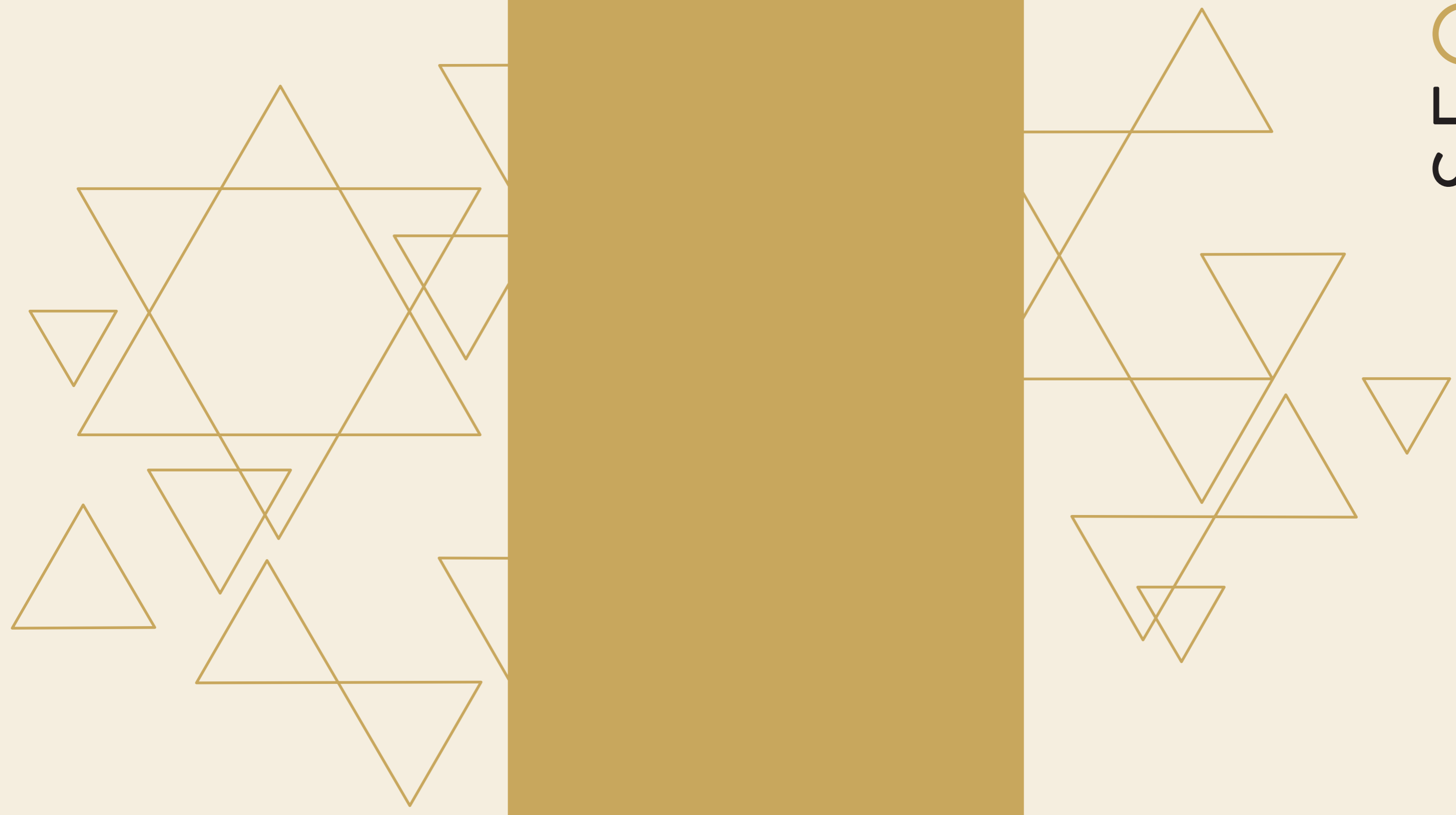


16J Bishop Dunn Place, Flat Bush
Phone (09) 265 1368 | sequelcafe.co.nz

SEQUEL

CAFE



WELCOME TO SEQUEL CAFÉ

We are happy to accommodate your dietary needs and prepare a meal especially for you. If you don't see it on our menu, please ask. Our chicken is halal certified.

ALL DAY BREAKFAST

Homebase Breakfast \$22.50
Kransky, streaky bacon, free range eggs, hashbrown, roasted portobello mushrooms, grilled tomato & toasted ciabatta

Eggs Benedict

Free range eggs, hollandaise, spinach and ciabatta with streaky bacon **or** Portobello mushrooms \$19.50
or smoked salmon \$21.50

Sequel Paleo Breakfast (vegetarian, keto, low gluten)

Roasted Portobello mushrooms, grilled tomato, free range poached eggs, avocado and spinach \$22.50
Add: salmon **or** bacon \$6.50/4.50

Sweetcorn Fritters

 \$18.50

Streaky bacon, garden greens, capsicum salsa, mascarpone, sweet chilli sauce

Smashed Avocado (vegetarian)

