

(INCORPORATED)
THE MARANUI SURF LIFE SAVING CAFE

THE PARADE, LYALL BAY, WELLINGTON, N.Z.

VISIT OUR MODERN WEBSITE
www.maranuicafe.co.nz

BREAKFASTS & LUNCHES AVAILABLE UNTIL 4pm WEEKENDS

BEACH BREAKFASTS 7am - 3pm



MARANUI MUESLI \$14 (VO)

w/ Fruity Fruit, Yummy Yoghurt & Honey
Add Maranui Made Vegan Coconut Yoghurt \$2

AFTER SWIM SUPER SNACK

On Toasted Sementi Loaf (GFO) (VO)

w/ Smashed Avocado, Fresh Tomato & Basil \$14
or w/ Smashed Avocado,
Grilled Sweet Tomato & Basil \$16 (V)
• Add Bacon \$6 • Add Zany Zeus Halloumi \$6
• Add 1 Poached Free Range Egg \$3



HOUSE-MADE SOURDOUGH CRUMPETS \$13

w/ Strawberry Rhubarb Compote & Coconut Vanilla Whip
or w/ Whipped Zany Zeus Feta & Runny Honey

TOASTED UGLY BEACH BAGELS

Smoked Salmon, Crispy Capers, Creamed Cheese,
Pickled Fennel & Cucumber \$17

or w/ Grilled Halloumi, Fresh Basil & Grilled Sweet Tomato \$16

BIG KAHUNA KAI 11.30am - 3pm

BEEF BEEF \$25 (GF)

Seared Sirloin w/ Roast Cherry Tomatoes & a
Red Quinoa, Green Beans & Roast Zucchini Salad
w/ Cumin Dressing, Pine Nuts & Parsley Mayo

COOK STRAIT CATCH \$24 (GF)

Seared Fresh Fish on Sofrito w/ Fennel, Cucumber,
Toasted Hazelnuts, Croutons & Fresh Herb Salad

VEGE VITALITY \$23 (GF)

Beetroot & Preserved Lemon Risotto w/ Feta & Fried Rosemary

FREYBERG FISH TORTILLA \$23

Grilled Blackened Spiced Fish w/ Chilli Beans,
Guacamole, Tomato, Coriander Salsa & Sour Cream

LYALL BAY LINE-UP 7am - 3pm



BUTTERMILK PANCAKE STACK \$18

w/ Manuka Smoked Bacon, Banana & Maple Syrup
or w/ Summer Berries, Kaffir Lime
Creme Anglaise & Pistachio Praline



SEASIDE SCRAMBLED TOFU \$19 (GFO) (VO)

w/ Stir-fried Vegetables & Coriander
w/ Toasted Sementi & Guacamole

VEGAN SUMMER SUPREME BOWL \$23 (GF) (V)

Teriyaki Tempeh, Avocado, Garden Goodness & Miso Rice Noodles
w/ Red Cabbage Chilli Slaw & Fresh Herbs
w/ Coconut Peanut Crunch

BREAKER BAY BURRITO \$20

Chorizo & Spicy Black Beans w/ Scrambled Free Range Eggs
and Tortilla w/ Guacamole & Tomato Salsa

FRESH FREE RANGE EGGS ON SOURDOUGH \$10 (GFO)

Your Choice of Poached, Scrambled or Fried Add sides to
create your own favourite brekky! Add Raunchy Relish \$2

HOUGHTON BAY BOWL \$21 (GF)

Grilled Broccolini w/ a Poached Egg on Sauteed Chorizo,
Roasted Potatoes & Spinach w/ Harissa, Hummus & Dukkah

EGGS BENEDICT (GFO)

Two Tasty Poached Free Range Eggs on Toasted Sourdough &
Hollandaise with either Spinach \$17 or Smokey Bacon \$18
or Grilled Ham off the Bone \$18 or Hot Smoked Salmon \$20

MAGIC MARANUI MUSHROOMS \$19 (GFO)

w/ Crème Fraiche, Thyme & Fried Leeks on Toasted Sementi

VICTORY BREAKFAST \$22 (the Vegetarian Selection) (GFO)

Two Tasty Poached Free Range Eggs on Toasted Sementi (VO)
w/ Baked Flat Mushrooms & Pesto, Grilled Sweet Tomatoes,
Wilted Spinach, Spicy Black Beans & Guacamole

BIG BAY BREAKFAST \$23 (GFO)

Two Tasty Poached Free Range Eggs on Sourdough
w/ Smokey Bacon, Kransky Sausages, Baked Flat Mushroom & Pesto,
Grilled Sweet Tomatoes & Hash Brown • Add Hollandaise \$2



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FOUNDED 1911

CAFE TELEPHONE:

04 387 4539

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SURF SNACKS 10am - 4.30pm

QUESADILLA

w/ Fresh Salsa Side & Sour Cream and either:
Chorizo, Artichoke, Smoked Cheese, Coriander, Rocket & Jalapenos \$17
or Sweet Corn, Green Olive, Smoked Brinza, Peppadew & Baby Spinach \$16

SUPER STEAMED ^{GF}

MUSSELS \$19

One Dozen Steamed Mussels w/ Pernod & Chervil Cream w/ Toasted Maranui Spelt Bread

Cooler Spot

in Town



ALL DAY
SHOESTRING FRIES \$8
w/ Maranui Aioli



KIDDIES KAI

BOILED FREE RANGE EGG & SOLDIERS \$6 ^{GF}

Add extra egg for \$3
Add Bacon Rasher \$2

BABY BAY BREAKFAST \$14

A Tasty Free Range Egg ^{GF} on Toasted Sourdough w/ Smokey Bacon, Hash Brown, Kransky Sausage & Mushroom
• Add 1 piece of Zany Zeus Halloumi \$3

TEENY TASTY TOASTIES \$8

Choose up to 2 from the following:
Ham, Cheese, Pineapple, Tomato or Caramelised Onion

PIXIES PANCAKES
or TOASTED CROISSANT \$8

w/ Fix & Fogg Dark Chocolate Peanut Butter & Banana
or w/ Whipped Cream & Pippa's Housemade Jam
or w/ Whipped Cream & Maple Syrup
Add Bacon Rasher \$2



LIFE SAVING SIDE ORDERS

^{GF} ALL SIDES ARE GLUTEN FREE

- \$8 Rocket, Toasted Seeds & Shaved Parmesan Salad Bowl w/ Lemon Yogurt Mayo Dressing
- \$6 Manuka Smoked Bacon Zany Zeus Halloumi Kransky Sausages x3 Smoked Salmon
- Island Bay Black Pudding
- Grilled Ham
- Guacamole ^V



- \$5 Hash Browns x2 ^V
- Wilted Spinach ^V
- \$4.50 Baked Flat Mushroom ^V
- Grilled Sweet Tomato ^V
- \$3 Poached Free Range Egg or 2 Eggs for \$5
- Toasted Maranui Spelt Bread ^V



- \$2 Aioli
- Hollandaise Sauce
- Gluten Free Bread ^V
- Maranui Made Vegan ^V
- Coconut Yoghurt
- Raunchy Relish ^V
- Maple Syrup ^V
- Dukkah ^V

^{VO} VEGAN OPTION ^V VEGAN ^{GF} GLUTEN FREE OPTION ^{GF} GLUTEN FREE

WE USE ORGANIC MILK & FREE RANGE EGGS
2% SURCHARGE ON CREDIT CARD TRANSACTIONS

SWIM BETWEEN THE FLAGS