



AUTUMN MENU

BRUNCH | LUNCH | DINNER | BEVERAGES

1 HALL ROAD PAENGAROA 3189 • 07 262 01 42 • www.thetradingpost.nz

DAY MENU

MONDAY TO SATURDAY

BRUNCH 9AM - 2:00PM

FREE RANGE EGGS	V	12.5
Two free range poached eggs, on sourdough toasts Scramble +3 Swap bread for potato galette + 3 Add Hollandaise +2 Crispy bacon +8 Mushrooms +7 Smoked salmon +8		
CROISSANT EGGS BENEDICT	V*	24
Stuffed croissant with two free range poached eggs, sauteed spinach & homemade hollandaise sauce. YOUR CHOICE: Crispy bacon Mushrooms Smoked salmon		
TTP BREKKY		28
Two free range poached eggs, sauteed spinach & mushrooms, pomme anna, sourdough, tomato, organic chicken tarragon sausage & pickled onion		
BELGIUM WAFFLE	V	18
Vanilla bean chantilly, maple syrup & caramelised banana Add crispy bacon + 8		
AVOCADO & TOMATO TARTINES	VG DF	22
Smashed avocado, cherry tomato, toasted seeds & microgreens on sourdough toast		
HAM & CHEESE CROISSANT		14
Baked croissant with champagne ham, cheddar cheese & persillade, side of salad		
CROQUE MONSIEUR PARISIEN		19
Classic toasted sandwich filled with champagne ham, cheddar cheese, Dijon mustard & creme fraiche, side of salad		
B.L.A.T.		22
Bacon, lettuce, avocado and fresh tomato in a brioche bun		

EXTRAS

Organic chicken sausage	6
Crispy bacon	8
Poached egg each	3
Sauteed mushrooms	7
Smoked salmon	8
Potato galette	7
Avocado	4
Sourdough toast each	2
Swaps (instead of Bread)	
GF Bread	2
Potato galette	3

V = VEGETARIAN GF = GLUTEN FREE
 VG = VEGAN V* = VEGETARIAN OPTION AVAILABLE
 DF = DAIRY FREE DF* / GF* = OPTION AVAILABLE PLEASE ASK

LUNCH 11AM - 2:00PM

TAPAS TO SHARE

OLIVES	GF DF VG	10
Marinated whole olives with fennel & lemon		
BREAD & SMOKED BUTTER	V	12
Sourdough bread, smoked butter		
CHARCUTERIE	DF GF*	26
NZ Poaka salami, chorizo & coppa, sourdough bread & pickles		
TARAMASALATA & CRUDITÉS	DF	18
Tarama dip served with raw vegetables		

MAINS/SALADS

MARKET FISH	GF DF*	38
Pan fried market fish, sauce quatre quart & perla potato		
CEASAR SALAD	GF*	22
Cos lettuce, parmesan, croutons, free range poached egg, white anchovy, ceasar dressing Add Bacon +8 Add seared Tuna +12		
PUMPKIN SALAD	GF V	27
Roasted pumpkin, bitter leaves, pickles onions, walnuts, pomegranate, riccota cheese & orange salad dressing Add Bacon +8 Add seared Tuna +12		
BEEF CHEEK BURGER		26
Braised beef cheeks, slaw, red pickled onions, brioche bun		

DESSERTS

AFFOGATO	GF	17
A scoop of vanilla ice-cream drowned in espresso with a shot of Amaretto or Baileys or Kahlua		
BURNT BASQUE CHEESECAKE	GF	14
CANNELÉ		16
Vanilla cannelé, baked apple, Calvados cream		

KIDS MENU

Kids toastie	10
Tomato, ham & cheese	
Kids Waffle	12
Served with fruits & maple syrup	
Kids Ice cream	5
Vanilla Ice cream with sprinkles	

Let us know of any dietary requirements

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COLD BEVERAGES

CHARLIE'S SODA.....	5.5
<i>Ginger beer / Lime & Lemon fizz / Feijoa Fizz</i>	
GOOD BUZZ KOMBUCHA	7
<i>Feijoa / Raspberry & Lemon</i>	
ANTIPODES SPARKLING WATER 1L	12
JUICE.....	6.5
<i>Squeezed orange / Pressed apple</i>	
COKE ZERO SUGAR	5
LEMON LIME & BITTER	5.5

