

**Sticky  
Fingers**  
CAFE

**-Menu-**

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# ALL DAY MENU

Our kitchen closes at 2:30pm. Please order at the counter. Thank you.

## \*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 use Free Range eggs, chicken and bacon 😊

<b>The Bigger the Better</b> (GFA, DFA)	23
FR eggs any style, FR bacon, chorizo sausage, mushrooms, grilled tomato, baked beans, homemade GF hash cake, ciabatta toast	
<b>Vegetarian Delight</b> (V, GFA, DFA)	22.5
homemade GF hash cake, FR eggs any style, grilled halloumi, beetroot, avocado, creamy mushrooms, multigrain toast	
<b>Early Bird</b> (UNTIL 10:30AM) (GFA, DFA)	16.5
FR bacon, FR eggs your way on ciabatta toast & your choice of tea or coffee (small size) (syrups, soy / almond / coconut / rice milk, decaf, size upgrade - extra charge)	
<b>Eggs on Toast</b> (GFA, V)	13.5
any style FR eggs, homemade GF hash cake, ciabatta OR multigrain toast (add FR bacon +\$6)	
<b>Bagel</b>	
- w preserves (V)	9
- w FR bacon, avocado, tomato, homemade salsa, homemade aioli	16.5
- w house-smoked salmon, lemon, tomato, pesto, cream cheese	17.5
<b>Porridge</b> (V, Vegan-option, DFA)	13
oats porridge, raw honey, jam, side of cream, apples	
<b>French Toast Bacon</b> (DFA, GFA)	18
w FR bacon, caramelized banana, cinnamon, maple syrup, whipped cream, berry coulis	
<b>Sticky Fingers Eggs Benedict</b> (GF)	
two homemade GF potato hash cakes, two poached FR eggs, spinach, hollandaise & your choice of:	
- creamy mushrooms (V)	19.5
- FR bacon	20.5
- house-smoked salmon	22
<b>Sticky Fingers Creamy Mushrooms</b> (V, GFA, Vegan-option, DFA)	19.5
w multigrain toast, roasted courgette, poached FR egg, greens, homemade salsa	
<b>Turmeric Zucchini Corn Fritters</b> (GF, DF, VA, Low Carbs)	21.5
w FR bacon OR house-smoked salmon, greens, homemade aioli, roasted tomato	
<b>Avocado on Toast</b> (V, GFA, DF, Vegan-option)	19.5
w multigrain toast, roasted courgette, greens, poached FR egg, homemade salsa	
<b>Sticky Fingers Omelette</b> (GFA, DFA)	
(w homemade salsa, spinach & toasted ciabatta)	
- w cheese & mushrooms (V)	19
- w FR bacon, Parmesan	20
- w house-smoked salmon, cheese	22

# ALL DAY MENU

<b>Soup of the Day</b> w toasted ciabatta	15
<b>Chicken Salad w Crispy Noodles</b> (GFA, Low carbs Option) w FR chicken, tomato, red onion, homemade peanut dressing	19.5
<b>Pasta</b>	
- w creamy mushrooms, baby spinach, cheese (V) - <b>(add FR chicken +\$5.5)</b>	16.5
- w prawns & chorizo sausage, Parmesan, baby spinach	19.5
<b>Ultimate Mince &amp; Egg on Toast</b> (GFA) w seasonal herbs & spices, spinach, Parmesan, multigrain toast	19.5
<b>B.L.A.T.</b> (DF, GFA) w FR bacon, lettuce, tomato, red onion, avocado, side of chips w homemade aioli & tomato sauce	22.5
<b>Cajun Chicken Open Sandwich</b> (DF, GFA) FR chicken, FR bacon, lettuce, tomato, red onion, side of chips w homemade aioli & tomato sauce	22.5
<b>Beef Nachos</b> (GF) w GF corn chips, beef mince w seasonal herbs and spices, cheese, sour cream, homemade salsa, sweet chilli sauce	19
<b>Fish &amp; Chips</b> w side salad, homemade aioli, tomato sauce, lemon	23
<b>Sticky Fingers Burger</b> (GFA) w beef patty OR FR chicken, w FR bacon, lettuce, tomato, red onion, cheese, side of chips	23
<b>Loaded Wedges</b> w FR bacon, melted cheese, sour cream, homemade salsa, sweet chilli sauce	16.5
<b>Calamari Rings</b> (DF) w side of chips, salad garnish, homemade aioli & tomato sauce	14
<b>Chips</b> (GF, DF, V, Vegan-option) w homemade aioli and tomato sauce	8

## SIDES

Ciabatta toast (DF)	3.5	Creamy mushrooms (GF, DFA, Vegan-option)	6.5
Multigrain toast (DF)		House-smoked salmon (GF, DF)	8
GF toast (GF, DF)		FR chicken (GF, DF)	
FR egg (GF, DF)		FR bacon (GF, DF)	6
Grilled tomato (half)		Hash cake (GF, homemade)	5.5
Halloumi (GF)	5	homemade hollandaise /homemade salsa (GF)	2
Chorizo sausage (DF)		tomato sauce / jam / homemade aioli	1
Avocado (GF, DF, Vegan)			
Spinach (GF, DF, Vegan)			
Side salad (GF, DF, Vegan)			
Bagel			

\*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

# STICKY FINGERS DRINKS

## Coffee & Hot Drinks

(Soy milk, Decaf + \$ 0.5 / Extra shot +\$0.8 / Bowl +\$1 / Almond milk, Coconut milk, Rice milk, Syrups + \$0.8)

	small	medium	large
<b>Black</b>	3.5	4	4.5
<b>White</b>	4	4.5	5
<b>Mocha</b>	4.5	5	5.5
<b>Chai Latte</b> ( <i>Sweet or Spicy</i> )	4.5	5	5.5
<b>Hot Chocolate</b>	4	4.5	5
<b>Fluffy</b>	2		

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## Caffeine Free Lattes

(GF, DF, Vegan, Superfood)

**Turmeric** (*ultimate energy booster*)  
**Green Matcha** (*super antioxidant*)  
**Charcoal** (*powerful toxins cleanser*)

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## Iced Drinks (GF, DFA)

<b>Iced Coffee</b>	6.5
<b>Iced Chocolate</b>	6.5
<b>Iced Mocha</b>	7
<b>Iced Americano</b>	5
<b>Iced Latte</b> ( <i>vanilla / caramel shot +\$0.8</i> )	5.5

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## Iced Teas (GF, DF)

Lemon / Peach / Mango / Raspberry

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## Milkshakes

Chocolate  
 Caramel  
 Banana  
 Strawberry

7.5

## Smoothies

8.5

(GF, DF, Vegan, Real Fruit, No Added Sugar)

### Detox

coconut milk, blueberries, banana, dates, boysenberries

### Energise

apple juice, strawberries, apple, pear, pineapple, dates

### Reboot

orange juice, mango, pineapple, banana, passion fruit

### Banana

banana, coconut milk

## Teas

4.5

English Breakfast  
 Earl Grey  
 Green  
 Fruit  
 Peppermint

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## Juice

5

Orange  
 Apple  
 Guava, Apple  
 Mango, Apple, Orange

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## Water

4.5

Still / Sparkling

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## Fizzy Drinks

4.5

Coke / Coke Zero / Sprite / Fanta / L&P /  
 Ginger Beer / Lemonade

