

Origin. ALL DAY MENU



THE BANGS

23

BIG BANG GFO DFO

Bacon, eggs, sausage, mushrooms, house hash & toast.

VEGE BANG GFO

Halloumi, eggs, mushrooms, house hash, house beans & toast.

VEGAN BANG v

House sausage, mushrooms, greens, house hash, house beans & toast.

KETO BANG GF

Bacon, mushrooms, halloumi, eggs, avocado & greens.

THE HASH

19

HOUSE HASH GF

Poached eggs, hollandaise with bacon or hot smoked salmon.

VEGAN HASH GF V

Portobello, greens, facon & almond hollandaise.



GF GLUTEN FREE, GFO GLUTEN FREE OPTION,
DF DAIRY FREE, DFO DAIRY FREE OPTION,
V VEGAN, VO VEGAN OPTION

THE REST

MUSHROOMS GFO V

16.5

On romesco toast. Add egg 2 | halloumi 4

MEXI BREAKY

19

Cornbread, avocado, chorizo, bacon & tomatillo salsa.

EGGS GFO DFO

10

On Shelly Bay toast. Add feijoa kasundi 2 | dukkah 2 | sauerkraut 1

GRANOLA vo

14

Keto, cherry coconut or sugar free w/ fruits & Greek yoghurt.

EXTRAS

HOLLANDAISE

2

BEEF SAUSAGE

5

HALLOUMI

5

MUSHROOMS

5

WILTED GREENS

5

HOUSE BAKED BEANS GF DF V

5

BACON

6

HOUSE HASH

6.5

HOT SMOKED SALMON

7



Origin. ALL DAY MENU



BAGELS

GF & KETO OPTIONS AVAILABLE



AVOCADO v

With avocado, coconut facon, rocket & preserved lemon dressing.

13

BACON

With egg & tomato relish.

15

HALLOUMI

With pesto & tomato.

14

AKAROA COLD SMOKED SALMON 17

With capers & cream cheese.

BAKED BEANS & CHEESE vo

Add bacon 4

13

PEANUT BUTTER & JELLY v

8

SMOOTHIES

GF, DF & VEGAN

BLUEBERRY SUPER

Blueberries, banana, coconut, cashews, lime, ginger.

HEMP ENERGIZER

Almonds, dates, cocoa, hemp seeds, banana, cinnamon.

IMMUNITY

Avocado, banana, ginger, turmeric, lime, chilli, spinach.

KIWI KALE

Banana, kale, coconut, almonds, kiwifruit.

TAHINI DATE

Tahini, date, banana, cashew, cinnamon.



LUNCH SPECIALS

FROM 11.30

Ask our team or see the board for the weekly specials.

SOUP OF THE WEEK

WHOLESOME BOWL OF THE WEEK

KITCHEN SANDWICH OF THE WEEK