WWW.THEGENERAL.CO.NZ

@THEGENERALMTMAUNGANUI

ALL DAY EATIN

THE GENERAL

KITCHEN · ESPRESSO · EATERY

MOUNT MAUNGANUI

WE ARE

OPEN

EVERY DAY - 7.30AM - 3PM

KITCHEN HOURS:

MON - FRI 7.30AM-2PM

SAT-SUN 7.30AM-2.30PM

EGGS ON TOAST — V, GFO , DFO — 16

Free-range eggs cooked to your liking, served on toasted sourdough with a side of our slow-cooked, house-made relish

ADD BACON +7.5 ADD GERMAN BRATWURST +9

BECAUSE — GFO — 29

Toasted sourdough topped with your choice of smoked bacon, house-smoked salmon, or mushrooms, finished with rich hollandaise

GIRL NEXT DOOR — GFO, V — 27.5

Tirofktari, avocado, torn burrata, greens, tomato, and dukkah, served with a crispy egg, Aleppo butter, falafel crumb, and paratha

PURE GAINS — GF — 29.5

Twelve-hour braised smoky brisket served with kumara miso mash, potato and leek hash, poached eggs, jalapeño béarnaise, and chimichurri

GRANOLA — V, GFO, DFO — 24

House-made granola served with mango chia pudding, labneh, plum gel, and seasonal fruit

MON AMOUR — 25

Brioche served with brown honey butter, citrus labneh, plum, date caramel, pistachio, and halva.

ADDITIONS

SMOKED BACON | POTATO HASH	7.5
HOUSE SMOKED SALMON | GERMAN BRATWURST	9
ROAST TOMATOES	7.5
HALLOUMI	9
SOURDOUGH | GF TOAST	3.5
AVOCADO	6.5
MUSHROOMS	9
FRIES WITH AIOLI OR TOMATO SAUCE	12.5
CURLY FRIES WITH AIOLI OR TOMATO SAUCE	14.5

LOADED — GFO, DFO — 34

Potato and leek hash with bacon, German bratwurst, grilled tomato, mushrooms, and poached eggs, served on toasted sourdough with house-made relish

HAWADIR — V, GFO — 29

Matbucha, z'atar halloumi, puy lentils, zhoug, yoghurt, zucchini fries, kale, and olive crumb, served with pita

THE CARTEL — 28

Corn tortilla topped with crispy chorizo, spring onion, scrambled egg with queso latino, avocado, and aje verde, served with frijoles, kale, and pico de gallo

MILLIE AND EMMA — GFO, DFO — 33

Beef burger with lettuce, cheese, tomato, burger sauce, and caramelised onion, served on a toasted brioche bun with shoestring fries

WITH CURLY FRIES +3 ADD BACON +7.5 ADD AVOCADO +6.5

WHOLEFOODS — 33

Seared miso sesame greens with crushed chickpeas, herbs, and baby peas, served with beetroot, maple-spiced kumara, sauerkraut, rocket, turmeric cashew cheese, sticky seeds, and walnuts.

THE GENERAL SPECIAL

Ask our friendly staff for the special of the day or don't just risk it, live a little and be surprised.

COCKTAILS

MIMOSA — 13
Bubbles and fresh cold press orange juice

APEROL SPRITZ — 15
Aperol, Prosecco, sparkling water

DARK N' STORMY — 15
Captain Morgan, Ginger Beer, Lemon

BLOODY MARY — 15
Vodka, Tomato, Worcestershire, Tabasco, pepper

ESPRESSO MARTINI — 15
Vodka, Velvet Espresso, Kahlua, sugar syrup

GIN & TONIC — 15
Little Biddy Classic Gin with Fever-Tree Indian Tonic

Our love and care for food, along with you our customer is our uptmost priority. Please advise of any food allergies or dietary requirements as most of our menu is adaptable. Surcharge applies on public holidays.

PLEASE NOTE: While we offer GF options our kitchen is not a gluten free environment. Cross contamination may occur.

