



THE
LOST SPRING

WHITIANGA, NEW ZEALAND

BLESS THIS FOOD



WHAKAPAINGA
ENEI KAI



BREAKFAST

EGGS ON TOAST

Served with cherry tomato.

Options of fried, scrambled, poached.

\$16.00

(Optional: GF DF)

FRENCH TOAST

Served with bacon, maple syrup, grilled banana and mixed berry compote.

\$19.50

(Optional: GF)

EGGS BENEDICT

Poached eggs served on toasted ciabatta with spinach, bacon, and hollandaise

\$21.50

(Optional: GF)

<i>gluten free bread</i>	\$5
<i>extra egg</i>	\$3
<i>bacon (3)</i>	\$7
<i>toast (2)</i>	\$4
<i>Salmon (2)</i>	\$4

Please inform staff of any allergies before ordering

V - Vegetarian, VG - Vegan, GF - Gluten Free, DF - Dairy free, S - Spicy

Breakfast served until 11:45am





ALL DAY

GARLIC BREAD

Drizzled with balsamic glaze

\$10.00

FRIES

Served with tomato sauce and aioli

\$10.00

POLENTA FRIES

Served with sundried tomato and olive relish

\$10.00

BRUSCHETTA (V)

Served tomato, red onion, pesto, and whipped feta

Or mushroom, caramelized onion, and whipped blue cheese

\$15.00

(Optional: GF DF)

SALT AND PEPPER CALAMARI

Served with chilli and herb mayo

\$15.50

CRUMBED PRAWNS

Served with chilli and herb mayo

\$21.50


BUFFALO CHICKEN NIBBLES (S)

Served with buffalo sauce and ranch dressing

\$20.00

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ALL DAY

FISH AND CHIPS

Tempura battered fish & chips with tartare sauce

\$25.50

GRAZING PLATTER

An Antipasto selection of cheese, salami, prosciutto, fruits, crackers, hummus,
and basil pesto

\$26.00

(Optional: V, VG, GF, DF)

PORK BELLY

Triple cooked pork belly served with chilli caramel sauce and asian coleslaw

\$24


SPANAKOPITA (V)

Crispy Filo pastry layered with spinach, feta cheese, and tzatziki sauce.

\$22.00

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BURGERS AND SALADS

SMOKED CHICKEN SALAD

Served with parmesan cheese, crispy noodles, raisins, tomato, onion,
carrot, and Caesar dressing

\$25.00

(Optional: DF GF)

BEEF BURGER

Served with caramelized onions, lettuce, tomato, pickles, cheese, and
chilli mayo.

\$25.00

SPICY CHICKEN BURGER

Served with coleslaw, tomato, cheese and chilli mayo.

\$25.00

VEGGIE DELIGHT BURGER (V)

Vegetarian patty served with caramelized onions, lettuce, tomato,
pickles, cheese, and curry mayo

\$23.00

Burgers are served with fries


SIDES

Seasonal vegetables \$10.00

Garden salad \$10.00

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MAINS

POIVRON RIPIENO RISOTTO (V)

Baked capsicum stuffed with pea risotto, parmesan and mushroom

\$30.00

PAN SEARED SALMON

Served with roasted fennel, seasonal vegetables, thrice cooked potatoes, and spiced creamy honey mustard sauce.

\$39.00

(Optional: DF GF)

NZ LAMB SHOULDER

Served with homemade kumara mash, seasonal vegetables topped with macadamia nuts, and gravy.

\$38.50

VENISON

Served with roasted beetroot puree, romesco sauce, seasonal vegetables, mushrooms, and red wine jus

\$38.50

EYE FILLET

Served with thrice cooked potatoes, portobello mushroom, blue cheese cream, caramelized onions, seasonal vegetables, and red wine jus

\$39.00

(Optional: DF GF)

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Mains available from 12pm





DESSERTS

HOMEMADE BROWNIE (GF)

Served with berry sauce, vanilla ice cream.

\$18.50

CHEESECAKE

Served with Blueberry compote and vanilla ice cream

\$18.50

BAKLAVA

Layered filo pastry, filled with walnuts and pistachios, served with vanilla ice cream

\$18.50


KOWHAI CREAMERY SUNDAE

Selection of gelato, fruit, whipped cream, wafer and chocolate drizzle.

\$18.00

(Optional: DF, GF)

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HOT BEVERAGES

COFFEE LALA

	<i>Regular</i>	<i>Large</i>
<i>Espresso</i>	\$5.50	
<i>Long Black</i>	\$5.50	
<i>Americano</i>	\$5.50	
<i>Flat White</i>	\$6.00	\$6.50
<i>Latte</i>	\$6.00	\$6.50
<i>Chai Latte</i>		\$6.70
<i>Cappuccino</i>	\$6.00	\$6.50
<i>Mochaccino</i>	\$6.00	\$6.50
<i>Hot Chocolate</i>	\$6.00	\$6.50
<i>Fluffy</i>	\$4.50	\$5.00
<i>Iced Coffee</i>		\$8.70
<i>Iced Mocha</i>		\$8.70
<i>Iced Chocolate</i>		\$8.70

Extras ADD 70c

Coconut, Soy, Oat & Almond Milk

Caramel, Hazelnut, Vanilla, Sweet Chai, Spiced Chai Flavoured Syrup Shot

HARNEY & SONS TEA \$5.70

Earl Grey
English Breakfast
Black Currant
Blueberry Green
Chocolate Mint
Hot Cinnamon Sunset
Japanese Sencha

