

# B E T S Y

## **GOOD MORNING**

GRANOLA: House-made cinnamon, fig and apricot granola with fruit compote + Zany Zeus organic greek yoghurt 12.0

FRUIT TOAST: Fig, apricot and Earl Grey tea infused fruit toast (2 slices) topped with ricotta, honey and toasted cinnamon almonds 10.0

CINNAMON BRIOCHE TOAST: Our cinnamon brioche toasted and topped with salted caramel butter and lemon vodka marmalade 12.0

## **TOASTED BAGELS**

\*Our house-made traditional Jewish bagels\*

CREAM CHEESE: Zany Zeus organic cream cheese 6.0

PBJ: Fix & Fogg crunchy peanut butter and Provision's Many Berry jam 6.0

PESTO: pesto & Zany Zeus organic cream cheese 7.0

BLUE CHEESE: Kapiti Kikorangi blue, balsamic caramelised onions and Zany Zeus organic cream cheese 8.0

SALMON: cold smoked salmon, capers, fresh dill and Zany Zeus cream cheese 9.0

## **TOASTED SANDWICHES**

See our cabinet for our daily options

## **SOURDOUGH TOAST**

\* Served on Shelly Bay Baker sourdough \*

SPICY FETA: Two slices topped with whipped Zany Zeus organic feta, dried chilli flakes, house-made pickled red onions and mint 12.0

SUMMER TOMATO: Two slices with mashed avocado, tomatoes, fresh mozzarella, basil and balsamic drizzle 14.0

TUNA MELT: Two slices with lemon and jalapeño mayo, Sirena tuna + aged cheddar cheese grilled 12.0

---

## **PROUDLY MADE IN ISLAND BAY**

We make just about everything right here. Got a question? Just ask us, we love to talk about our food.

---

## **BETSY LOVES LOCAL**

Where possible we use local suppliers, and choose organic and fair-trade products.

---

## **TAKE-HOME MEALS**

Check our menu board to see what's on offer this week, or follow us on Facebook/Instagram to be the first to find out what we're cooking up next week.