

DRINKS

HOT

coffee
SUPREME

Coffee

	Regular	Large
Espresso / Long Black	4.5	
Macchiato (Long or Short)	5	
Flat White / Latte	5	6
Cappuccino	5	6
Mocha	5.5	6.5
Extra Shot - Coffee, Vanilla or Caramel		1

HAKANOA

Alternatives

Hot Chocolate	5	6
Kids Hot Chocolate	4	
Hakanoa Sweet or Spicy Chai Latte		6
Hakanoa Ginger, Lemon & Manuka Honey		6

Milks

Oat, Almond, Coconut, & Soy		1
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Tea

English Breakfast	5	
Earl Grey	5	
Peppermint	5	
Strawberry & Plum	5	
Jasmine Pearl Green Tea	5	

COLD

coffee
SUPREME
DUCK ISLAND
ICE CREAM

Coffee

Iced Americano		6
Iced Latte, Chocolate or Chai	6.5	
Coffee Caramel Shake	13	

Juices & Water

Almighty - Orange, Apple & Mango Juice	8	
Voyage Sparkling / Still (500ml)	8	

SMOOTHIES & BOWLS



Bowl and Arrow's nutritious blends demonstrate that wholesome food can be delicious and provide the energy boost we all seek.

	Smoothie	Bowl
Mango Muscle	15	18
Banana, mango, dates, vanilla pea protein, turmeric, cinnamon, salt		
Blueberry Blast	15	18
Banana, blueberries, dates, roasted peanuts, vanilla pea protein		
Guiltless Cacao	15	18
Frozen banana, roasted peanuts, dates, salt caramel protein, cacao powder		
Granola		15
House granola, Kāpiti yoghurt, fresh berries		

BEAUTY BOOST SODAS

two islands

Enjoy the best of both worlds with a half-smoothie, half-soda drink. It's a sparkling and refreshing beauty boost that your skin will love.

Sunrise	7.5
Chopped organic pineapple & mango, Two Island Collagen Beauty Powder, Six Barrel Strawberry & Lime Seltz Drops, soda & ice	
Sunset	7.5
Chopped organic mixed berries, Two Island Collagen Beauty Powder, Six Barrel Peach & Passionfruit Seltz Drops, soda & ice	



Tuck Shop

by BURGER BURGER

OPEN DAILY 7AM

Sweet & Savoury Toast, Breaky Butties & Granola Bowl served until 11:30am

@TUCKSHOP_NZ

BITES

BAKING

WILD WHEAT <small>SPECIALTY BREAD</small>	Wild Wheat pastries	6.5
	Chef Mike's famous homemade cheese scones	5.5
	Chef Mike's famous homemade chilli cheese, herb scones	5.5

BREAKY BUTTIES

Classic		10
	Bacon, tomato relish, hollandaise	
B&E		12
	Bacon, egg, tomato relish, hollandaise	
Snag		16
	Bacon, egg, pork sausage patty, aged cheddar, baby spinach, tomato relish, hollandaise	
Vege		15
	Egg, halloumi, guacamole, baby spinach, tomato relish, hollandaise	

KIDS

Star Toast		8
	Fried egg, bacon, brioche	
Waffles		10
	Waffle, maple, ice cream, berries	

SAVOURY TOAST

<i>We change often</i>	The Avo	12
	Smashed avocado, feta, chili oil, toasted seeds	
	Shroomy	14
	Sauteed brown button mushroom, herbs, lemon ricotta, truffle oil	
	Bacon Jam	12
	Bacon Jam, Swiss cheese, fried egg, herbs	

* All savory toast served on Wild Wheat sourdough.
Seeded or GF bread alternative available

SWEET TOAST

<i>We change often</i>	Berries & Cream	10
	Mascarpone, fresh berries, banana, honey, lemon zest	
	Almond & J	8
	Fix & Fogg almond butter, housemade seasonal jam	
	Ricotta & J	8
	Ricotta, housemade seasonal jam	

* All sweet toast served on Wild Wheat brioche

ICE CREAM

PRICES

<i>\$4</i>	<i>\$6</i>	<i>\$9</i>
KIDS	SINGLE SCOOP	DOUBLE SCOOP



Black Doris Plum
Fig & Manuka Honey
Triple Chocolate
Vanilla Bean
White Chocolate & Raspberry
Strawberry & Cream
Hokey Pokey
Affogato
Feijoa & Pear Sorbet (VG)