

-Menu-

**Sticky
Fingers**
CAFE

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ALL DAY MENU

Our kitchen closes at 2pm

*Food Allergen Customer Notice

Please be advised that our food is prepared in the environment where it is impossible to guarantee a 100 percent allergen free meals. Please speak to our staff about the ingredients in your meal and for any special dietary requirements when making your order. Thank you.

**We only use free range and predominantly organic products. All our baked goods are homemade & mostly gluten free.

We make the best pies in Auckland (as voted by my mum & her friend☺)

The Bigger the Better *(GFA, DFA, EFA)*

21.5

FR eggs any style, FR bacon, chorizo sausage, mushrooms, grilled tomato, baked beans, homemade GF hash cake, ciabatta toast

Vegetarian Delight *(V, GFA, DFA, EFA)*

19.5

homemade GF hash cake, FR eggs any style, grilled halloumi, beetroot, creamy mushrooms, avocado, multigrain toast

Eggs on Toast *(GFA, V)*

12

any style FR eggs on ciabatta or multigrain toast, grilled tomato

(add FR bacon +\$4.5)

Early Bird *(UNTIL 10:30AM) (GFA, DFA)*

16

FR bacon, FR eggs your way on ciabatta toast & your choice of tea or coffee (small size)
(syrops, soy / almond / coconut / rice milk, decaf, size upgrade – extra charge)

Sticky Fingers Smoothie Bowl *(V, EF, GFA, DF, Vegan-option)*

15

Choose your flavour:

Choco Maca / Acai / Detox / Bye-Bye Belly Berry / After Gym / Energy Boost / Bodyguard

w homemade GF granola & fresh seasonal fruit

Breakfast Porridge *(V, EF, Vegan-option, DFA)*

12.5

oats porridge, raw honey, homemade berry compote, side of cream

Buttermilk Pancakes w Salted Caramel *(V)*

14.5

w banana, chocolate sauce & whipped cream

(add FR bacon +\$4.5)

French Toast Bacon *(GFA)*

16.5

w FR bacon, caramelized banana, cinnamon, maple syrup, whipped cream

Turmeric Zucchini Corn Fritters *(GF, DF, VA)*

19.5

w FR bacon OR house-smoked salmon, garden harvest, homemade aioli, avocado

Sticky Fingers Eggs Benedict *(GF)*

two homemade GF potato hash cakes, two poached FR eggs, spinach, hollandaise & your choice of

- **creamy mushrooms** *(V)*

17

- **FR bacon**

19

- **house-smoked salmon**

20.5

Sticky Fingers Omelette *(GFA, DFA)*

(w homemade salsa, spinach & toasted ciabatta)

- **w cheese & mushrooms** *(V)*

18

- **w FR bacon, Parmesan**

19

- **w house-smoked salmon**

20.5

Soup of the Day served w toasted ciabatta	14
Avocado on Toast (V, GF, DF, Vegan-option, EFA) fresh avocado on house-baked Vegan Bread* toast, roasted courgette, poached FR egg, homemade salsa	18.5
TarraMush (V, GF, Vegan-option, DFA, EFA) creamy mushrooms w tarragon & balsamic, poached egg, greens, house-baked Vegan Bread* toast	17.5
Chicken Salad w Crispy Noodles (GFA, DFA, VA) w FR chicken, fresh cucumber, tomato, red onion, peanut dressing	19.5
Creamy Fettuccine - vegetarian (V) 15.5 - w FR bacon, FR chicken, garlic, Parmesan 20.5	
Ultimate Mince & Egg on Toast (GFA, EFA) w seasonal herbs & spices, spinach, Parmesan , multigrain toast	17.5
B.L.A.T. (DF, GFA, EFA) w FR bacon, lettuce, tomato, red onion, avocado, side of chips w homemade aioli & tomato sauce	20.5
Fish of the Day (GF, DF, EFA) w garden harvest & side of chips w homemade aioli & tomato sauce	23.5
Cajun Chicken Open Sandwich (DF, GFA, EFA) FR chicken, FR bacon, lettuce, tomato, red onion, avocado, side of chips w homemade aioli & tomato sauce	22.5
Sticky Fingers Burger (GFA, EFA) w beef patty OR FR chicken, w FR bacon, lettuce, tomato, red onion, cheese, side of chips w homemade aioli & tomato sauce	21.5
Chips (GF, DF, EFA) w homemade aioli & tomato sauce	7

