

WELCOME TO

eruption CAFE

we do **FOOD** we do **COFFEE** we do **AWESOME**

Shop 15, Suncourt Plaza
19 Tamamutu St
TAUPO, 3330



**PLEASE ORDER AT
THE COUNTER**



HOT DRINKS

T/A Cups 0.5

	REG	LARGE
SHORT BLACK	3.5	
LONG BLACK	3.5	
AMERICANO		4
MACCHIATO	3.5	
FLAT WHITE	4	4.5
CAPPUCCINO	4	4.5
LATTE	4.5	5.5
CHAI LATTE	4.5	5.5
🔥 Spicy or vanilla		
MOCHA	4.5	5
HOT CHOCOLATE	4	4.5
FLUFFY 2.5		
🔥 With marshmallows & a chocky fish		

TEA (Tea Total) 4.5

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|-----------------------------------|--------------------------|
| 🔥 Breakfast special blend | 🔥 Governor grey |
| 🔥 Manuka & flower detox | 🔥 Ginger lemon kiss |
| 🔥 Pure organic peppermint | 🔥 Jade green sencha |
| 🔥 Gran's berry garden | 🔥 Pure organic chamomile |
| 🔥 Luscious lemon & liquorice root | |



"FRITZY" Tall glass 4.9

- 🔥 Lemongrass, honey, kaffir lime leaf, ginger & a slice of lemon

LEMON, HONEY & GINGER Tall glass 4

HOT WATER Reg cup 1.5

HOT DRINK OPTIONS

- 🔥 Extra coffee shot 1.2
- 🔥 Decaf 0.7
- 🔥 Soy milk 0.5
- 🔥 Almond 0.5
- 🔥 Syrup shot (vanilla, caramel or hazelnut) 1.2



COLD DRINKS

ICED COFFEE

- 🔥 With ice cream & fresh whipped cream 6.5

ICED CHOCOLATE

- 🔥 With ice cream & fresh whipped cream 6.5

ICED MOCHA 7.7

SHAKE

- 🔥 Chocolate, caramel, vanilla, lime, banana, or strawberry
Cookies n cream 6

BANANA SMOOTHIE

- 🔥 Banana, frozen yoghurt, apple juice 7

BERRY SMOOTHIE

- 🔥 Berries, frozen yoghurt, apple juice 7.5

BANANA BERRY SMOOTHIE

- 🔥 Banana, berries, frozen yoghurt, apple juice 7.5

KIWIANA SMOOTHIE

- 🔥 Kiwifruit, banana, frozen yoghurt, apple juice 7.5

GREEN SMOOTHIE

- 🔥 Apple, banana, spinach, curly parsley, mint ice & water 7.5

IRONMAN SMOOTHIE

- 🔥 Banana, kiwifruit, spinach, spirulina, ice & water 7.9

NAKED MALIBU PROTEIN SMOOTHIE

- 🔥 Almond & coconut milk, crushed pineapple, protein powder & ice 9.7

SMOOTHIE OPTIONS

- 🔥 Protein powder 2.3
- 🔥 Yoghurt 1.3
- 🔥 Almond milk 1.3

We also have a great range
of cold drinks in the fridge

CARB UNLOADED



SEMI LOADED

SCRAMBLED EGG WHITES

- ☞ Served with gluten free toast (unbuttered) 11.9

EGG WHITE OMELETTE

- ☞ Served with mushroom, tomato & baby spinach 16.3

BREKKIE SALAD

- ☞ Tomato, red onion & avo tossed with fresh salad leaves & topped with smoked salmon & a poached egg 18.9

VEGIE STACK

- ☞ Poached egg, wilted spinach & grilled tomato on a portobello mushroom 12.9

CHIX & VEGIE SALAD

- ☞ Moroccan seasoned chix, red onion, capsicum & mushrooms tossed with fresh salad leaves & served with basil pesto & balsamic creme 18.9

LAMB & MINT SALAD

- ☞ Seared seasoned lamb, tomato, red onion, grapes, avo, fresh mint, & cucumber tossed with fresh salad leaves & drizzled with a mint dressing 19.3

CHIX FAJITAS

- ☞ Seared chix, red onion & capsicum served with salad leaves & salsa 14.9

Our Carb Unloaded & Semi Loaded menus have been developed in association with Lisa Cameron Fat Loss Consultancy.

