



THE  
LOST SPRING

WHITIANGA, NEW ZEALAND

BLESS THIS FOOD



WHAKAPAINGA  
ENEI KAI



# BREAKFAST

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## **SMASH AVOCADO**

*Served with feta, and toasted bread.*

**\$16.50**

(Optional: V GF DF)

## **EGGS ON TOAST**

*Served with cherry tomato.*

*Options of fried, scrambled, poached.*

**\$16.00**

(Optional: GF DF)

## **FRENCH TOAST**

*Served with bacon, maple syrup, grilled banana and mixed berry compote.*

**\$19.50**

(Optional: GF)

## **EGGS BENEDICT**

*Poached eggs served on toasted ciabatta with spinach, bacon, and hollandaise*

**\$21.50**

(Optional: GF)

<i>gluten free bread</i>	<b>\$5</b>
<i>extra egg</i>	<b>\$3</b>
<i>bacon (3)</i>	<b>\$7</b>
<i>toast (2)</i>	<b>\$4</b>
<i>Salmon (2)</i>	<b>\$4</b>

Please inform staff of any allergies before ordering

V - Vegetarian, VG - Vegan, GF - Gluten Free, DF - Dairy free, S - Spicy

**Breakfast served until 11:45am**





# ALL DAY

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## **GARLIC BREAD**

Drizzled with balsamic glaze

\$10.00

## **FRIES**

Served with tomato sauce and aioli

\$10.00

## **POLENTA FRIES**

Served with sundried tomato and olive relish

\$10.00

## **BRUSCHETTA (V)**

Served tomato, red onion, pesto, and whipped feta

Or mushroom, caramelized onion, and whipped blue cheese

\$15.00

(Optional: GF DF)

## **SALT AND PEPPER CALAMARI**

Served with chilli and herb mayo

\$15.50

## **CRUMBED PRAWNS**

Served with chilli and herb mayo

\$21.50


## **BUFFALO CHICKEN NIBBLES (S)**

Served with buffalo sauce and ranch dressing

\$20.00

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# ALL DAY

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## **FISH AND CHIPS**

Tempura battered fish & chips with tartare sauce

\$25.50

## **GRAZING PLATTER**

An Antipasto selection of cheese, salami, prosciutto, fruits, crackers, hummus,  
and basil pesto

\$26.00

(Optional: V, VG, GF, DF)

## **PORK BELLY**

Triple cooked pork belly served with chilli caramel sauce and asian coleslaw

\$24


## **SPANAKOPITA (V)**

Crispy Filo pastry layered with spinach, feta cheese, and tzatziki sauce.

\$22.00

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# BURGERS AND SALADS

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## **SMOKED CHICKEN SALAD**

Served with parmesan cheese, crispy noodles, raisins, tomato, onion,  
carrot, and Caesar dressing

\$25.00

(Optional: DF GF)

## **BEEF BURGER**

Served with caramelized onions, lettuce, tomato, pickles, cheese, and  
chilli mayo.

\$25.00

## **SPICY CHICKEN BURGER**

Served with coleslaw, tomato, cheese and chilli mayo.

\$25.00

## **VEGGIE DELIGHT BURGER (V)**

Vegetarian patty served with caramelized onions, lettuce, tomato,  
pickles, cheese, and curry mayo

\$23.00


*Burgers are served with fries*

## **SIDES**

Seasonal vegetables	\$10.00
Garden salad	\$10.00

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# MAINS

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## **POIVRON RIPIENO RISOTTO (V)**

Baked capsicum stuffed with pea risotto, parmesan and mushroom

\$30.00

## **PAN SEARED SALMON**

Served with roasted fennel, seasonal vegetables, thrice cooked potatoes, and spiced creamy honey mustard sauce.

\$42.50

(Optional: DF GF)

## **NZ LAMB SHOULDER**

Served with homemade kumara mash, seasonal vegetables topped with macadamia nuts, and gravy.

