

CEDELE’S RECIPES ARE DESIGNED TO BE NUTRITIONALLY GOOD FOR YOU! WE SCOUT OUT THE BEST AND FRESHEST INGREDIENTS POSSIBLE TO ENSURE OUR MENU IS AS WHOLESOME AS CAN BE AND FREE FROM TRANS-FAT.

ALL DAY BRUNCH

- ★

Hearty Breakfast
Choice of Eggs: Scrambled / Poached / Sunny-side Up
Sausage (nitrate-free), bacon, mushroom,
tomato, toasts, jam and butter

18
- Eggs Benny on Brioche Toast**
Choice of: Smoked Salmon / Bacon / Mushroom
with hollandaise sauce and poached eggs

18
- ★

Garden Omelette
Choice of: Avocado / Bacon / Sausage (nitrate-free)
Mushroom, pumpkin, grilled tomato, red pepper,
onion, toasts, jam and butter

16
- Pancake with Fruits**
Choice of: Wild Blueberries / Caramelised Banana
Choice of: Bacon / Mushroom / Scrambled Eggs /
Sausage (nitrate-free)

15
- Avocado & Eggs on Toast**
Poached eggs, sprouts, lemon, chilli flakes and mixed seeds
Add-ons: Bacon +3 / Smoked Salmon +4

15

PASTA

- Choice of: Linguine / Wholewheat Spaghetti
- Black Pepper Crab & Prawn**
Crushed black pepper and aglio olio style

22
- ★

Beef Meat Ball Bolognese
Minced beef tomato sauce, rocket leaves and grana padano cheese

19
- Prawn Lemongrass Turmeric**
Broccoli, cherry tomatoes and aglio olio style

19
- ★

Red Seafood
Grilled sea bass and prawns in tomato sauce

22
- ★

Sea Bass Coriander Pesto
Zucchini, edamame, red pepper and garlic aglio olio style

19
- White Button Mushroom & Poached Egg**
Poached egg and mushroom in light cream sauce
Add-on: Bacon +3

15
- Empress Chicken**
Zucchini, mushroom, edamame, ginkgo nuts,
cherry tomatoes and oriental aglio olio style

19
- Chicken Mushroom Arrabbiata**
Grilled chicken, button mushroom, tomato sauce and rocket leaves

18
- Red Miso Tofu**

VG

Shimeji, edamame, red pepper and aglio olio style

15
- Shrooms & Greens**

VG

Sweet peas, broccoli, chinese spinach, mushrooms,
tempeh chips and aglio olio style

15

STEAK SPECIALS

- Outlet Exclusive!
- Ribeye Steak Salad**
250g grass-fed NZ ribeye steak, grilled mushroom, activated seeds,
sprouts and orange wholegrain mustard dressing

25
- Grilled Ribeye Steak**
250g grass-fed NZ ribeye steak, warm garden vegetables
and sweet potato fries

28

GRILLS & GREENS

- served with mixed greens, red radish, cherry tomatoes,
japanese cucumber, mixed seeds and sprouts
- ★

Chicken Walnut Salad
With plum sesame dressing

17
- Eat Well Quinoa Salad**

GF

V

Avocado, grana padano, activated seeds, sprouts
and orange wholegrain mustard dressing

15
- Loaded Caesar Salad**

GF

Grilled chicken, bacon, poached egg, caesar dressing and toast sticks

18
- ★

Naked Beef “Burger Salad” [Bun-free Burger]

GF

Grilled 100% grass-fed beef patty, grana padano cheese,
quinoa, poached egg and orange wholegrain mustard dressing

20
- Tofu Furikake Salad**

VG

Seaweed sesame coated tofu, mushrooms, edamame,
gingko nuts and plum sesame dressing

16

GRAIN BOWLS

- ★

Sea Bass & Prawn Quinoa

GF

Grilled mushroom, pumpkin, edamame, red pepper,
quinoa and mild spicy tomato salsa

22
- ★

Grilled Garlic Chicken Quinoa

GF

Red pepper, chickpea salad, poached egg, rocket leaves,
cherry tomatoes, quinoa and miso ginger dressing

18
- Grilled Sea Bass on Curried Vegetables**

GF

Grilled sea bass with aromatic yoghurt curry vegetables and garbanzo

20
- Portobello Mushroom Garlic Super Grains**

VG

Gingko nuts, pumpkin, broccoli, organic brown and red rice,
quinoa and miso ginger dressing

16

GOURMET SANDWICHES

- Served with choice of: Sweet Potato Fries / Garden Salad
- Mushroom Beef Burger**
Grilled 100% grass-fed beef patty, sauteed mushroom,
cheddar cheese, rocket leaves and onion marmalata

17
- Chicken Avocado**
Grilled chicken thigh, avocado, mayo, onion chutney,
mustard, tomato and rocket leaves