SIDES

house-smoked salmon (GF, DF)	7	hash cake (GF)	4.5
FR chicken (GF, DF)		FR bacon (GF, DF)	
ciabatta toast (DF)	3	halloumi (GF)	
multigrain toast (DF)		grilled tomato (GF, DF)	
GF toast (GF, DF)		avocado (GF, DF)	
Vegan Bread* toast (GF, DF, EF, Vegan)		spinach (GF, DF)	
FR egg (GF, DF)		side salad (GF, DF)	
		chorizo sausage	
sauce / jam / butter / spread	1	creamy mushrooms (GF, DFA)	

***Vegan Bread** is a Vegan, Gluten Free, Oats Free, Dairy Free, Nut Free, Egg Free and Yeast Free, specialty bread of Sticky Fingers Cafe
****GF** - Gluten Free, **GFA** – Gluten Free Option Available, **DF** - Dairy Free, **DFA** – Dairy Free Option Available, **V** – Vegetarian,
VA – Vegetarian Option Available, **FR** – Free Range, **EF** – Egg Free, **EFA** – Egg Free Option Available

STICKY FINGERS DRINKS

Coffee

(Extra shot -Soy milk- Syrup - Decaf + \$ 0.5

Almond milk / Coconut milk / Rice milk + \$0.8)

	small	medium	large	
Black	3.5	4	4.5	
White	4	4.5	5	
Mocha	4.5	5	5.5	
Fluffy	2			
Affogato (espresso & vanilla ice cream)				6.5

Superfood Lattes

(GF, DF, Vegan, Caffeine Free)

Beetroot (blood cleanser)

Turmeric (ultimate energy booster)

Green Matcha (super antioxidant)

Charcoal (powerful toxins cleanser)

House Hot Drink

(GF, DF)

Lemonghini (house-brewed lemon, ginger, honey) 7.5

Iced Drinks

(not blended) (GF, DFA)

Iced Chocolate	6
Iced Americano	5
Iced Latte (vanilla / caramel shot - extra \$0.5)	5.5
Iced Chai Latte (Sweet or Spicy)	5.5
Iced Coffee	6
Iced Mocha	6.5
Iced White Chocolate Mocha	6.5

Frappes

(GF, DFA)

Coffee Frappe
Mocha Frappe
Green Tea Frappe

Milkshakes

Chocolate
Cheeky Monkey Banana
Salted Caramel

Thickshakes

Peanut Butter	Mint Choc Chip	
Crunchie	Strawberry	
Oreo	Avocado	

Juices

House Freshly Squeezed 7.5
Choose up to 2 of:
Apple / Orange / Carrot / Beetroot / Celery / Ginger

Superfood Smoothies

9

Choco Maca (GF, DF, Vegan, Refined Sugar Free)

organic cacao powder, organic maca powder, almond milk,
organic almond butter, banana, cinnamon, chia seeds

Acai (GF, DF, Refined Sugar Free)

organic acai berry powder, strawberry, blueberry, raspberry,
banana, coconut milk, raw honey

Detox (GF, DF, Vegan, Refined Sugar Free)

turmeric, kale, almond milk, organic almond butter, blueberries,
banana, chia seeds, cinnamon

Bye-Bye Belly Berry (GF, DF, Refined Sugar Free)

blueberries, strawberries, raspberries, goji, raw honey, banana,
apple juice

After Gym (DF, Refined Sugar Free)

chia seeds, organic spirulina powder, protein powder,
blueberries, apple juice, banana

Energy Boost (GF, DF, Refined Sugar Free)

oranges, strawberries, raspberries, raw honey, chia seeds,
orange juice, coconut oil

Bodyguard (GF, DF, Refined Sugar Free)

goji berry, organic acai berry powder, blueberries, raw honey,
spinach, coconut milk, coconut oil, banana

Iced Teas

(GF, DF)

7.5

Lemon
Peach
Mango
Raspberry

Teas

4.5

English Breakfast
Earl Grey
Chinese Sencha (Green Tea)
Japanese Lime (Green Tea)
Strawberry & Raspberry (Fruit Tea)
Peppermint (Herbal Tea)
Rooibos (Herbal Tea)

Other Drinks

5

"Allganics" Organic Juice
Apple
Guava, Apple
Feijoa, Apple
Orange, Mango, Apple
Blackcurrant, Apple (Sparkling Juice)

Coconut Water
NZ Still Mineral Water
NZ Sparkling Mineral Water

Coke / Coke Zero / Ginger Beer / Lemonade