\$42.50

## **VENISON**

Served with roasted beetroot puree, romesco sauce, seasonal vegetables, mushrooms, and red wine jus

\$42.50

## **EYE FILLET**

Served with thrice cooked potatoes, portobello mushroom, blue cheese cream, caramelized onions, seasonal vegetables, and red wine jus

\$42.50

(Optional: DF GF)

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**Mains available from 12pm**







# DESSERTS

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## **HOMEMADE BROWNIE (GF)**

Served with berry sauce, vanilla ice cream.

\$18.50

## **CHEESECAKE**

Served with Blueberry compote and vanilla ice cream

\$18.50

## **BAKLAVA**

Layered filo pastry, filled with walnuts and pistachios, served with vanilla ice cream

\$18.50


## **KOWHAI CREAMERY SUNDAE**

Selection of gelato, fruit, whipped cream, wafer and chocolate drizzle.

\$18.00

(Optional: DF, GF)

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# HOT BEVERAGES

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## COFFEE LALA

*Regular Large*

<i>Espresso</i>	<i>\$5.50</i>	
<i>Long Black</i>	<i>\$5.50</i>	
<i>Americano</i>	<i>\$5.50</i>	
<i>Flat White</i>	<i>\$6.00</i>	<i>\$6.50</i>
<i>Latte</i>	<i>\$6.00</i>	<i>\$6.50</i>
<i>Chai Latte</i>		<i>\$6.70</i>
<i>Cappuccino</i>	<i>\$6.00</i>	<i>\$6.50</i>
<i>Mochaccino</i>	<i>\$6.00</i>	<i>\$6.50</i>
<i>Hot Chocolate</i>	<i>\$6.00</i>	<i>\$6.50</i>
<i>Fluffy</i>	<i>\$4.50</i>	<i>\$5.00</i>
<i>Iced Coffee</i>		<i>\$8.70</i>
<i>Iced Mocha</i>		<i>\$8.70</i>
<i>Iced Chocolate</i>		<i>\$8.70</i>

*Extras ADD 70c*

*Coconut, Soy, Oat & Almond Milk*

*Caramel, Hazelnut, Vanilla, Sweet Chai, Spiced Chai Flavoured Syrup Shot*

## **HARNEY & SONS TEA \$5.70**

*Earl Grey*  
*English Breakfast*  
*Black Currant*  
*Blueberry Green*  
*Chocolate Mint*  
*Hot Cinnamon Sunset*  
*Japanese Sencha*

*Peaches & Ginger*  
*Peppermint Herbal*  
*Pomegranate Oolong*  
*Pumpkin Spice*  
*Vanilla Comoro*  
*Valentine's Chocolate*







# NON ALCOHOLICS

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## **MOCKTAILS \$16**

*Virgin Strawberry Daiquiri (Strawberries, Lime Juice and Cranberry Juice)*

*Virgin Pina-Colada (Pineapple Juice, Coconut Cream and Crushed Pineapple)*

## **SMOOTHIE OF THE WEEK (DF) \$13**

*Please ask your server*

## **JUICES \$6.50**

*Apple, Orange, Cranberry, Pineapple, Tomato (Spiced or Unspiced)*

*Immunity (Raw Fruit & Vegetable with Turmeric & Ginger)*

## **ORGANIC JUICES \$6.50**

*Apple*

*Guava, Lime & Apple*

## **SOFT DRINKS \$6.50**


*Coke, Coke No Sugar, Sprite, Ginger Ale, Ginger Beer*

*Tonic Water, Soda Water*

*Lemon Lime & Bitters, Rose Lemonade*

## **OTAKIRI MINERAL WATER**

*Sparkling or Still 500ml \$5.50 750ml \$8*





# WINES



## WHITE

	<b>GLASS</b>	<b>BOTTLE</b>
<i>TW Estate Chardonnay, Gisborne, NZ</i>	\$11.00	\$46
<i>Spy Valley Chardonnay, Marlborough, NZ</i>	\$12.00	\$48
<i>Spy Valley Pinot Gris, Marlborough, NZ</i>	\$12.00	\$48
<i>Peregrine Pinot Gris, Central Otago, NZ</i>	\$13.00	\$50
<i>Man O' War Exiled Pinot Gris, Waiheke Island, NZ</i>		\$50
<i>Spy Valley Sauvignon Blanc, Marlborough, NZ</i>	\$12.00	\$48
<i>Man O' War Estate Sauvignon Blanc Waiheke, NZ</i>	\$13.00	\$50