V - Vegetarian | VE - Vegan | VEO - Vegan Option | VO - Vegetarian Option | GF - Gluten Free | DF - Dairy Free | GFO - Gluten Free Option | DFO- Dairy Free Option

COFFEE & ALTERNATIVES

	SM/REG	LRG
FLAT WHITE	6	6.7
CAPPUCCINO	6	6.7
MOCHA	6.8	7.5
LATTE	6	6.7
CHAI LATTE Spicy or Sweet	6	6.7
DIRTY CHAI LATTE	6.8	7.3
TUMERIC LATTE	7.5	8.3
HOT CHOCOLATE	7	7.5
KIDS HOT CHOCOLATE	4.5	
SHORT BLACK	5	
LONG BLACK	5	
AMERICANO	5.5	
LONG OR SHORT MACCHIATO	5.2	
PICOLLO	5	
FLUFFY	2.5	
ALT MILKS / DECAF/CREAM	1	
EXTRA COFFEE SHOT	1.5	

TEA

All teas are organic, hand blended & fairly sourced

ENGLISH BREAKFAST 5
EARL GREY
GREEN
TUMERIC

HERBAL BOTANICAL INFUSIONS

LEMON, GINGER, KAWAKAWA 5
PEPPERMINT
PEPPERMINT, KAWAKAWA, NETTLE, DANDELION ROOT
BERRYLICIUOS
BLOOD ORANGE & ROOIBOS

ICED

ICED CHOCOLATE	8.5
COFFEE OVER ICE	8.5
ICED MOCHA	9
ICED AMERICANO	6.8
ICED CHAI	7.5

SMOOTHIES

BERRY 10
Berries, banana, coconut water, chia

GREEN 10
Spinach, kale, mint, coconut water, banana

COCOA COCONUT 10
Cocoa, coconut milk, banana, peanut butter

MATCHA-HOT OR ICED

MATCHA LATTE	7.5
ICED STRAWBERRY MATCHA	10
ICED MATCHA	8.5

JUICES

COLD PRESSED JUICE 7.5
ORGANIC
-Orange
-Apple
-Orange, carrot, lime, ginger & turmeric
-Mango, pinapple, chia, banana, coconut, apple & orange

SODA

-Coke 6
-Coke Zero
-Schweppes Lemon lime Bitters
-Karma Kola
-Razza Raspberry & Lemon

GINGER BEER

-Schweppes Ginger Beer 7
-Bundaberg Ginger Beer

MOST ORGANIC JUICE

-Apple Orange & Mango 6.5
-Apple Jeijoa
-Apple Peach
-Sparkling Apple Blackcurrent

KOMBUCHA LOCAL

-Ginger & lemon 7
-Raspberry & Lemon
-Feijoa
-Boysenberry & Apple
-Pineapple & Mango

ICE TEA PEACH 5.5

WATER

500ML 6 1LTR 9.5
-Still
-Sparkling
-750 ml Pump 6

ALMIGHTY SPARKLING WATER

-Peach & Ginger 5.5
-Passionfruit
-Blood Orange
-Lemon

KERI

-Apple 4.5
-Apple & Black Current

BEER & CIDER

BOTTLED BEER

SPEIGHTS MID ALE 2.5% 9
SPEIGHT'S DARK ALE 9
SPEIGHT'S SUMMIT LOW CARB LARGER 9
THE ISLAND PONY CLUB PILSNER 9.5
THE ISLAND DAWN DAZE IPA 9.5
THE ISLAND PUHA ROAD IPA 9.5
CORONA 9
HEINEKEN 8% 9
HEINEKEN 9

CIDER

THE ISLAND APPLE CRISP CIDER 9

BUBBLES

	GLASS	BOTTLE
GANCIA PROSECCO 200ML Piedmont, Italy		15
JACOB'S CREEK RESERVE PROSECCO Australia	10	49

WHITE

MILLS REEF SAUVIGNON BLANC Marlborough, New Zealand	12	54
STONELEIGH SAUVIGNON BLANC Marlborough, New Zealand	12	54
MILLS REEF CHARDONNAY Marlborough, New Zealand	12	54
BABICH PINOT GRIS Marlborough, New Zealand	13	58

ROSÉ - M. CHAPOUTIER PAYS D'OC ROSÉ 12 54
Rhône, France

RED - STONELEIGH WILDVALLEY PINOT NOIR 14 63
Malborough, New Zealand