



HEALTH NUT KITCHEN
REAL FOOD FAST
EAT-IN | TAKEAWAY | CATERING

COFFEE & TEA

- ESPRESSO BLACK \$4 | WHITE \$4.5**
Soy | Coconut | Oat | House almond \$0.70
- RED VELVET LATTE \$5.5**
- ORGANIC LOVE TEA \$4.5**
- CHILLED**
- Iced Latte \$5.5
- Nitro cold brew \$5.0
- Mamas Kombucha \$6.5

SHAKES \$8.5

LUKE'S BREAKFAST SHAKE
Blueberries, banana, peanut butter, oats, plant protein, almond milk
HP | WF | HF | V

SNICKERS SHAKE
Cocoa, peanut butter, banana, plant protein, almond milk, cinnamon
HP | WF | LS | V

FEEL GOOD SHAKE
Kale, mango, green apple, plant protein, pumpkin seeds, nut butter, coconut milk
HP | WF | LS | V

ALL-DAY BREAKFAST

BREAKFAST SMOOTHIE BOWL

Blueberries, banana, peanut butter, plant protein & oats topped with housemade granola and fresh seasonal fruit

V | HF | WF | HP **\$10.50**

PEANUT BUTTER CACAO CHIP WAFFLES

Wholemeal waffles with Raglan coconut yoghurt, fresh seasonal fruit and a drizzle of pure maple V | WF | LS | HF **\$13**

GRAB 'N' GO BREKKIE PARFAITS

Chia pudding and bircher muesli cups with coconut yoghurt, fresh fruit and granola **\$8**

TOASTIES AND SALADS
SEE IN STORE FOR WEEKLY FLAVOURS

Toastie \$9.00

Toastie + Salad combo \$15.00

10% BYO CUP

Mon-Fri: 7.30am-3.30pm | 4-8 Chancery St, Auckland CBD

Pre-orders & catering - hello@healthnut.co.nz | 0210 893 7796 | healthnut.co.nz | [@healthnutkitchen](https://www.instagram.com/healthnutkitchen)

HP | High Protein V | Vegan HF | High Fibre WF | Wheat-free LS | Low Sugar

LUNCH

LUNCH FROM 11.30AM

TERIYAKI 'CHICKEN' BOWL

Teriyaki Sunfed 'chicken' with brown rice, fresh slaw, seasonal veggies & ginger sesame dressing

\$13.50

V | WF | LS

Add Avo - \$1.50

MAC DADDY BURGER

Mushroom & walnut patty, pickles, red onion, beetroot relish, Zenzo cheese and legendary mac daddy sauce.

\$13.50

Vegan & low carb options:

Swap sauce for cashew cheese

Make it bun-less, swap to salad

BUILD YOUR OWN BOWL

Choose a base [salad or brown rice] a protein [pattie, tempeh or sunfed chicken] 4 veggies, sauce & toppings

\$14.50

SPRING BUDDHA BOWL

Smokey tempeh strips, seasonal veggies, apple vinaigrette, quinoa, cashew cheese & sauerkraut topped with toasted tamari almonds

V | HF | LS | WF

\$14.50

COMBO DEALS

BOWL + SHAKE | **20** BURGER + SHAKE | **19**

WE COMPOST!

RETURN YOUR PACKAGING TO OUR DEDICATED BIN TO BE COMPOSTED

MENU SUBJECT TO SEASONAL CHANGES

PLEASE LET US KNOW BEFORE ORDERING IF YOU HAVE ANY ALLERGIES OR SPECIAL DIETARY NEEDS BEFORE ORDERING

A thanks to some of our suppliers for this menu -

Chalmers Organics, Ceres, Culleys, Forty Thieves, Little Island, Love Tea, Raglan Coconut yoghurt, Sunfed, Tio Pablo, Vitanutrition, Wild Wheat