

Menu

VARIETY OF VEGETARIAN
& VEGAN FOOD

Coffee & Tea

Breakfast & Lunch

Sandwiches



FRENCH SOUL CAFE
COFFEE AND EATERY

Pastries

Plain Croissant	6.00
Almond Croissant	7.00
Pain Au Chocolat	7.00
Cinnamon Morning Bun	6.50
Rhubarb Danish	7.00
Cro-nut Vanilla Custard	6.50
Donut	6.50



Cookies

Madeleine	4.00
Amaretti (VG + GF)	5.50
Chocolate Chip Cookie (VG)	5.50
Walnut Chocolate Chip Cookie (VG)	5.50
Shortbread Chocolate Chip Cookie	5.50



Nutty desserts

Almond Slice:

Milk Chocolate	6.50
Dark Chocolate	6.50

Nut Baby Treats:

Mini Milk Chocolate (GF)	4.00
Mini Dark Chocolate (VG + GF)	4.00
Mini White Chocolate (GF)	4.00
Cranberry Bar	7.00



Cakes

Banana Bread (VG + GF)	7.50
Carrot Cake (VG + GF)	7.50
German Cheese Cake (option of homemade Blueberry / Orange jam on top)	8.50
Raw Cheese Cake (Passionfruit/Tiramisu) (VG+GF)	8.50
Donau Wave (VG)	8.50
Fruity Tart	8.50
Orange Bloom (VG+GF)	6.50
Muffins (Blueberry / Spiced Apple)	6.50
Raspberry Brownie Cupcake (VG+GF)	6.50
Gingerbread Cupcake (VG)	6.50
Raw Slices (Raspberry / Snickers / Macadamia (VG+GF)	6.50

Crepes

Sugar & Cinnamon	10.00
Sugar & Lemon	10.00
Whittaker's Chocolate	12.00
Homemade Jam (Blueberry / Orange)	12.00
Nutella	12.00



GF - Does not contain Gluten | VG - Vegan

Salads

- Raw Energy Salad (VG + GF)
- Moroccan Chickpea (VG + GF)
- Thai Noodle (VG)
- Potato Salad (VG + GF)
- Anti-Pasti Pasta Salad (VG)

Regular 13.00 | Large 16.00

*Salads are seasonal, Check with our staff for today's choices



Galettes

- Egg, Spinach, Brie Cheese 18.00
 - Mushroom, Spinach 18.00
 - Tomatoes, Cheese
- (VG option available)

Sandwiches

- Mozzarella Cheese Sandwich** (Butter, Spinach, Tomatoes, Mozzarella, Pesto, Sandwich Sauce) 12.00
- Swiss Cheese Sandwich** (Butter, Spinach, Tomatoes, Cucumber, Swiss Cheese, Pesto, Sandwich Sauce) 12.00
- Brie Cheese Sandwich** (Butter, Spinach, Tomatoes, Cucumber, Brie, Pesto, Sandwich Sauce) 12.00
- * Our sandwiches have Baguette or Ciabatta options
- Falafel Pita** (Pita, Hummus, Tomatoes, Cucumber, Tahini, Green Salad, Falafel) 12.00



Savoury Snacks

- English Muffin (Butter, Egg, Swiss Cheese, Mayonnaise) 10.00
- Small Three Cheese Pizza 10.00
- Spinach & Cheese Börek 8.00
- Vegetable Quiche 18.00
- Cheddar Onion Scone 6.50
- Jalapeño Cheddar Scone 6.50

Pan-fried or Scrambled eggs

Always a perfect breakfast.
Simple, delicious and made to start your day right.

2 eggs with sourdough bread and a small side salad 15.00

Options for additions:
*add egg - \$3.00
*add mushrooms to scrambled eggs - \$2.00

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Prices are subject to change without prior notice



FRENCH SOUL CAFE
COFFEE AND PATISserie

Classic Drinks

	Small	Medium	Large
Ristretto	5.00		
Piccolo	5.00		
Espresso	5.00		
Macchiato	5.00		
Short Black	5.00		
Long Black		5.00	
Latte Macchiato		6.00	
Americano			5.00
Flat White	5.50	6.00	6.50
Latte	5.50	6.00	6.50
Cappuccino	5.50	6.00	6.50
Mochaccino	5.50	6.00	6.50
Chocolate Chunks Mocha	7.00	7.50	
Hot Chocolate	5.00	6.00	6.50
Fluffy	2.00		

Extras: +\$1.00

Organic Coffee

Decaf

Extra Shot

Flavour syrup (Vanilla, Caramel, Hazelnut)

Alternative milk (Oat, Soy, Coconut, Almond),



Special Drinks

HOT	Small	Medium	Large
Affogato	7.00		
Chai Latte (Mild/Spicy)	5.50	6.00	6.50
Tumeric Latte	5.50	6.00	6.50
Matcha Latte	6.00	6.50	7.00
White Chocolate Matcha		7.00	7.50
Orangchino		7.00	7.50

COLD

Iced Matcha			7.50
Berry/Mango Matcha			8.50
Orange Juice Matcha			7.50
Frengina		7.00	7.50
SANDBANK Smoothies			12.00

(VG, GF)

(Blue Magic / The Nut Job /
Dragon / The Green Room /
Tropical, The Acai One)



To place an order please use our QR code or get in touch via email, pop into store and one of our team will be in touch to help organise your order.

Trading Hours

Monday to Friday from 8:00am - 4:00pm

Weekends from 9:00am - 3:00

3/277 Maunganui Road, Mount Manunganui, 3116, Ph: 021 035 4935



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