Peaches & Ginger
Peppermint Herbal
Pomegranate Oolong
Pumpkin Spice
Vanilla Comoro
Valentine's Chocolate





NON ALCOHOLICS

MOCKTAILS \$16

Virgin Strawberry Daiquiri (Strawberries, Lime Juice and Cranberry Juice)

Virgin Pina-Colada (Pineapple Juice, Coconut Cream and Crushed Pineapple)

SMOOTHIE OF THE WEEK (DF) \$13

Please ask your server

JUICES \$6.50

Apple, Orange, Cranberry, Pineapple, Tomato (Spiced or Unspiced)

Immunity (Raw Fruit & Vegetable with Turmeric & Ginger)

ORGANIC JUICES \$6.50

Apple

Guava, Lime & Apple

SOFT DRINKS \$6.50


Coke, Coke No Sugar, Sprite, Ginger Ale, Ginger Beer

Tonic Water, Soda Water

Lemon Lime & Bitters, Rose Lemonade

OTAKIRI MINERAL WATER

Sparkling or Still 500ml \$5.50 750ml \$8





WINES

WHITE


	GLASS	BOTTLE
<i>TW Estate Chardonnay, Gisborne, NZ</i>	\$11.00	\$46
<i>Spy Valley Chardonnay, Marlborough, NZ</i>	\$12.00	\$48
<i>Spy Valley Pinot Gris, Marlborough, NZ</i>	\$12.00	\$48
<i>Peregrine Pinot Gris, Central Otago, NZ</i>	\$13.00	\$50
<i>Man O' War Exiled Pinot Gris, Waiheke Island, NZ</i>		\$50
<i>Spy Valley Sauvignon Blanc, Marlborough, NZ</i>	\$12.00	\$48
<i>Man O' War Estate Sauvignon Blanc Waiheke, NZ</i>	\$13.00	\$50

ROSE

	GLASS	BOTTLE
<i>Spy Valley Rose, Marlborough, NZ</i>	\$12.00	\$48
<i>Peregrine Rose Pinot Noir, Central Otago, NZ</i>	\$13.00	\$50
<i>Man O' War Rose, Waiheke Island, NZ</i>		\$50

RED

	GLASS	BOTTLE
<i>SaddleBack Pinot Noir, Central Otago, NZ</i>	\$13.00	\$50
<i>Redmetal Merlot Cabernet Franc, Hawkes Bay, NZ</i>	\$12.50	\$50
<i>Mojo Shiraz, Barossa Valley, AU</i>	\$11.00	\$46
<i>Mercury Bay Estate Syrah, Coromandel, NZ</i>	\$13.00	\$50





BUBBLES


<i>Bird In Hand Sparkling</i>	\$13 (200ml)
<i>Bandini Prosecco, NV, Italy</i>	\$47 Bottle
<i>Veuve Du Vernay Brut, France</i>	\$48 Bottle
<i>Champagne Laurent Perrier, France</i>	\$125 Bottle

BEERS

<i>Waikato</i>	\$8.50
<i>Speights Gold</i>	\$8.50
<i>Heineken 0%, Steinlager Light</i>	\$8.50
<i>Steinlager Pure, Corona</i>	\$11.00
<i>Heineken</i>	\$11.00

SPIRITS & LIQUERS

<i>HOUSE</i>	\$7.00	\$11.50
<i>Gin, Vodka, Bacardi, Jim Beam, Coruba</i>		
<i>LIQUEUR</i>	\$7.50	\$12.00
<i>Malibu, Cointreau, Baileys, Frangelico, Kahlua, Amaretto, Midori, Limoncello</i>		
<i>PREMIUM</i>	\$8.50	\$12.50
<i>Canadian Club, Tequila, Chivas Regal, Appleton's, Jack Daniels, Brandy, Jameson's, Pimms</i>		





COCKTAILS

COCKTAIL OF THE WEEK \$21

Ask a staff member

BLOODY MARY \$19

Spicy Tomato Juice, Vodka, Cracked Pepper

MIMOSA \$19

Sparkling Brut and Orange Juice

STRAWBERRY DAIQUIRI \$21

Strawberries, Bacardi, Lime Juice and Cranberry Juice

PINA - COLADA \$21

Pineapple Juice, Coconut Cream and Bacardi

MANGO MARGARITA \$21

Mango, Tequila, Cointreau and Lime Juice

TROPICAL SNOW \$21

Pina-Colada and Mango Margarita

MIAMI VICE \$21

Pina-Colada and Strawberry Daiquiri

FRUIT BURST \$21

Mango Margarita and Strawberry Daiquiri





OPENING HOURS

Geo-Thermal Pools

Friday - Saturday: 9.30AM - 9.00PM

Sunday: 9.30AM - 7.00PM

Last entrance to the pools will be 2 Hours before closing.

Tree Top Day Spa

Thursday: 11:00AM - 6.00PM

Friday - Sunday: 9.30AM - 7.00PM

The Restaurant

Thursday: 9.30AM - 5.00PM (Last Seating 4.30PM)

Friday - Saturday: 9.30AM - 9.00PM (Last Seating 7.30PM)

Sunday: 9.30AM - 8.00PM (Last seating 6.30PM)

