

Five Elements Cafe Bistro

EARLY RISER

House-made Granola (V, VG)
(Greek Yoghurt, seasonal fruit, berry -chia compote) or just with choice of your milk
Hot Porridge (V)
(Banana, cinnamon, raisin, orange zest, brown sugar)

Hot Toast (V)
(Toasted Ciabatta bread, butter, preserves)

Free Range Eggs on Toast
(2 eggs on toast your way, butter)
Five Elements Big Breakfast
(2 Free range eggs, pork sausage, bacon, hash brown nuggets, Boston beans, grilled tomato, toast)

Egg Florentine (Eggs Benedict)
(Grilled crumpets, wilted kale, smoked salmon, paprika hollandaise, micro greens, chili floss, lemon cheek)

Bagel & Lox
(Toasted bagel, dill cream cheese, smoked salmon, pickled cucumber, shaved red onion, lemon cheek)

Broccoli & Cauliflower Fritter (V)
(Grilled cottage cheese, spring onion crema, avocado, house-made tomato relish)

WEEKEND BRUNCH

Breakfast Polenta, corn & tomato
(Wet corn & tomato Polenta, streaky bacon, wilted kale, poach egg , chilli floss)

Five Elements Baked Egg
(House-made tomato sauce, potatoes, mushrooms, Nduja, sour cream, free range eggs, warm bread)

French toast
(Cream cheese, marmalade, vanilla bean ice cream, poached pear, sugary filo pastry, freeze dried raspberry)

EXTRAS / BYO

Egg 1 Ea. / Toasted Ciabatta / Grilled Tomato / Hash brown nuggets / Boston beans

Sauté mushrooms / Smashed avocado EVOO

Pork sausage / Streaky bacon / Smoked salmon

BREAKFAST SMOOTHIES

Acai Bowl (GF, DF, VG)
(Seasonal fruits, chia seeds, coconut, almond flakes, berries, soy milk)

Green Start (GF, DF, VG)
(Kale, spinach, banana, orange, chia seeds, almond milk)

Peanut Butter (VG)
(Peanut butter, banana, strawberry, weet-bix, oat milk)

DAY MENU

Mediterranean bowl (VG, DF)
(House-made falafel, hummus, broad beans salad, warm pita bread)

Lamb Shoulder Barbacoa (GF)
(soft blue corn tortilla, red cabbage slaw, wilted greens, spring onion crema, tomato relish, spiced pumpkin seeds)

Beer batter Fish & Chips
(Fries, kohlrabi & Apple Slaw, lemon wedge, garlic mustard Aioli)

Beef, chicken, falafel burger
(beef patty Warm bun, garlic mustard aioli, tomato, pickle, grill onion, beetroot,)
(grill chicken Warm bun, house made aioli, tomato, Mango & apricot ginger relish)
(falafel warm bun, tzatziki, tomato, Mango & apricot ginger relish)
Add – 1 Fried egg \$3.50, Avocado \$3.50, 1 Streaky bacon \$3.50

Barley & Corn Risotto
Wilted kale, Sauté mushroom, red pepper foam

Pan-seared FR chicken
Barley & corn risotto red pepper foam basil dust
Mushroom Arrabiata (V)
(Casarecce pasta, mushroom, kale, Arrabiata sauce, Parmesan)

Winter warmer soup & cheese toasties (V)
Tomato and basil soup with Swiss cheese and ciabatta toastie

Beef Ragu
Casa-recce pasta, pecorino cheese, celery pesto

Fish & chips- curly fries, kohlrabi apple slaw, tartare sauce , lemon cheek , Bagel & Lox
(Toasted bagel, dill cream cheese, smoked salmon, pickled cucumber, shaved red onion, lemon cheek)

Broccoli & Cauliflower Fritter (V)
(Grilled cottage cheese, spring onion crema, avocado, house-made tomato relish)

Freshly Toasted Ciabatta Sandwich / Toasties
Baked eggplant, avocado, tomato, garlic aioli
Prosciutto, Brie, tomato, garlic aioli
Streaky bacon, fried egg, tomato, garlic aioli
Add side salad \$5.00 / side of fries \$5.00

TAPAS & SHARING

Labneh, grill asparagus, dukkha, pomegranate, Evoo, warm pitta bread

Scallop & prawns, grill persimmon, Clevedon buffalo cheese, chilli chimichurri

Slow Braised pork pinchos - pork belly, green pepper, fennel, lemon zest, garlic bread

Grilled lamb rump with cannelloni pistachio mint salsa.

Moroccan fish skewer with green olive anchovy relish, pickled Mooli

Potatoes Brava's -Fried potato spicy bravas sauce chopped parsley garlic aioli

Nduja baked eggs, warm ciabatta toast

Broccoli &cauliflower fritters, spring onion relish, tomato chutney

Garlic mushroom, blister jalapeno peppers, chorizo sausage

Chermoula chicken wings, pomegranate molasses, pickled Mooli

Mussels fritters +tartare sauce +lemon

Squid corn empanada chilli chimichurri

Selection of Over the Moon Cheese – with home-made relish, spiced lavosh

Charcuterie selection, pickled cornichons, relish, mustard, bread

Tapas platter – chicken wings, potato bravas, labneh dukkha, lamb skewer, empanada

MAINS

Pulled jack-fruit Crepes – Romesco sauce, Pecorino cheese cheese, chilli oil (v)

Barley & Corn Risotto – wilted kale, Sauté mushroom, red pepper foam

Lamb shoulder slow braised – imam bayildi, grill asparagus, pine-nut, light jus (gf)

Pan-seared FR chicken – Barley & corn risotto red pepper foam basil dust (gf)

Market fish – pan seared gnocchi, grill veg, Romesco sauce, lemon (gf)

Beef Ragu- Casa-recce pasta, pecorino cheese, celery pesto

Fish & chips- curly fries, kohlrabi apple slaw, tartare sauce , lemon cheek (gf)

Soup of the day, warm ciabatta bread, butter

SIDES

Fires or Kumara fries house made garlic Aioli

Baby cos salad, toasted sunflower seed house dressing dressing

Balsamic roasted Brussels sprout.

Buttered Salt & pepper tangy Corn

Lotus steam chips with house ketchup (v)

DESSERT

Choose from Selection of cakes – cakes on display

Selection of Kapiti rang ice-cream trio

KIDS MENU

Fish and Chips
(Fries, ketchup)

Beef Burger
(Fries, ketchup)

Beef Ragu
(Casarecce pasta, beef ragu, Parmesan cheese)

Ice Cream Sundae
(2 Scoops of ice cream, chocolate sauce, sprinkles, wafer)

Fresh Press Juice
(Orange, Apple, Carrot or mixed)

Glass of milk
(Full cream or trim)

