

# MENU

## homemade fruit toast

hazel nut and raisin homemade sourdough with house rosehip and crab apple jelly \$12.5

## empire eggs <sup>v</sup>

le puy lentils with cumin, chilli, tomato, coriander and soft poached eggs \$19.5

shrooms *vegan option* - [no eggs] \$19.5

## mince on toast

with poached egg and tuteremoana cheddar \$19.5 [without egg 17.5]

## parlour pancake <sup>v</sup>

with caramelised banana, maple syrup, crispy bacon and whipped cream \$19.5

add ice cream [\$23.50]

## organic homemade toasted muesli <sup>v</sup>

with poached seasonal fruit, yoghurt and fresh mint \$15.5

## haloumi <sup>v</sup>

with slow roasted tomatoes, salad greens and house pesto on toast \$19.5

[add egg 22.5]

## breakfast burrito

scrambled egg, rama chutney with bacon, and haloumi \$19.5

## soft tortilla

tasty mince, black beans, tomato salsa, spinach, cheddar and sour cream \$19.5

## the akaroa

gravlax salmon open sandwich with avocado, aioli and mixed salad with a poached egg \$22.5

## the herbivore

grilled aubergine, haloumi, capsicum, pesto and spinach in a toasted panini \$15.5

## henhouse raid <sup>v</sup>

our famous creamy scrambled eggs with toast and house chutney \$14.5

[with bacon \$19]

## #rumbledthumps <sup>gf</sup>

crushed potato and cabbage with tasty english cheddar, soft poached eggs w hollandaise and cider braised smoked middle pork \$23.5

## sardines on toast <sup>gf</sup>

on toasted midnight loaf, shaved beetroot, tomato pickle, capsicum and caper pesto on radish salad with a warm poached egg \$22.50

## classic monsieur

harmony free range ham off the bone, gruyere dijon mustard with bechamel on white bread \$16.5

## foxtrot's home baked pies

beef & mushroom  
chicken & leek & bacon  
beef & stilton  
moroccan lamb  
thai chicken  
curried vegetable <sup>v</sup>

add *handcut fries and aioli* \$18.50

\$14.50 [all served with house chutney] *availability based on demand*

## kedgeree

traditional house smoked fish kedgeree with soft poached egg \$22.5

## moorish omelette

with chorizo, semi-dried tomatoes, basil and feta \$20.5

## creamy field mushrooms <sup>v</sup>

with thyme, lemon, cream and aged parmesan \$23.5

[with bacon 27]

## chicken livers (served medium rare)

organic panfried chicken livers with bacon and flambéed brandy cream sauce on ciabatta 23.5

add poached egg \$26.5

## hearty soup

made fresh daily - please enquire \$15.5

## daily eggs

poached or fried on toast with homemade chutney \$13

with bacon add \$4.5

with spinach add \$4.5

with avocado add \$6

## sides

seared spinach  
oven roasted tomatoes  
sliced fresh tomatoes w basil  
hollandaise  
haloumi  
\$4.5

harmony free range bacon  
portobello mushrooms[5.50]  
pork & fennel sausage [\$6.50]  
avocado[6.00]  
fries[8.00]

## foxtrot's home baked quiches

quiche lorraine  
onion & feta <sup>v</sup>  
spinach, mushroom & blue cheese <sup>v</sup>  
haloumi w tomato & pesto <sup>v</sup>  
spinach & feta filo <sup>v</sup>  
salmon, cream cheese & spinach  
\$12.50

add *handcut fries and aioli* \$16.50

## #foiyo doughnuts

choose from either salted caramel, berry coulis, valrhona choc or tahitian vanilla custard \$6.50

also see our 'sweetness and light' counter goodies - changing daily

Please note: Foxtrot Seeded Gluten Free Loaf available [add \$2.50]

All our meats and eggs are free range Harmony and Blue Tick

## beer

Hawkes Bay Pilsner	330ml bottle/5%		\$9.5
Hawkes Bay IPA	330ml bottle/5%		\$9.5
Hawkes Bay Lager	330ml bottle/4.7%		\$9.5

## cider

Hawkes Bay Kingston apple cider (dry)	330ml bottle/5%		\$9.5
Ginger Fusion			\$9.5
Sangria			\$9.5

## white wine

Jackson Chardonnay 2015	Marlborough	\$48	\$13
The Maker Pinot Gris 2018	Marlborough	\$42	\$10
Jackson Estate Sauvignon Blanc 2017	Marlborough	\$48	\$13

## bubbles

Prosecco (187ml bottle)	Italy		\$12.50
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## mimosa

fresh orange juice and prosecco			\$14.50
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## red wine

Rioja	Spain	\$48	\$13
Jackson Estate Pinot Noir	Marlborough	\$48	\$13

## rosé

Brookfield	Hawkes Bay NZ	\$44	\$11
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## spirits

Scapegrace Gin		\$14	
42 Below Vodka		\$14	
Santiago Cuban White Rum		\$14	

## kombucha

daily organics kombucha			\$6.50
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## fresh fruit smoothies

berry, banana, mango, acai			\$8.50
special green (with mint, spinach and kiwifruit)			\$9.50

## milk shakes

chocolate, banana, tahitian vanilla or berry			\$8.50
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## soft drinks

phoenix juices	\$5.00
organic apple juice	\$6.50
organic OJ	\$6.50

Fentimans: \$5.50

- Rose lemonade
- Curiosity cola
- Mandarin and Seville orange Jigger
- Ginger beer
- Victorian lemonade
- Dandelion & Burdock

## water

phoenix sparkling water	\$4.50
antipodes sparkling water	\$6.50
phoenix still	\$4.50

## leaf tea

\$4.50
peppermint
grans garden
rooibus
earl grey
english breakfast tea
chamomile
lemon & ginger

## coffee

black	\$4.5
white	
small	\$5
med/TA	\$5.5
large/TA	\$6
iced latte	\$6.5
iced americano	\$5.5
alt milk	\$1

## affogato

\$7



*"Laughter is loudest where food is best"*

*Catering available*

*Private functions big or small.*

*Please enquire or contact Tara - Mob 021 893878*

7 richmond rd, ponsonby central, auckland

09 378 7268 kitchen open - weekdays till 3pm, weekends 4pm

@foxtrotparlour #foxtrotparlour