

## All day breakfast

**Free range eggs 10.50** on ciabatta, white sourdough, grain sourdough or gluten free toast

**Sides** - add to your eggs or assemble your own breakfast

mushroom 3.00 roast tomato 3.00 spinach 3.00

single egg 3.00 2 eggs 4.50 wedges 3.00

chorizo 4.00 salmon 4.00 kumara hash 4.00

toast 1pc 3.00 Pokeno bacon 4.00

**Eggs benedict 17.50** bacon, salmon or mushroom on grain sourdough with fresh spinach & hollandaise

**Mushrooms on toast 17.50** Creamy Portobello and button mushrooms pan fried with ciabatta & roast tomato or chorizo. Add fried egg +3.00

**Avocado on kumara hash 16.50 (gf)** kumara & bacon hash with roasted tomato, greens & kumara chips.

Kumara herb hash (v) also available

**Kids breakfast 8.00** bacon & egg on white sourdough or gluten free toast

**Kids cheese toastie 4.00**

**Ask our staff about meal specials**

**Dishes may be subject to seasonal availability**



## Lunch

**Soup 11.50** see specials for today's choice. Served with ciabatta or gluten free toast

**Reuben sandwich 15.50** slow braised beef cheek with cheese, dijon mustard and pickled cabbage on grain sourdough served with slaw & pickles or fries

**BLT/CLT 12.50** bacon or chicken, lettuce and tomato on ciabatta served with slaw or fries. Add avocado +3.00 Vegetarian or vegan option available

**Caesar salad 17.50** - bacon, chicken, salmon or mushroom with lettuce, croutons, anchovies, parmesan & a poached egg. Vegan option available

**Hand cut potato wedges 7.50 (gf)** with sour cream & salsa Add bacon & cheese +3.00

**Fries (gf)** with tomato sauce and house aioli - small 6.00 large 10.00. Vegan aioli available

**Toasted sandwich** white, grain or gf bread 5.50

Caramelised onion +0.50 tomato +0.50 pickles +0.50

pineapple +0.50 spinach +0.70 mushroom +0.70

mild cheese +0.70 ham +1.00 bacon +1.00 chicken +1.00

egg +1.00 avocado +2.00

## Coffee

Ozone Fitzroy Fair Trade Organic blend

Double shot unless requested. Decaf available

Pricing below for dine in coffee cup

Takeaway cup +0.20

BYO reusable cup -0.50 discount from dine in price

Ristretto /Short Black /Long Black 3.50

Americano 3.80

Macchiato short/long 3.80      Vienna 3.80

Flat White 4.00/4.20/4.50

Cappuccino 4.20/4.50      Latte 4.50

Mocha 4.80

Hot Chocolate 4.50/kids 3.50      Chai Latte 4.50

Turmeric latte 4.50      Matcha latte 4.70

Kids fluffy 1.50

Gf soy +0.50 Almond milk +0.50 Coconut milk +0.50

Sunflower seed milk +0.50      Extra coffee shot +1.00

Housemade vanilla /caramel syrup +1.00

## Fine and Dandy loose leaf teas 4.00

English Breakfast /Earl Grey /Indian Spiced Chai

Green / Green with Rose Petals /Genmaicha Peppermint /

Hibiscus / Chamomile & Cinnamon /Lemongrass, Ginger &

Kawakawa



**Milkshakes 6.50** with icecream, milk & cream

Coffee /Mocha /Chocolate /Berry /Vanilla /Caramel

## Smoothies

**Banana 7.00 (gf)** with yoghurt, milk and honey

**Berry 7.50 (v gf)** berry & banana with almond, apple,

orange, chia seeds & dates

**Green 7.50 (v gf nf)** mixed greens with apple, orange, chia seeds,

almond & spirulina

**Blue tropical 7.50 (v gf nf)** banana & pineapple with passionfruit

coconut water & Cosmic Brew herbal tonic

## By the glass

**Orange juice** - small 3.50 large 5.00

**Coconut water** natural or passionfruit - small 3.00 large 4.50

**Elderflower fizz 3.50** house elderflower syrup from homegrown

flowers blended with soda water

## Bottled drinks

**Phoenix range 4.00**

Apple /Apple, Peach & Raspberry /Apple & Blackcurrant

Lemonade /Cola /Ginger Beer

**Lo Bros range 4.50**

Lemon, Lime & Bitters /Ginger & Turmeric Kombucha

**Kids juice pouches 2.50** Apple /Orange /Blackcurrant/Tropical

Kitchen is open to 2pm Mon-Fri and 1:30pm Sat [www.alyssum.co.nz](http://www.alyssum.co.nz) Facebook & Instagram @alyssumcafefranklin  
We prepare allergy friendly food with care to avoid cross contamination but traces of common allergens may still remain  
v - vegan (meat, dairy, egg & honey free) gf - gluten free df - dairy free nf - nut free