

Up Up an AWAY

Creamy Mushrooms & Bacon....19.00

Thinly sliced mushrooms & spring onions in a cream sauce, over whole grain toast with crispy bacon.

Eggs Benedict....19.50

Toasted sourdough baguette with your choice of:

-Smoked salmon & spinach.

Or -Bacon & Spinach.

Finished with homemade hollandaise.

LB's Big Breakfast....21.50

Eggs, bacon, tomato, hash browns, mushroom & sausage, served with toast.

Fresh Fruit Salad....15.50

With spiced nuts and your choice of natural or coconut yoghurt

Paleo Granola....15.50

served with seasonal fruit, dried fruit and chia seed, your choice of natural yoghurt or coconut yogurt.

Bacon "n" Eggs....15.50

Your style of eggs with streaky bacon on toast.

Pancakes....19.00

3 stack with maple syrup and your choice of:

Berry compote, whipped cream.

Or Banana and streaky bacon.

Or Fresh cut Fruit and yoghurt.

- BAGELS -

Raspberry jam and cream cheese. 9.00

Cold smoked salmon, caper cream cheese and lemon. 13.50

Bacon, avocado, tomato and cream cheese. 16.50

Smoked chicken, basil pesto and cream cheese. 15.50

Omelette....19.00

Choose 3 of the below fillings:

Ham Cheese

Tomato Mushroom

Spinach Onion

Smoked Salmon Cream Cheese

Sides

Streaky bacon 6.00 Smoked Salmon 6.00

Sausage 5.00 Tomato 4.50

Mushroom 4.50 Toast 4.00

Eggs 5.00 Avocado Smash 4.00

Cream Cheese 3.50 Hollandaise Sauce 2.00

Spinach 4.50 Hash Browns 4.50

Fries 9.50 Coconut Yoghurt 2.50

Start or Share

Nachos...17.50

Corn chips topped with melted cheese, spiced braised lentils finished with sour cream and avocado smash.

Soup of the Day....13.50

Today's flavour served with toasted bread .

Ploughman's Platter....18.50

Pickles, ham, brie, grapes, warmed bread, relish and smoked salmon.

Main Event

Chicken Burger....22.50

Marinated Cajun spiced chicken breast served in a brioche bun with tomato, lettuce avocado and salsa finished with fries.

Thai Beef Salad....20.00

Thai spiced sliced beef tossed with assorted greens, red onion, crispy shallots and noodles and cashew nuts dressed with anam prix dressing.

Beef & Mushroom Pie....22.50

Open braised beef and mushroom pie served on creamy mash topped with a pastry lid.

Quinoa Wellness Bowl....18.50

Fresh crisp vegetables with quinoa drizzled with chilli, lime dressing and your choice of:

Either Poached eggs

Or Bacon

Or Smoked salmon

topped with toasted nuts and seeds.

PLAT....19.50

Roast pulled pork between layers of toasted vienna decked out with avocado puree, tomato and lettuce.

Market Fish of the Day....24.00

changes daily

All meals may contain and/or come into contact with various allergens including nuts, seafood, gluten & dairy products.

Any special allergy or dietary requirements please inform the Cafe staff and we will endeavour to meet your needs most of our meals can be substituted to gluten free.

Drinks List:

Simply Squeezed

Orange Juice 4.80

most[™] Organic Juice

Apple Orange & Mango 4.80
Apple & Feijoa 4.80
Apple & Cranberry 4.80
Apple & Peach 4.80
Simply Squeezed Orange Juice 4.80

allgood Organics

Lemmy Lemonade 4.80
Gingerella 4.80
Blood Orange fizz 4.80
White Grapefruit fizz 4.80
Blackcurrant fizz 4.80
Coke classic 4.80
Coke no sugar 4.80
Lemon & Paeroa 4.80



Thick Shakes *kiwi classic* 7.50

Banana
Spearmint
Chocolate
Cream n Soda
Strawberry
Caramel



Add chocolate bar \$4 Add whip cream \$2

Iced Milk Drinks

Iced Mocha 7.50
Iced Coffee 7.50
Iced Chocolate 7.50

Iced Frappé 7.50

Coffee
Mocha
Chocolate
Caramel



Sencha (green tea) t for 2 6.00
t for 1 4.20
Berrylicious
Lemon Sorbet
Earl grey blue flower
English breakfast
Tokyo lime
Peppermint
Restful (chamomile)

Smoothies

Wake me Up 9.50
Breaky 9.50
Spring 9.00
Berry and Banana 7.50

Cold Dayz

Hot black currant 4.20
Hot lemon honey 4.20

Allpress Coffee

Short Black 3.70
Long Black 3.90
Short Macchiato 3.90
Long Macchiato 4.20
Piccolo 4.20
Flat White 4.40
Cappuccino 4.40
Latte 4.50
Mochaccino 4.50
Hot chocolate 4.50
Chai Latte 4.50



EXTRAS

Bowl 50c Mug 70c
Soymilk 50c Almond milk \$1
Decaf 50c extra shot 50c
Vanilla or Caramel shot 50c
Cream 50c
Take away coffee
large 4.70 regular 4.50 small 4.30

FUNCTIONS & CATERING

LB&CO is available for private evening functions catered to your requirements. Please contact the Manager, or any feedback on your experience at LB&CO email us on: enquiries@lbandco.co.nz