BEERS/CIDERS

SUNSHINE BREWERY	
Gizzy gold lager 3.8%.....	9
Light Pilsner 2.4%.....	9
Mexican Lager 5%	11
IPA Session 5%.....	12
GOOD GEORGE	
Non-Alcoholic Hazy IPA.....	10
Rosé strawberry cider	11
KEROUAC APPLE CIDER FRANCE	9

COCKTAILS

SPRITZ	12
<i>Aperol, sparkling wine, soda water</i>	
ELDERFLOWER SPRITZ	14
<i>St Germain, sparkling wine, soda water</i>	
ESPRESSO MARTINI.....	17
<i>Vodka, Kahlua, fresh Espresso coffee</i>	
DRY MARTINI.....	17
<i>Gin, Dry vermouth, Green olives garnish</i>	
APPLE & SAGE CRISP	18
<i>Dark rum, apple juice, egg white, lime juice & fresh sage</i>	

SPIRITS & LIQUORS

Ask our staff

FAR EAST COFFEE

Fair Trade & organic coffee
From Gisborne - All double shot

FLAT WHITE	5
CAPPUCINO	5
LATTE.....	5.5
MOCHACCINO	5.5
ESPRESSO.....	4
LONG BLACK	4.2
AMERICANO	4.8
MACCHIATO	4.5
HOT CHOCOLATE	5
KID'S HOT CHOC.....	4
FLUFFY	2
CHAI LATTE.....	5
LARGE.....	1
SYRUP.....	0.5
<i>Hazelnut/vanilla/caramel</i>	
POURING CREAM	1
EXTRA SHOT.....	1
DECAF.....	0.5
TAKE AWAY	0.5
ALTERNATIVE MILK	0.5
<i>Oat / Coconut / Almond</i>	

ICED COFFEE

Pour over ice

ICED ESPRESSO COFFEE.....	5
ICED ESPRESSO LATTE.....	6
ICED CHOCOLATE.....	6
ICED MOCCHA.....	6.5
TAKE AWAY	0.5
WHIPPED CREAM	1
ALTERNATIVE MILK	0.5
<i>Oat / Coconut / Almond / Soy</i>	

WEBSTER'S TEA

Organic loose leaf tea - Tauranga

TEA POT FOR ONE.....	5
<i>English breakfast / Earl Grey tea / Lime ginger green tea</i>	
<i>Turmeric & cardamom herbal tea / Blood orange rooibos herbal tea / Chocolate & fennel herbal tea / Berry herbal tea</i>	

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WINE

GLASS BOTTLE

SPARKLING

Veuve du Verney, <i>France</i>	11	50
Crémant d'Alsace Rosé Brut, <i>Alsace France</i>	—	75
Champagne Brut Orban, <i>France</i>	19	110

ROSÉ

Listel rosé, <i>Languedoc France</i>	10	48
Main divide rosé, <i>Central Otago New Zealand</i>	—	56

WHITE

SAUVIGNON BLANC

Clos Henry 2019, <i>Malborough New Zealand</i>	12	58
Ata Rangī Te Wa 2019, <i>Martinborough New Zealand</i>	—	64

CHARDONNAY

Cave de Lugny 2020, <i>Mâcon Villages France</i>	14	64
Babich Headwaters Organic 2019, <i>Hawke's Bay New Zealand</i> ..	—	70

PINOT GRIS

Arthur Metz 2019, <i>Alsace France</i>	15	70
Maude 2020, <i>Central Otago NZ</i>	—	74

OTHER

Viognier Delas 2019, <i>Languedoc France</i>	—	56
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RED

SYRAH / SHIRAZ

Ventoux Delas, <i>Ardèche France</i>	12	58
The Davey Estate Shiraz Shingleback, <i>Australia</i>	—	70

CABERNET SAUVIGNON / BLEND

Carbonneau Classic 2017, <i>Bordeau France 375ml</i>	—	42
Madiran Origine Aydie 2017, <i>Madiran France</i>	—	60
Irongate Babiche Cab Sav Merlot, <i>Hawke's Bay New Zealand</i> ..	—	88

PINOT NOIR

Val Lamartinien 2019, <i>Bourgogne France</i>	16	74
Petit Clos Clos Henry 2019, <i>Malborough New Zealand</i>	—	76
Carrick Unravelled 2019, <i>Central Otago New Zealand</i>	—	80

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