

mediterraneo cafe

the
med

lunch

		smaller plates	
	soup of the day <i>(Ask for GF option)</i> • (see specials board) served with toasted bread	\$9.00	\$14.00
	pasta of the day <i>(Ask for GF option)</i> • (see specials board)	\$12.50	\$18.50
	fish of the day <i>(Ask for GF option)</i> • (see specials board)		\$21.50
GF	coconut coriander chicken curry • with jasmine rice and a pappadom	\$14.50	\$21.50
	chicken salad <i>(Ask for GF option)</i> • with roasted pumpkin, baked feta, portobello mushroom, cherry tomato, mixed leaf salad and aioli dressing	\$14.50	\$21.00
	caesar salad <i>(Ask for GF option)</i> • with shaved parmesan, croutons, bacon, cos lettuce, caesar dressing and a soft poached egg	\$12.00	\$18.00
	• with chicken	\$14.50	\$21.00
	• with smoked salmon	\$15.00	\$21.50
	sweet corn fritters • topped with bacon, rocket, slow roasted tomato, aioli and sweet chilli sauce	\$12.00	\$19.50
	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		\$21.00
	open steak sandwich <i>(Ask for GF option)</i> • sirloin steak, watercress, tomato, aioli and caramelised onions, served with fries		\$22.00
	toasted sandwiches <i>(Ask for GF option)</i> • bacon, cheese, tomato and rocket		\$11.50
	• ham, egg, dijon mustard and swiss cheese		\$11.50
V	• portobello mushrooms, roasted red pepper, feta & pesto		\$11.50

snacks

GF V	straight cut chips • with tomato sauce or aioli	\$7.00	\$10.00
GF V	kumara chips • with sour cream	\$7.50	\$11.00
V	seasoned potato wedges • with sour cream and sweet chilli sauce	\$9.00	\$13.50
	• bacon, cheese, sour cream and sweet chilli sauce	\$11.50	\$16.50
	nachos • with cheese, sour cream and sweet chilli sauce		
GF	• beef	\$11.50	\$16.50
GF V	• vegetarian	\$11.50	\$16.50

GF = gluten free **V** = vegetarian

OUT CATERING AVAILABLE



Find us on Facebook THE MED CAFE

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no surcharge on public holidays

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all day breakfast

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V	toasted breads <ul style="list-style-type: none">• grain, white or rye with your choice of spreads		\$10.00
V	cinnamon and raisin housemade bagel <ul style="list-style-type: none">• with cream cheese and lemon curd• with cream cheese and jam		\$12.50 \$12.00
V	toasted housemade sesame bagel <i>(Ask for GF option)</i> <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		\$12.00 \$18.50 \$19.00
GF V	fruit salad <ul style="list-style-type: none">• fresh seasonal fruits, grilled banana, baked rhubarb compote and greek yoghurt		\$14.00
V	porridge <ul style="list-style-type: none">• with baked rhubarb compote, brown sugar and milk or cream		\$11.50
V	blueberry buttermilk pancakes <i>(Ask for GF option)</i> <ul style="list-style-type: none">• with grilled banana, maple syrup and mascarpone• add bacon	\$11.50 \$14.00	\$16.50 \$19.00
GF V	housemade gluten free muesli <ul style="list-style-type: none">• with seasonal fruits, baked rhubarb compote and greek yoghurt		\$16.50
GF	bacon and portobello stack <ul style="list-style-type: none">• with potato rosti, slow roasted tomato, avocado, tomato and chipotle relish		\$19.50
	full monty <i>(Ask for GF option)</i> <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	\$15.00	\$21.50
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	\$11.00 \$12.00	\$18.00 \$19.50
	eggs benedict <ul style="list-style-type: none">• two poached eggs on a toasted housemade sesame bagel with hollandaise• with bacon• with ham off the bone• with smoked salmon		\$18.00 \$18.00 \$21.00
V	<ul style="list-style-type: none">• with avocado, spinach and slow roasted tomato		\$18.00
	baby bacon benedict <ul style="list-style-type: none">• one poached egg on a toasted housemade sesame bagel with hollandaise and bacon		\$10.50
	baby salmon benedict <ul style="list-style-type: none">• one poached egg on a toasted housemade sesame bagel with hollandaise and smoked salmon		\$12.00
V	eggs any style <i>(Ask for GF option)</i> <ul style="list-style-type: none">• served on grain, white or rye toast		\$9.50
	bacon and eggs on toast <i>(Ask for GF option)</i> <ul style="list-style-type: none">• served on grain, white or rye toast		\$14.50
V	mushrooms on toast <i>(Ask for GF option)</i> <ul style="list-style-type: none">• cooked in a creamy port sauce on grain toast	\$14.00	\$19.50
	mince on toast <i>(Ask for GF option)</i> <ul style="list-style-type: none">• served on toasted ciabatta and topped with a poached egg	\$14.00	\$19.50

sides: bacon \$5.50 | smoked salmon \$6.50 | cheese kransky sausage \$4.00 | hash browns (2) \$4.00
creamy mushrooms \$6.00 | potato rosti (1) \$4.00 | slow roasted tomato \$4.00 | baked beans \$4.00 | sauces \$1.00
change to free range bacon \$3.00 extra | change to free range eggs \$2.00 extra | side of fries \$4.00 | hollandaise \$2.00