 \$16.50

Avocado, feta, mixed seeds, poached egg, toasted ciabatta and balsamic glaze

Add: salmon **or** bacon \$6.50/4.50

Creamy Balsamic Roasted Portobello Mushrooms

 \$19.50

With streaky bacon, hash brown **or** poached egg & spinach on toasted ciabatta

The Nourish Bowl (vegan)

 \$22.00

Roasted Portobello mushrooms, potato rosti, chickpeas, edamame, pumpkin seeds, shredded carrot and sauteed spinach

Three Egg Omelette

 \$19.50

Your choice of three fillings: bacon, ham, mushroom, cheese, onion, spinach, salmon, feta with toasted ciabatta (Add 1 or 2 chillis)

Sequel Sweet Breakfast

Select waffles, pancakes, or brioche french toast Served with berry compote & mascarpone \$17.50
or caramelised banana, streaky bacon & maple syrup \$19.50

Classic Eggs on Toast

 \$11.00

Eggs cooked your way, with either toasted ciabatta, five grain or white/brown toast

Additional sides: bacon, mushrooms, tomato, sausage, spinach, salmon, avocado

Sequel Granola Clusters

 \$13.50

Served with natural yoghurt, seasonal fruitberry compote

Toasted Bagel

Cream cheese and preserves \$9.50
Avocado, tomato, pesto & cream cheese \$12.80
Smoked salmon, capers & cream cheese \$13.80

ALL DAY LUNCH

Poke Bowl

 \$22.00

Choice of either salmon, chicken or tofu. With edamame, nori seaweed, wakame, sauteed spinach, shitake mushrooms, fragrant rice, daikon carrot pickle

Grilled Chicken/Bacon Caesar Salad

 \$19.80

Cos lettuce, soft poached egg, parmesan cheese, croutons

Sequel Tandoori Skewers

 \$19.20

Tandoori chicken **or** beef & lamb kebab, flaky roti, minted yoghurt dressing & capsicum salsa

Dory Fish & Chips

 \$19.80

Crispy battered fish served with mesclun, fries and tartare sauce

Cajun Spiced Calamari Rings

 \$ 17.80

Mixed salad and Sequel sesame dressing

Sequel Burger

 \$21.50

Angus beef pattie, streaky bacon, lettuce, tomato, cheese, caramelised onion, fried egg served with fries and aioli

Brioche BLAT

 \$19.80

Streaky bacon **or** pan fried chicken, lettuce, avocado, tomato, served with fries and aioli

Warm Miso Marinated Sirloin Steak Salad

 \$20.80

Mixed mesclun salad & Sequel sesame dressing

Sequel Toastie & Fries

 \$14.50

Choose either bacon, ham or egg
Add any two: cheese, pineapple, tomato, onion

Sequel Curry

 \$18.50

Speciality butter chicken **or** keema lamb curry
Basmati rice, poppadum & mesclun salad

KIDS MENU

Pancakes

100/1000s maple syrup \$9.00
or bacon & banana \$11.00

Eggs on Toast

 \$7.50

Mini Breakfast

 \$9.00

Scrambled eggs, sausage, hash brown

Chicken Nuggets & Chips

 \$9.50

SIDES

Bacon \$4.50	Mushroom \$5.50
Sausage \$5.00	Avocado \$4.00
Chicken \$6.00	Hashbrown \$3.50
Salmon \$6.50	Fries \$8.00
Spinach \$3.50	Wedges \$9.50
Tomato \$3.50	Egg \$3.50

DRINKS

COFFEE

Flat White \$4.50
Cappuccino \$4.50
Latte \$5.30
Mochaccino \$4.80
Long Black \$4.00
Americano \$3.70
Short Black \$4.00
Macchiato \$3.70
Piccolo \$4.00

ADD-ONS

Upsize add 80c
Extra shot/Decaf add 80c
Soy/coconut add 80c
Almond add 80c
Syrups add 80c
Vanilla / Caramel / Hazelnut

WARMERS

Belgian Hot Chocolate \$5.00
Lemon, Honey & Ginger \$5.00
Chai Latte
Spicy / Sweet \$5.00

TEA

Special Breakfast Blend
Earl Grey
Japanese Lime Green
Herbal & Fruit Range
..... ALL \$4.50

KIDS

Fluffy \$1.50
Hot Chocolate \$3.50

FRAPPES

Espresso
Chocolate
Mocha
Vanilla
Berry
Mango
Tropical
Feijoa & Apple
Pina Colada
..... ALL \$7.50

ICED

Iced Coffee
Belgian Iced Chocolate
Iced Mocha
Iced Americano \$5.00
Iced Tea:
Lemon / Peach /
Mango / Lemonade
..... ALL \$6.00

SMOOTHIES

Energise Strawberry / Apple / Pear / Pineapple / Dates	Detox Blueberries / Banana / Dates / Boysenberries
Reboot Mango / Pineapple / Banana / Passionfruit	Chocberry Mixed Berry / Chocolate
Booster Banana / Mango / Spinach / Lime Juice	Acai Activate Banana / Acai / Blueberries / Dates

..... ALL \$8.50

MILKSHAKES

Banana
Vanilla
Chocolate
Strawberry
Mango Lassi
..... ALL \$8.50