilled bacon 22
Portobello mushroom 22
Smoked salmon 24

PANCAKES OR WAFFLES 22

Grilled bacon | Seasonal fresh fruit | Canadian maple | Chantilly cream | Mix berry jus

CREAMY MUSHROOM TREBBIANO (GFO) 20

White button mushroom | Poached egg | Confit garlic | Spicy chorizo | Gourmet potato | Aged balsamic reduction | Ciabatta

ACAI BOWL (V) 20

Acai puree | Goji berries | Chia seeds | Coconut chips | Granola | Seasonal fresh fruits | Roasted nuts

TOAST WITH SPREADS (GFO) 8

Choice of Bread: Ciabatta | Multi-grain | Bagel | Gluten free

EGGS YOUR WAY (GFO) 15

Poached | Scrambled | Fried | Your choice of bread

Kids Breakfast

KIDS PANCAKE OR WAFFLE 10

KIDS FRUITY BREAKFAST 12

PETITE BREAKFAST 12

SIDES

Choice of Toast 3

Kapiti Vanilla Bean Ice Cream 4

Northland tomato 5

Avocado 5

Button Mushroom 5

Baby spinach 5

Agria Rosti 5

Grilled bacon 6

Kransky sausage 6

Choice of egg 6

Smoked salmon 7

Savoury Mince 10

Coffees

SMALL 5.0 | LARGE 6.0

FLAT WHITE | LATTE | CAPPUCINO

HOT CHOCOLATE | MOCHACCINO

CHAI LATTE SWEET OR SPICY

TURMERIC LATTE

LONG BLACK | AMERICANO 5.0

SHORT MACCHIATO 4.0

LONG MACCHIATO 4.5

ESPRESSO 3.0

FLUFFY 3.0

Plant Based Milk (Soy, Almond, Oat And Coconut) 1.0

(Vanilla, Hazelnut, Caramel Decaf And Extra Shot) .50

Kerikeri Organic Tea

BAY OF ISLANDS BREAKFAST TEA 5

ROYAL EARL GREY 5

MANUKAU MINT 5

DARJEELING GREEN 5

CHAMOMILE & CINNAMON 5

LEMON GINGER HONEY 5

Soft Drinks & Juices

COKE | COKE ZERO | DIET COKE | SPRITE 5

GINGER ALE | TONIC WATER | SODA WATER 5

ONEPURE SPARKLING WATER 6

GINGER BEER | REDBULL 6

TOMATO | ORANGE | APPLE 6

CRANBERRY | PINEAPPLE 6

HOUSE MADE LEMON LIME BITTERS 7

FRESH SEASONAL FRUIT JUICE 10

FRAPPE 7.50

Chocolate | Mocha | Coffee

ICED TEAS 7.50

Mango | Peach | Lemon

Smoothies & Shakes

GREEN GOODNESS 12

Spinach | Mango | Banana | Coconut Milk | Orange Juice

MIX BERRY 12

Strawberry | Raspberry | Blueberry | Cranberry Juice | Milk | Cream | Fresh Fruit Topping

MANGO LASSI 10

Mango Chunks | Yogurt | Saffron

NUTTY BANANA & SALTED CARAMEL 12

Salted Caramel | Roasted Nuts | Banana | Cinnamon | Low Fat Milk

BELGIAN CHOCOLATE 10

Belgian Cacao | Chocolate Dust | Low Fat Milk | Whipped Cream

TROPICAL REBOOT 10

Mango | Pineapple | Banana | Passionfruit | Coconut Water

DETOX 10

Blueberries | Banana | Dates | Boysenberries | Coconut Water

OREO CHEESECAKE 12

Oreo Biscuit | Cream Cheese | Low Fat Milk | Whipped Cream | Oreo Chocolate Granules