

B E T S Y

OPEN TUESDAY- FRIDAY 7:30-3PM
SATURDAY - SUNDAY 8-3PM

GOOD MORNING

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

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

NUTELLA: hazelnut chocolate spread with fresh seasonal fruit 8.0

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

AVOCADO: white miso paste and mashed avocado 9.0

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

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

FRIED HALLOUMI: Two slices topped with mashed avocado, fried Zany Zeus halloumi, lemon juice and our house-made dukkah spice mix 14.0

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

Don't feel like cooking tonight? Check our cabinet to see what's on offer this week - then heat and eat!