## ROSE

	<b>GLASS</b>	<b>BOTTLE</b>
<i>Spy Valley Rose, Marlborough, NZ</i>	\$12.00	\$48
<i>Peregrine Rose Pinot Noir, Central Otago, NZ</i>	\$13.00	\$50
<i>Man O' War Rose, Waiheke Island, NZ</i>		\$50

## RED

	<b>GLASS</b>	<b>BOTTLE</b>
<i>SaddleBack Pinot Noir, Central Otago, NZ</i>	\$13.00	\$50
<i>Redmetal Merlot Cabernet Franc, Hawkes Bay, NZ</i>	\$12.50	\$50
<i>Mojo Shiraz, Barossa Valley, AU</i>	\$11.00	\$46
<i>Mercury Bay Estate Syrah, Coromandel, NZ</i>	\$13.00	\$50



# BUBBLES

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<i>Bird In Hand Sparkling</i>	<i>\$13(200ml)</i>
<i>Bandini Prosecco, NV, Italy</i>	<i>\$47 Bottle</i>
<i>Veuve Du Vernay Brut, France</i>	<i>\$48 Bottle</i>
<i>Champagne Laurent Perrier, France</i>	<i>\$125 Bottle</i>

# BEERS

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<i>Waikato</i>	<i>\$8.50</i>
<i>Speights Gold</i>	<i>\$8.50</i>
<i>Heineken 0%, Steinlager Light</i>	<i>\$8.50</i>
<i>Steinlager Pure, Corona</i>	<i>\$11.00</i>
<i>Heineken</i>	<i>\$11.00</i>

## LOCAL CRAFT BEERS (KUAOTUNU)

<i>Riwakasaurus Rex (Pale Ale) 440ML</i>	<i>\$14.00</i>
<i>Salty Sea Dog (White IPA)</i>	<i>\$12.00</i>
<i>Sticky Palms (Pale Ale) 440ML</i>	<i>\$14.00</i>


## CIDER

<i>Zeffer Alcoholic Lemonade 5%</i>	<i>\$12.00</i>
<i>Zeffer Passionfruit Cider 0%</i>	<i>\$8.50</i>

# SPIRITS & LIQUERS

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<i>HOUSE</i>	<i>\$7.00</i>	<i>\$11.50</i>
<i>Gin, Vodka, Bacardi, Jim Beam, Coruba</i>		
<i>LIQUEUR</i>	<i>\$7.50</i>	<i>\$12.00</i>
<i>Malibu, Cointreau, Baileys, Frangelico, Kahlua,</i>		
<i>Amaretto, Midori, Limoncello</i>		
<i>PREMIUM</i>	<i>\$8.50</i>	<i>\$12.50</i>
<i>Canadian Club, Tequila, Chivas Regal, Appleton's,</i>		
<i>Jack Daniels, Brandy, Jameson's, Pimms</i>		





# COCKTAILS

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## **COCKTAIL OF THE WEEK \$21**

*Ask a staff member*

## **BLOODY MARY \$19**

*Spicy Tomato Juice, Vodka, Cracked Pepper*

## **MIMOSA \$19**

*Sparkling Brut and Orange Juice*

## **STRAWBERRY DAIQUIRI \$21**

*Strawberries, Bacardi, Lime Juice and Cranberry Juice*

## **PINA - COLADA \$21**

*Pineapple Juice, Coconut Cream and Bacardi*

## **MANGO MARGARITA \$21**

*Mango, Tequila, Cointreau and Lime Juice*

## **TROPICAL SNOW \$21**

*Pina-Colada and Mango Margarita*

## **MIAMI VICE \$21**

*Pina-Colada and Strawberry Daiquiri*

## **FRUIT BURST \$21**

*Mango Margarita and Strawberry Daiquiri*

