



We grow some of the fresh produce in our edible gardens out the back of the cafe

Grab & Go Breakfast

- Bacon & Egg Bap – With wild rocket on brioche bun 5.90
- Homemade Bacon & Egg Pie 4.90
- Croissants – with variety of fillings 5.70
- Ham & Cheese Croissants – with fresh sliced tomato & relish
- Grilled Vege Croissant - with courgette, eggplant, pumpkin, fresh tomato with onion jam, relish & mayo
- Chicken & brie croissant with cranberry sauce

Homemade Gluten Free Vegetarian Frittatas 5.90

Flavours vary weekly – come and try the flavour of the week

Pots 6.50

- Homemade granola – Made with tahini, toasted granola, yoghurt and peach, mango & passion fruit topping
- Chia breakfast - Made with chia seeds, vanilla & coconut milk almond & blueberry caulis
- Seasonal fruit salad 6

V - Vegetarian

DF - Dairy Free

GF - Gluten Free

*Special dietary requirements can be accommodated upon request

Ground Floor / 21 Pitt Street. Orders 09 373 2033. catering@thegusstop.com



Grab & Go Lunch

Salads

Regular: \$7.50

Large: \$9.90

Take home size: \$11.50

Our scrumptious super salads vary daily, please come and check out what we have for you on the day

House stable

Chicken Caesar Salad – fresh Baby romaine, pulled chicken, bacon, boiled free-range eggs, parmesan, crispy croutons tossed in Caesar dressing.

Char grilled broccoli with chilli & garlic and roasted almonds flakes (v, gf)

Potato, Bacon & Egg Salad w green beans & tasty home whipped aioli

Sample of daily rotation

Brain Booster - Roasted Aubergine & Pomegranate Salad with pearl barley, fresh basil, toasted pine nuts and saffron yoghurt. (v, gf)

Super Seedy Slaw – Red & green cabbage, paw paw, carrots, spring onions, toasted sunflower seeds, toasted pumpkin and sesame seeds, alfalfa in sweet chilli yoghurt dressing / V

Sweet Dreams – Sweetcorn, quinoa, kumarea, chilli, corianda olive oil lemon dressing (v, gf)

Liver Lover - Roasted Red & Golden Beetroot Salad with pearl barley, baby rocket, toasted

Spring Bulgar Wheat Salad – with cumin roasted carrot, mint and almond sunflower seeds & sherry maple vinaigrette.

Moroccan-spiced Roasted Chickpea Salad - Cumin & paprika roasted chickpeas, truss tomatoes, shaved carrots, parsley & toasted pistachios in a lemon tahini dressing (v, gf, df)

Raw kale & brussels sprout w tahini, maple dressing, toast split almonds & parmesan (GF, V)

Sandwiches \$8.60

Our bread is sourced fresh daily from Bread & Butter & Loaf bakeries

Pretzel Roll – Chicken B.L.A.T – Pretzel baguette served with mayo and tomato relish

Five Grain – Egg Mayo Sandwich - Served with home-grown rocket & avocado

Crumbed Chicken Turkish Pide – Crumbed chicken breast, basil, tomato relish, lettuce, tomato & homemade whipped aioli

Reuben Sandwich – Pastrami, Swiss cheese, sauerkraut, gherkins and Reuben dressing on sourdough.

Tortilla Chicken Wrap - Tender-spiced chicken strips layered with fresh salad, red cabbage slaw, hummus and tzatziki

Grilled Veges Tortilla Wrap – Chargrilled courgette, eggplant, pumpkin, onion jam & beetroot hummus

Gourmet Pies & sausage Rolls: 5.90/5.30

Moroccan Lamb

Steak & Cheese

Beef & Rosemary Sausage Roll

Spinach & Feta Roll (V)

Hot meals – Vary daily, come and check out what's cooking on the day

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Sweets & Treats 4.50

Homemade muffins – Varies daily

Baklava Muffin (house Signature) - walnut, cinnamon and honey

Homemade Signature Scones- Varying flavours:

Dates

Cranberry

Sultanas

Cheddar & parmesan cheese

Raw Cacao Balls rolled in coconuts

Baklava – Made w walnut, cinnamon & infused w lemon & rosewater syrup

Ginger & macadamia caramel slices

Walnut brownies

Check out display for daily pastry and buttery croissants

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