

*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
With cold smoked salmon	20.50
or bacon.	19.50
Meshino Breakfast	GFA DFA 24.00
Eggs, bacon, tomato, hash brown, mushrooms and pork sausage, served with toast.	
Hot Cakes	DFA 18.50
Either: -Berry Compote with natural or 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, smoked salmon or cumberland sausage.	
Smoked Fish Potato Cakes	GF 19.80
Served with spinach, poached egg and hollandaise.	
Mince on Toast	GFA DFA 19.80
Savoury beef mince served on super grain toast topped with a poached egg and parmesan cheese.	
Bacon and Eggs	GFA 16.50
With wholegrain toast, eggs cooked to your liking.	
Paleo Granola	GF, DFA 16.50
Homemade finished with prunes, chia seeds and fresh fruit. With your choice of either coconut or natural yoghurt.	
Omelette:	GF DFA 19.50
Choose one of the following: - Ham, gruyere, chives. - Spinach, mushroom thyme & cream cheese.	



Soup of the Day	13.50
Check the board for today's flavour served with toasted ciabatta.	
Venison folded Burrito	22.50
Marinated venison strips pan-fried on a soft garlic flat bread topped with lettuce, avocado and a corn, red onion and tomato salsa.	
Lamb Tagine	GF 23.00
Lamb shoulder braised in sweet spices, turkish apricots, sprinkled with fresh ripped parsley served with a citrus warmed cous cous.	
Corn & Kumara Fritters	vegan 21.50
Two fritters topped with wilted spinach, roasted field mushrooms with eggplant pickled relish, avocado mousse and topped with vegan cheddar.	
Livers and Bacon	DFA GFA 20.00
Pan-fried livers in a rich jus served on toast and topped with streaky bacon.	
Salmon Fattoush	DF 22.50
Pan fried salmon on a fresh salad, middle eastern spiced crisp flat bread then tossed in Meshino dressing.	
Vietnamese Chicken Salad	GF DF 19.80
Shredded chicken with crunchy salad vegetables, toasted peanuts & crispy shallots, glass noodles and a refreshing vietnamese style dressing.	

Meat Loaf	21.50
The kiwi classic loaded full with fresh herbs and vegetables with that yummy oat tomato crust teamed with mash and topped with a pea pesto doused in gravy.	

Chicken Claridge's pie	22.50
Chicken baby onions bacon mushrooms bound in a tarragon cream sauce served over potato mash with pastry lid.	

Cauliflower Kedgeree	GF, keto 21.50
smoked fish, boiled sliced eggs, mild spice, fresh coriander, reduced with cream perfect for breakfast or lunch.	

Seafood Chowder	18.50
Meshino's very own creamy chowder loaded with seafood finished with infused oak barrel cold smoked salmon and garlic bread.	

Daily Special: 26.00
served with your beverage of choice see our daily Blackboard.

Bagels	
-Jam and cream cheese.	9.50
-Basil pesto and cream cheese.	11.50
-Smoked salmon and caper cream cheese.	14.50
-Bacon, avocado, tomato and cream cheese.	17.50

All meals may contain and/or come into contact with various allergens including nuts, seafood, gluten & dairy products.

GFA- gluten free available DF- dairy free
DFA-dairy free available V - vegetarian
GF – gluten free

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 5.00

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. 5.00

Ice tea - black tea and lemon.

Coke classic. 5.00

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. 4.00

Iced milk drinks

Milk Shakes: 7.00

Raspberry, Banana or Chocolate

(made with vanilla ice cream, milkshake syrup & milk)

Over Ice cream and topped with whipped cream

Iced Chocolate. 9.00

Iced Mocha. 9.50

Iced Coffee. 9.00

Over Ice Coffees 7.00

Iced Americana.

Iced Chai.

Iced Latte.

(SERVED OVER ICE, DAIRY FREE OPTION AVAILABLE, oat, almond, soy or coconut \$1)

Allpress Coffee -please see coffee board for pricing

Takeaway coffees

Large \$5.00 Regular \$4.80 Small \$4.60

We use King Chai Powder and Shott Syrups Vanilla or caramel only

Alternative milks available Oat ,Soy, Coconut and almond

T Leaf T – tea for one \$4.60 Tea For Two \$6.50

-Berrillious.

-Chamomile.

-Tokyo lime – green tea.

-English breakfast.

-Peppermint.

-Sencha – green tea.

-Earl grey.

-Lemon sorbet.

Smoothies - all smoothies

9.50

- Freeze Berry: Berries, apple juice, honey, yoghurt.

- Super Greens: Spinach, kale, yoghurt, apple juice.

- Tropicana: Passionfruit, peach, banana, mango.

- Wake Me Up: Double coffee shott, banana, protein powder, milk.

- Classic Banana: Banana, milk, honey and yoghurt.

(All smoothies are gluten free and you can change the milk to either , oat, almond, soy or coconut extra \$1.00 or yoghurt to coconut yoghurt)

Kids Menu \$14.50 (10 years and younger sorry us oldies 11 and above)

-Ham & cheese toasty with hash brown.

-Baby bacon & scrambled eggs.

-Jam, cream cheese bagel.

-Hot cakes with bacon & banana.

All kids' meals come with either:

Kid's juice – Kids hot chocolate - Fluffy - Kids Milkshake.



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