- ☞ We use free range eggs
- ☞ Half portions available on most meals



FULLY LOADED



EGGS ON TOAST

- ☞ Poached, scrambled or fried on toast 10.9

BACON & EGGS

- ☞ Poached, scrambled or fried on toast with grilled bacon 14.9

OMELETTE

- ☞ Three egg omelette including three fillings 16.9
- ☞ Ham, cheese, onion, bacon, pineapple, mushroom, tomato, chix, avo, salmon, spinach, sweet chilli; additional fillings 1.5

CREAMY PORRIDGE

- ☞ With black doris plums, brown sugar & fresh cream 11.7

HOMEMADE TOASTED MUESLI

- ☞ Served with banana, kiwifruit, berry compote & yoghurt 11.9

PANCAKES / FRENCH TOAST

- ☞ Our homemade buttermilk pancakes or french toast with
- ☞ Grilled banana, lemon curd, mascarpone & berry compote 17.5
- ☞ Grilled bacon, grilled banana & maple syrup 18.9

EGGS BENNY

- ☞ Toast with baby spinach, poached eggs, hollandaise & topped with either grilled bacon 17.5 or smoked salmon 19.5

BIG BREKKIE

- ☞ Beef sausage, grilled bacon, creamy mushrooms, grilled tomato, hash browns & eggs (poached, scrambled or fried) with toast 24.9

LAMBS FRY & BACON

- ☞ Seared lambs fry on a creamy bacon & mushroom sauce, served with toast 17.3

CREAMY MUSHROOMS

- ☞ Served on spinach, with toast & topped with a poached egg 16.7

TOASTED SANDWICHES

- ☞ Mackenzie bread including two fillings 10.3
- ☞ Ham, cheese, onion, bacon, pineapple, mushroom, egg, tomato, chix, avo, salmon, spinach, sweet chilli, mayo; additional fillings 1.5

BIRCHER MUESLI

- ☞ With lite greek yoghurt, protein powder & served with kiwifruit & banana, topped with toasted muesli & berry compote 13.7

LAMB & TZATZIKI WRAP

- ☞ Seared lamb, fresh salad leaves, salsa & tzatziki, wrapped in mountain bread 18.7

SEARED CHIX & VEGIE QUESADILLA

- ☞ Chix, red onion, capsicum & cottage cheese; grilled in mountain bread & served with fresh salad leaves, salsa & lite greek yoghurt 17.9

KIDS MENU

PANCAKE bacon, maple syrup & sliced banana 11.5

BACON & FRIED EGG BUTTIE 7.5

TOAST with marmite, peanut butter, jam 4.5

SANDWICH - FRESH OR TOASTED 6

- ☞ Ham & cheese
- ☞ Marmite & cheese
- ☞ Peanut butter & jam



FULLY LOADED



ERUPTION BURGER

- ☞ Homemade beef pattie topped with grilled bacon, onion jam, cheese, tomato, fresh salad leaves, avo & aioli 18.9
- ☞ with fries 22.9

BLAT

- ☞ Open sandwich with grilled bacon, lettuce, avo, tomato & aioli 16.3
- ☞ with fries 20.3

WARM LAMB SALAD

- ☞ Seared lamb tossed with fresh salad leaves, cucumber, avo, tomato, grapes & crispy noodles with sweet chilli dressing 19.9

CHIX & CHEESE QUESADILLA

- ☞ Served with fresh salad leaves, salsa, guacamole & sour cream 17.5

MACHO NACHOS

- ☞ Your choice of vegie 16.5, beef 18.9 or chix 18.9

FRIES

- ☞ Potato with tomato sauce & aioli or sweet chilli & sour cream 7.3

BAGELS

- ☞ A toasted bagel served with cream cheese and ...
- ☞ Lemon curd or jam 7.5
- ☞ Tomato & avo 10.5
- ☞ Smoked salmon, red onion & capers 14.5
- ☞ BETA - grilled bacon, poached egg, tomato, avo & aioli 14.5

SIDES FOR ANY MEAL

- | | | |
|----------------------|-------------------|-------------------------------|
| ☞ Egg 2 | ☞ Bacon 5 | ☞ Grilled mushrooms 4 |
| ☞ Tomato 4.5 | ☞ Chix 5.5 | ☞ Creamy mushrooms 5.5 |
| ☞ Avo 5 | ☞ Lamb 8 | ☞ Portobello mushroom 4 |
| ☞ Hash browns 5 | ☞ Smoked salmon 7 | ☞ Grain bread/toast 3.5 |
| ☞ Wilted spinach 3.5 | ☞ Beef sausages 5 | ☞ Gluten free bread/toast 3.5 |
| ☞ Baked beans 4 | ☞ Ham 3 | ☞ Ciabatta 3.5 |