



The Trading Post - French Bistro

BRUNCH MENU

Wednesday to Sunday 10am to 2pm

SHARING / STARTERS

SOURDOUGH BREAD & SMOKED BUTTER	12
FENNEL & LEMON MARINATED OLIVES Kalamata & sicilian olives GF DF VG	10
DUCK LIVER PATE Preserved plum, sourdough	17

SAVOURY CROISSANTS

Our signature brunch

HAM & CHEESE CROISSANT Baked croissant with champagne ham, cheddar & persillade	10
BRIE & MUSHROOMS CROISSANT Baked croissant with brie, sauteed mushroom duxelle & persillade V	12
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

TARTINES

Our sourdough toasts

<i>Swap bread for GF potato rosti</i>	+3
EGGS TARTINES Two poached eggs & hollandaise on sourdough toast	12
CHEERY TOMATO TARTINES Cherry tomato, bocconcini mozzarella, pumpkin seeds & basil pesto V	18
MUSHROOM TARTINES Sauteed Marama oyster mushrooms, pickled red onions, microgreens DF VG	19

EXTRA / SIDE

Free range crispy bacon	4
Free range poached egg each	2
Sauteed mushroom duxelle	5
Smoked salmon	5
Potato wedges w/ house aioli	8

SANDWICHES

Served in housemade brioche bread

CHICKEN BRIOCHE SANDWICH Organic roasted chicken served cold, caper mayonnaise, pesto, cherry tomato, pickled red onion & roquette	18
DOUBLE DUCK BURGER Homemade duck confit, wholegrain mustard, duck liver pate, plum sauce, baked potato wedges & aioli	32

SALADS

ASPARAGUS SALAD Asparagus, cos lettuce, free range poached egg, walnuts, shaved parmesan GF	18
CHICKEN SALAD Organic roasted chicken served cold, caper mayonnaise, pesto, cherry tomato, pickled red onion, cos lettuce GF	22

SWEETS

VIENNOISERIES & PASTRIES

Check our food cabinet

STRAWBERRY SWIM Strawberry coulis, Mount Made strawberry lime & coconut sorbet, coco crumbs VG GF	12
WAFFLE Blueberry compote, pure maple syrup & whipped cream +add free range bacon +4	14
AFFOGATO Mount Made vanilla ice cream, espresso shot & liquor of your choice	15
TROU NORMAND Mount Made lemon sorbet & digestif of your choice GF DF VG	15

V=Vegetarian / VG=Vegan

DF=dairy free / GF=Gluten free



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Hot Drinks

Far East Coffee -

Fair Trade & organic coffee from Gisborne
All coffee are served double shot

	Regular	Large
Black	4	
White	4.5	5.5
Equagold Hot chocolate	4.5	5.5
Chai latte	5.5	6.5

Coffee viennois		6
Black coffee, whipped cream		
Chocolat viennois		6
Hot chocolate, whipped cream		

Extras

Almond/Coconut/Soy/Oat milk		1
Hazelnut/vanilla/caramel suryp		0.5
Pouring cream		0.5
Take away cup		0.5

Webster Tea -

Organic loose tea from Tauranga

English breakfast		4
Earl Grey		4
Lime ginger green tea		4
Turmeric herbal		4
Blood orange rooibos		4

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		6
Lemonade, Feijoa Lemonade, Blackcurrant crush or Ginger beer		

Sparkling water Antipodes 500ml		7
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Mocktails

Virgin strawberry mojito		8
Fresh strawberry coulis, mint, raw sugar, lemon, soda water		

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

Aperitif / Cocktails

Kir Ardechois		12
Chardonnay, chestnut cream		

Spritz		14
Aperol, sparkling wine, soda water		

Elderflower		14
St Germain, sparkling wine, soda water		

Grand cosmo		16
Grand marnier, vodka, lime & cranberry		

Margarita		16
Tequila, cointreau, lime		

Espresso Martini		16
Vodka, Kahlua, fresh espresso		

Strawberry mojito		16
Fresh strawberry coulis, rum, mint, raw sugar, lemon, soda water		

Beers

Asahi super dry 5%		8
Heineken 5%		8
Heineken zero 0%		8
Haagen Beer Citrus 2.5%		8

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

Cider

Kerouac France 5%		8
Rochdale NZ 4.5%		7

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
Chardonnay Buxy 2019		12
Pinot Gris Arthur Metz 2018		12

Reds

Pinot noir Carrick Unravelled 2019		13
Syrah Cotes du Rhone Delas 2018		11
Cabernet Sauvignon B&G		9

Wine by the bottle -

Ask for our wine list