



# slowfish

mt maunganui beachfront cafe



we use organic flour, free range eggs, herbs and organic yoghurt in all our baking.

## all day breakfast

<b>toasted ciabatta</b>	- grain or bagel	
with:	preserves & cream cheese	4.50
	lemon curd & cream cheese	5.00
	grilled gruyere, tomato	5.50
	avocado, pesto, tomato	8.50
	cream cheese, smoked salmon, caper	9.00

<b>free range eggs</b>	scrambled/poached/fried on toast with grilled tomato & bacon	10.50
sides:	avocado	3.00
	pancetta	4.00
	mushroom	3.00
	chorizo	3.00
	oven roasted potato	2.50
	hash brown	2.00
	salmon	4.00

<b>BIG breakfast</b>	poached eggs, tomato, mushroom, chorizo, roast potato, bacon & toast	14.50
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<b>FISH BIG breakfast</b>	poached eggs, tomato, mushroom, avocado, roast potato, fish & toast	16.00
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<b>omelette</b>		
•	grilled tomato, feta, spinach & toast	14.00
	(side of spicy onion salsa & mesclun)	
•	gruyere, garlic mushroom, capsicum, mesclun & toast	14.00

<b>eggs benedict</b>	poached eggs, ham, spinach with hollandaise on toasted bagel	14.50
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<b>eggs florentine</b>	poached eggs, salmon, spinach with hollandaise on toasted bagel	14.50
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<b>SWEET:</b>		
	whole wheat blueberry pancakes - grilled banana & maple	11.50
	waffles - with fresh fruit & organic yoghurt	11.00
	muesli - with fresh fruit & organic yoghurt	9.50

also available: muffins, cakes, sandwiches, wraps & salads



**Winner**  
**2006 Small Business**  
Tauranga Business Awards



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## lunch

- greek salad**  
with panfried haloumi ..... 14.00
- energy salad**  
lettuce, rice, mungbean, carrot, beet, sunflower, pumpkin & sesame seed. . . . 13.50
- corn fritters**  
avo salsa, slow roasted tomato & salad ..... 13.50
- pancetta**  
poached egg, rocket, bean, grilled tomato, pecorino ..... 14.50
- pasta**  
fish, prawn, chilli, rocket ..... 15.50
- slow fish cakes**  
with rocket & chilli jam ..... 14.50
- grilled salmon**  
with rocket, ginger, roasted vegetables ..... 17.00
- poached chicken**  
cos, crouton, tomato, cucumber, yoghurt dressing & poppyseed . . . . 14.50
- grilled chicken**  
on roasted vegetables, orzo pasta & caperdressing ..... 16.50
- bali satay**  
chicken, rocket, peanut sauce & brown rice. . . . . 16.50
- potato & rosemary - oven roasted**  
with sour cream & tomato salsa ..... 8.50
- soup of the day**  
served with bread ..... 9.50
- daily specials**

also available: muffins, cakes, sandwiches, wraps & salads

slowfish is derived from slowfood, the Italian movement promoting high quality food and artisanal manufacturing. It opposes the standardisation of taste ie: fastfood. Everything at slowfish is made on the premises.