



The Trading Post - French Bistro

BRUNCH MENU

Wednesday to Sunday 10am to 2pm

SAVOURY BRUNCH

HAM & CHEESE CROISSANT Baked croissant with champagne ham, cheddar & persillade	10
BRIE & MUSHROOMS CROISSANT Baked croissant with brie, sauteed mushroom duxelle & persillade	12
EGGS TARTINES Two poached eggs & hollandaise on sourdough toast - GF bread available	12
AVOCADO TARTINES Smash avocado, microgreens, toasted pumpkin seeds & persillade on sourdough toast DF VG - GF bread available	16
CROISSANT EGGS BENEDICT Stuffed croissant with two free range poached eggs, sauteed spinach & homemade hollandaise sauce. Your choice: Smoked salmon / Free range bacon / Mushroom duxelle	20
CRIQUE AUX CHAMPIGNONS Sauteed marama oyster mushrooms, potato rosti, wild rocket, house pickles GF DF V	22
CHICKEN BRIOCHE SANDWICH Organic roasted chicken served cold, caper mayonnaise, pesto, wild rocket, house pickles served in a homemade brioche bun	18
BEEF BURGER Beef pattie, Gruyere cheese, wholegrain mustard, cos lettuce, house pickles served in a homemade brioche bun with baked potato wedges & tartare sauce	24

SHARING

SOURDOUGH BREAD & SMOKED BUTTER	12
FENNEL & LEMON MARINATED OLIVES Kalamata & sicilian olives GF DF VG	8

EXTRA / SIDE

Free range crispy bacon	4
Free range poached egg each	2
Sauteed mushroom duxelle	5
Smoked salmon	5
Side of baked potatoes wedges w/ house tartare sauce	8

PASTRIES & SWEET

VIENNOISERIES	
Croissant	4
Pain au chocolat	5
Pain au raisin	6
ALMOND FRIAND Rapsberry & rose, GF DF	5
CHERRY SMOOTHIE BOWL Cherry, banana & coconut smoothie topped with cacao nibs & sliced almonds DF GF VG	12
AFFOGATO Vanilla ice cream, espresso shot & liquor of your choice	15
TROU NORMAND Lemon sorbet, digestif of your choice GF, DF, VG	15



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Hot Drinks

Black coffee	4
White Coffee	4.5
Hot chocolate	4.5
Fluffy	1
Extras	
Make it large (mug)	1
Shot Vanilla/Hazelnut/Chai	0.5
Soy/Almond/Coconut/Oat milk	0.5

Cafe or Chocolat Viennois	6
Decadent coffee or hot chocolate with whipped cream	

Tea	4
English breakfast / Earl grey / Paris Green tea lime & ginger / Oolong pomegranate / Turmeric & spices / Peppermint / Rooibos & Blood orange	

Sans Alcool

Juice	5
Orange, pineapple, apple, cranberry or tomato	

Soda	5
Coke, Coke zero, Ginger ale, tonic, soda water or lemon lime & bitter	

Pete's natural Lemonade, Feijoa Lemonade, Blackcurrant crush or Ginger beer	6
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Sparkling water Antipodes 500ml	7
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Beers

Asahi super dry 5%	8
Heineken 5%	8
Heineken zero 0%	8
Mac's Mid vicious 2.5%	8

Lumberjack local craft beers	
Kolsch - Throttle Lock	9
Hazy IPA - Fogged in 440ml	14
Session IPA -Chainbrake	10
Porter - Kick back	10

Cider

Kerouac France 5%	8
Rochdale NZ 4.5%	7

Mocktails

Virgin Mojito	8
Lime, mint, sugar, soda water	

Bloom	8
Pineapple juice, cranberry juice, rose water, hibiscus	

Cocktails

Spritz	14
Aperol, sparkling wine, soda water	

Elderflower	14
St Germain liquor, sparkling wine, soda water	

Bloody Mary	15
Vodka, tomato juice, spices & celery	

Mulled Mojito	16
Rum, bitter, mint, crushed ginger, star anise, cinnamon stick, lime & soda water	

Grand cosmo	16
Grand marnier, vodka, lime & cranberry	

Margarita	16
Tequila, cointreau, lime	

Espresso Martini	16
Vodka, Kahlua, fresh espresso	

Wine by the glass

Sparkling

Veuve du Verney 200ml	14
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Rose

Pays d'Oc Chapoutier rosé	10
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Whites

Sauvignon Blanc Clos Henry 2018	10
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Chardonnay Buxy 2019	12
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Pinot Gris Arthur Metz 2018	12
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Reds

Pinot noir Carrick Unravelled 2019	13
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Syrah Cotes du Rhone Delas 2018	11
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Cabernet Sauvignon B&G	9
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Wine by the bottle -

Ask for our wine list