

lunch

		smaller plates
soup of the day <i>(Ask for GF option)</i>		
• (see specials board) served with toasted bread	\$7.50	\$12.50
pasta of the day <i>(Ask for GF option)</i>		
• (see specials board)	\$11.00	\$17.00
fish of the day <i>(Ask for GF option)</i>		
• (see specials board)		\$19.50
GF coconut coriander chicken curry		
• with jasmine rice and a poppadom	\$13.00	\$19.00
chicken salad <i>(Ask for GF option)</i>		
• with roasted pumpkin, baked feta, portobello mushroom, cherry tomato, mixed leaf salad and aioli dressing	\$13.00	\$18.50
caesar salad <i>(Ask for GF option)</i>		
• with shaved parmesan, croutons, bacon, cos lettuce, caesar dressing and a soft poached free range egg	\$10.50	\$15.50
• with chicken	\$13.00	\$19.00
• with smoked salmon	\$13.50	\$19.50
sweet corn fritters		
• topped with bacon, rocket, slow roasted tomato, aioli and sweet chilli sauce	\$11.00	\$17.00
chicken burger <i>(Ask for GF option)</i>		
• chicken breast, bacon, swiss cheese, lettuce, tomato and aioli, on a toasted ciabatta bun served with fries		\$19.00
open peppered steak sandwich <i>(Ask for GF option)</i>		
• peppered steak, watercress, tomato, aioli and caramelised onions, served with fries		\$19.50
toasted sandwiches <i>(Ask for GF option)</i>		
• bacon, cheese, tomato and rocket		\$10.50
• ham, egg, dijon mustard and swiss cheese		\$10.50
V • portobello mushrooms, roasted red pepper, feta & pesto		\$10.50

snacks

GF V straight cut chips		
• with tomato sauce or aioli	\$6.00	\$9.00
GF V kumara chips		
• with sour cream	\$6.50	\$10.00
V seasoned potato wedges		
• with sour cream and sweet chilli sauce	\$8.00	\$11.00
• bacon, cheese, sour cream and sweet chilli sauce	\$9.50	\$15.00
nachos		
• with cheese, sour cream and sweet chilli sauce		
GF • beef	\$10.00	\$15.00
GF V • vegetarian	\$10.00	\$15.00

GF = gluten free **V** = vegetarian

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62 devonport road, tauranga | www.medcafe.co.nz

mediterraneo cafe

all day breakfast



		smaller plates
V	toasted breads <ul style="list-style-type: none">• grain, white or rye with your choice of spreads	\$9.00
V	cinnamon and raisin housemade bagel <ul style="list-style-type: none">• with cream cheese and lemon curd• with cream cheese and jam	\$10.50 \$10.50
V	toasted sesame housemade bagel (Ask for GF option) <ul style="list-style-type: none">• with cream cheese and jam or cream cheese and lemon curd• with bacon, cream cheese, tomato and avocado• with smoked salmon, cream cheese and capers	\$10.50 \$16.50 \$17.00
GF V	fruit salad <ul style="list-style-type: none">• fresh seasonal fruits, grilled banana, baked rhubarb compote and greek yoghurt	\$12.50
V	porridge <ul style="list-style-type: none">• with baked rhubarb compote, brown sugar and milk or cream	\$10.50
V	blueberry buttermilk pancakes (Ask for GF option) <ul style="list-style-type: none">• with grilled banana, maple syrup and mascarpone• add bacon	\$10.00 \$15.00 \$12.50 \$17.50
GF V	housemade gluten free muesli <ul style="list-style-type: none">• with seasonal fruits, baked rhubarb compote and greek yoghurt	\$14.00
GF	bacon and portobello stack <ul style="list-style-type: none">• with potato rosti, slow roasted tomato, avocado, tomato and chipotle relish	\$17.50
	full monty (Ask for GF option) <ul style="list-style-type: none">• with eggs your way, bacon, cheese kransky sausage, hash browns, slow roasted tomato and creamy mushrooms on grain, white or rye toast	\$13.00 \$19.80
GF	open omelette <ul style="list-style-type: none">• spanish style with chorizo, potato, cherry tomato, rocket and hollandaise• smoked salmon, capers, baby spinach and ricotta• try our egg white only alternative	\$10.50 \$17.00 \$11.50 \$18.50
	eggs bene <ul style="list-style-type: none">• two free range poached eggs on a toasted sesame housemade bagel with hollandaise• with bacon• with ham off the bone• with smoked salmon	\$17.00 \$17.00 \$18.50
V	<ul style="list-style-type: none">• with avocado, spinach and slow roasted tomato	\$17.00
	baby bacon bene <ul style="list-style-type: none">• one free range poached egg on a toasted sesame bagel with hollandaise and bacon	\$9.00
	baby salmon bene <ul style="list-style-type: none">• one free range poached egg on a toasted sesame bagel with hollandaise and smoked salmon	\$10.00
V	free range eggs any style (Ask for GF option) <ul style="list-style-type: none">• served on grain, white or rye toast	\$9.50
	bacon and eggs on toast (Ask for GF option) <ul style="list-style-type: none">• served on grain, white or rye toast	\$14.00
V	mushrooms on toast (Ask for GF option) <ul style="list-style-type: none">• cooked in a creamy port sauce on grain toast	\$12.50 \$17.50
	mince on toast (Ask for GF option) <ul style="list-style-type: none">• served on toasted ciabatta and topped with a free range poached egg	\$12.50 \$17.50

sides: bacon \$5.00 | smoked salmon \$6.00 | cheese kransky sausage \$3.50 | hash browns (2) \$3.50
creamy mushrooms \$5.00 | potato rosti (1) \$3.80 | slow roasted tomato \$4.00 | baked beans \$4.00
sauces \$0.50 | change to free range bacon \$3.00 extra | side of fries \$4.00 | hollandaise \$1.50