16
- Sea Bass Salsa**
Avocado and mild spicy tomato salsa

16
- Teriyaki Mushroom Patty & Grilled Pumpkin**

VG

Mushroom millet patty, shimeji, sprouts and beanie plum dressing

15
- Grilled Beetroot & Avocado**

VG

Homemade beetroot patty, pumpkin, zucchini,
chilli jam and vegan mayo

15

EGG WRAPS

- Egg omelette on crispy wheat wrap with quinoa, spring onion and melted cheese
Served with choice of: Sweet Potato Fries / Garden Salad
- Ham & Cheese with Spinach & Mushroom**



13
- Chicken, Broccoli & Red Bell Pepper**

13
- Prawn & Avocado**

14
- Grilled 2-Mushroom & Pumpkin**

13

SHARING SIDES

Soup of the day & Bread	9
Cajun Sweet Potato Fries 	10
Warm Tofu Salad  <i>Oriental glaze and furikake</i>	9
Seaweed Sesame Chicken Bites <i>Served with plum sesame sauce</i>	10

KID’S MENU

Served with cookie and choice of: Hot Chocolate / Milk

Button Mushroom Tossed Pasta <i>Choice of pasta: Linguine / Wholewheat Spaghetti</i> <i>Choice of base: Tomato / Light Cream</i> <i>Add-on: Poached Egg / Grilled Chicken +3</i>	12
Minced Beef and Tomato Pasta <i>Choice of pasta: Linguine / Wholewheat Spaghetti</i> <i>Add-on: Poached Egg / Grilled Chicken +3</i>	12
Egg Tossed Brown Rice <i>Choice of: Sauteed Mushroom / Minced Beef / Grilled Chicken</i>	12
Cheeseburger	12

WHOLE LEAF TEA

	Hot	Iced
Earl Grey	5.0	6.0
English Breakfast	5.0	6.0
Lychee Green Tea	5.0	6.0

WELLNESS TEA

We are caffeine free!

	Hot	Iced
Organic Lemongrass	4.5	5.5
Organic Ginger	4.5	5.5
Organic Pandan	4.5	5.5
Peppermint	4.5	5.5
Chamomile	4.5	5.5
Healing Garden <i>Ginger, lemongrass, lemon peel, ginseng root, spearmint, liquorice</i>	4.5	5.5
Blissful Berries <i>Hibiscus petals, apple, elderberries, rosehips, raspberry, blackberry, strawberry</i>	4.5	5.5
Organic Green Rooibos	4.5	5.5
Organic Red Rooibos	4.5	5.5
Iced Rooibos Lemon Tea	-	6.0

LASSI

Freshly-made greek yoghurt based drink

Mango Chia	6.5
Blueberry	6.5
Golden Honey <i>Infused with turmeric</i>	6.5

HOMEMADE FIZZ

Raspberry Vanilla	6.0
Blueberry Booster	6.0
Lemonade <i>With basil seeds</i>	6.0

ORGANIC ESPRESSO

Freshly roasted, custom-blend, always organic

	Hot		Iced
	Small	Reg	
Espresso	-	4.0	-
Long Black / Americano	4.0	5.0	6.0
Cappuccino	4.5	5.5	6.5
Latte	4.5	5.5	6.5
Flat White	4.5	5.5	6.5
Mocha	5.5	6.0	7.0

Add-Ons: Almond Milk / Organic Soy (+1)
Oat Milk (+1.5)
Espresso Shot (+1)
Hazelnut / Vanilla Syrup (+1)

VARIETY LATTE

	Hot	Iced
Turmeric Honey	5.5	6.5
Japanese Matcha	5.5	6.5
French Chocolate	5.5	6.5

FRESHLY SQUEEZED JUICES

Apple, Beetroot & Carrot	6.0
Apple, Beetroot & Ginger	6.0
Carrot & Orange	6.0
Carrot & Ginger	6.0
Carrot & Green Apple	6.0
100% Orange	6.0

MILKSHAKES

Strawberry Chocolate	8.0
Double Chocolate	8.0
Caramel Sea Salt	8.0
Cookies & Cream	8.0
Vanilla Hazelnut	8.0
Mango Coconut	8.0

ICE CREAM DESSERTS

Single Scoop	4.0
Double Scoop	7.5
Affogato <i>Double espresso and single scoop of vanilla ice cream</i>	8.0
Pancakes & Ice Cream <i>Freshly made pancakes</i> <i>Served with double scoop ice cream of your choice</i>	12.0

*Flavours: Salted Caramel / Strawberry / Belgium Chocolate / Vanilla Bean

DELECTABLE TREATS SETS

Highly recommended homemade goodness!
Available on Monday - Friday, 12pm - 5pm

Chilled Cake Set <i>Choice of: *Chilled Cake slice + ^Coffee / Tea</i>	10.0
Non Chilled Cake Set <i>Choice of: *Non-Chilled Cake slice + ^Coffee / Tea</i>	7.0
Muffin / Scone Set <i>Choice of: Muffin / Scone + ^Coffee / Tea</i>	6.0

*Check with our staff for cake flavours!
^Choice of Organic Black Coffee / Wellness Tea