

Brunch & Lunch Menu please
order at the counter:

Creamy Mushrooms and Bacon 19.80
Thinly sliced mushrooms and spring onions in a cream sauce, served with bacon on wholegrain toast. *GFA, VFA*

Eggs Benedict *GFA* 19.80
With cold smoked salmon or bacon.

Fruit Salad *GF* 15.50
Seasonal cut fresh fruit finished with spiced toasted nuts your choice of either coconut or natural yoghurt.

Meshino Breakfast *GFA* 22.00
Eggs, bacon, tomato, hash brown, mushrooms and pork sausage, served with toast.

Hot Cakes *DFA* 18.50
Either: -Berry Compote with natural or coconut yoghurt.
Or -Bacon, banana and maple syrup.

The European *GFA, DFA, V* 19.80
Toasted ciabatta, with mushrooms, haloumi, avocado mouse & poached eggs.
-Add a side, bacon or smoked salmon.

Smoked Fish Potato Cakes *GF* 19.50
Served with spinach, poached egg and hollandaise.

Livers and Bacon 19.80
Pan-fried livers in a rich jus served on toast and topped with streaky Bacon.

Bacon and Eggs 16.50
With wholegrain toast, eggs cooked to your liking.

Paleo Granola *GF, DFA* 16.50
Homemade finished with prunes, chai seeds and fresh fruit. With -your choice of either coconut or natural yoghurt.

Omelette: *GF* 19.50
Choose one of the following:
- Ham, gruyere and chives.
- Spinach, mushroom thyme & cream cheese.



Soup of the Day 12.50
Check the board for today's flavour served with toasted ciabatta.

Venison open Burrito 21.00
Marinated venison strips pan-fried on a soft garlic flat bread topped with shredded lettuce avocado and a corn red onion and tomato salsa.

Lamb Salad *GFA* 21.00
Braised spiced Lamb Shoulder on a warmed potato, pesto and baby spinach salad.

Quinoa vegetable Fritters *vegan* 19.80
Quinoa & vegetable fritters, with eggplant relish, avocado mousse, & coconut yoghurt.

Mince on Toast *GFA* 19.80
Savoury beef mince served on super grain toast topped with a poached egg and parmesan cheese.

Salmon 22.50
Pan fried salmon on a spinach, orange, broad bean & quinoa salad finished with a saffron citrus glaze.

Vietnamese Chicken Salad *GF* 19.50
Shredded chicken with crunchy salad vegetables, toasted peanuts & crispy shallots, glass noodles and a refreshing vietnamese style dressing.

Steak on Hash *GF, DFA* 22.00
Pan seared minute steak over a rustic ratatouille hash topped with a fried egg and garlic butter.

Corned Beef *GF* 20.00
Slow cooked corned beef served on a potato gratin topped with jus and a poached egg.

Cauliflower risotto *GF, keto* 20.00
Peas, basil pesto, cauliflower rice, served with crispy prosciutto topped with a poached egg and shaved parmesan.

Daily Special 25.00
served with a matching house wine or beer see our daily board.

Thai Beef salad *DF* 20.00
Marinated beef stirps over palm sugar dressed crispy noodle salad.

Sides:

Eggs	5.00
Bacon	6.50
Sausage	6.00
Tomato	4.50
Spinach	4.50
Salmon	8.00
Cream Cheese	2.00
Hollandaise	3.00
Hash browns	4.50
Avocado Smash	4.00
Toast	4.00
Mushrooms	6.00



Bagels	
-Jam and cream cheese.	10.00
-Basil pesto and cream cheese.	11.50
-Smoked salmon and caper cream cheese.	13.50
-Bacon, avocado mouse, tomato and cream cheese.	17.50

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.

Meshino Catering now available
75 Rutland Street, St. Albans, ChCh. Ph.: 3552449

Drinks List

Freshly Squeezed in our own ZUMEX

Orange Juice 6.00

most™ Organic Juice 4.80

Apple Orange & Mango

Apple & Feijoa

Apple & Cranberry

Apple & Peach

Sparkling apple and black current

Kombucha -pineapple and coconut 5.50

Kombucha -peach and mango 5.50

Ice tea – green tea and peach 4.80

Ice tea - black tea and lemon

Coke classic 4.80

Coke no sugar

Lemon & Paeroa

Sprite Classic

Schweppes Lemon Lime & Bitter

Schweppes Old fashioned Lemonade

Schweppes Spiced Ginger Beer

Black berry and apple kids drink 3.50

Iced milk drinks

Milk Shakes: Raspberry, Banana, Creaming soda

Or Chocolate 6.50

Iced Chocolate 8.50

Iced Mocha 8.50

Iced Coffee 8.50

Iced Americana 7.00

Iced Chai 7.00

Iced Latte 7.00

Smoothies - all smoothies 8.50

(all gluten free and can be dairy free on request)

Freeze berry: berry, apple juice, honey and natural yoghurt

Super greens: banana, honey, kale, apple juice and natural yoghurt

Summer days: Peach, banana, passionfruit, apple juice.

Wake Up: Shott coffee banana protein powder almond milk and cocoa nibs.

Kids Menu \$14.50

Ham and cheese toasty with hash brown.

Baby bacon benedict.

Jam, cream cheese bagel.

Hot cakes with bacon and banana.

All kids' meals comes with either:

- Kid's juice
- Kid's hot chocolate
- Kid's milkshake

