

WELCOME TO GREEN TIME!

We are a small team
with a **Big Dream**

Saving the World
One Bite at a Time!

28 Fort St, Auckland, New Zealand
09 379 2048

Let's head to the Emerald
City and build the green
future together!

Electricity can power many things and help
us tread lightly on the planet. Did you
know that electric cars and bikes are
already on our roads?

Think Global, Buy Local. We
love working with local grow-
ers, artists and creative minds
who share our philosophy!

80% of New Zealand's electricity
comes from renewable sources. Our
advantage means we can lead the
world in weaning off fossil fuels!

To reduce food waste going
into landfills, we focus on
quality over quantity; use
biodegradable packaging made
from often wasted food pro-
duction byproducts; and com-
post our food scraps religiously

Double-decker buses add a
sightseeing feel to commuting.
The more we use public trans-
port, the better it will get!

GREEN TIME OPENED ON MAYDAY 2016 BECAUSE PLANET EARTH NEEDS OUR HELP.
WE ARE HERE TO LEAVE AN IMPRESSION FAR BEYOND THE MEALS YOU ENJOY WITH US!

Follow our journey along the yellow brick road

f @GREENTIMENZ

MAIN MENU

TO SHARE (OR NOT)

RICE PAPER ROLLS

\$12 for 3

MARINATED TOFU ROLLS $\frac{1}{2}$ GF NF

w/ cucumber, carrots, capsicum, bean sprouts and coriander, topped with our house-made nut-free "peanut" sauce

TANGY MUSHROOM ROLLS $\frac{1}{2}$ GF NF

w/ cucumber, carrots, capsicum, spinach, bean sprouts, coriander and vermicelli marinated in our Middle-Eastern inspired special sauce

LIL' SLIDERS $\frac{1}{2}$ GF NF

\$16 for 3

SPICY SAUCY BBQ "PULLED PORK"

sliders w/ tahini slaw + house-made tomato kasundi

BABY TACOS GF NF

\$17 for 4

MINI TIO PABLO CORN TORTILLA

w/ house-made blackbean crema, minced "beef", salsa, shredded cabbage, topped with corn chips and THE BEST coconut yogurt EVER

FOR ONE

NOODLE BOWLS

\$13.50

Extra \$4 to replace *udon noodles with ultra low-carb, low-calorie alternative - konnyaku noodles!

$\frac{1}{2}$ GF

JAPANESE BUCKWHEAT SOBA NF OF

Cold soba noodles served with capsicum, green beans, bean sprouts, coriander + a refreshing house-made dressing

KOREAN GLASS NOODLES GF NF OF

Sweet potato vermicelli served warm with spinach, onions, mushrooms, carrots, capsicum and green peas lightly stir fried in sesame oil

STIR FRIED UDON NF

Udon noodles stir fried with house-made sauce, caramelised onions, topped with pickled cabbage and carrots

CHEF SPECIAL NF OF

Japanese-style udon noodle soup with chef's special stock, topped with miso glazed carrots, renkon (lotus root), daikon (turnip) and shiitake mushrooms

GOURMET BURGERS

\$17.50

+ \$1.50 for gluten-free bun,
+ \$2.00 for salad

SEXI MEXI GF NF SF

Blackbean beetroot patty, w/ housemade guacamole, salsa and caramelised onions

SMOKIE ROOKIE $\frac{1}{2}$ GF NF

Our first burger patty with a smoky tofu base! w/ house-made BBQ sauce, hummus and sliced tomatoes

SALADS

MIXED BOWL \$ 10

Mix and match from cabinet selection

SIDE SALAD \$ 4

(We aim to stick to the menu but veggies may be subject to availability)

We cook fresh to order and appreciate your patience. If you're really hungry, please call ahead to place your order and minimise the wait. Thanks for your understanding and support! :)

JUST SO YOU KNOW...

Our ingredients contain gluten, nuts, soy etc. We want to look after you with your dietary requirements in mind, but we are a tight little team. Please let us know if you have a medical allergy as we cannot eliminate all allergens from our kitchen.

GF - Gluten Free Available (on request)
 $\frac{1}{2}$ GF - Contains gluten from soy sauce
NF - Nut Free (May contain coconuts)
SF - Soy Free
OF - Free from: onions / garlic / chives
spring onion / shallot (on request)



DRINKS MENU

COOL DOWN OR WARM UP

FRESH SMOOTHIES

Helping you with that daily 5+ \$8.50

GREEN

Kale, apple, banana, kiwifruit, pumpkin seeds

ORANGE

Orange, ginger water, carrot, banana

RED

Strawberries, raspberries, beetroot, apple

PURPLE

Blueberries, purple cabbage, banana, toasted coconuts

FROM THE GOOD FRIDGE

PHOENIX RANGE \$ 5

CHARLIE'S HONEST WATER \$ 3

PHOENIX SPARKLING WATER \$ 4.50

CHARLIE'S HONEST
COCONUT WATER \$ 4.50

NESHER MALT \$ 5.50

Almost a non-alcoholic beer (almost)

HERBAL TEAS BY HERBAL POTENTIAL

Nature and wellness in a cup \$5

Handmade herbal blends that use organic herbs where possible,

BUZZ

Uplifting Energy Tea:

MORPHOSIS

Detoxing and Purifying Tea:

PASSION

Romantic Sensual Tea:

PUKU

Digestion and Gut Repair Tea:

SWEET TOOTH

Sweet Cravings and Blood Sugar Regulating Tea:

We also stock retail packs from Herbal Potential

Please let us know if you want to

bring some home!

MORE HUMBLE THIRST QUENCHERS FOR ONLY \$5.50

HOMEMADE ALMOND MILK*

served hot/cold

Vanilla / Matcha / Chocolate

HOME-STYLE ALMOND MILK COFFEE*

served hot/cold

*can use soy milk on request



SWEET MENU

BAKED CHEESECAKE - \$ 8.50

*Blueberry / Pineapple Lump

*served with our homemade compote
made with 100% berries!

TIRAMISU - REGULAR \$ 8

Coffee / Chocolate

LAYERED NAKED CAKE - \$ 8.50

Kumara / Chocolate Pumpkin Chai /
Strawberry Vanilla / Black Forest
served w/ Coconut Whipped Cream

SPICED CARROT CUPCAKE - \$ 5

w/ creamy icing

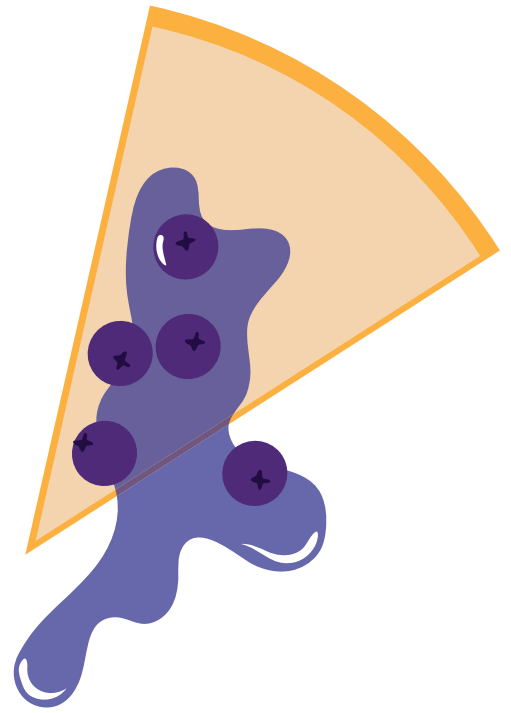
BANANA BREAD - \$ 5

Fresh/Toasted



RAINDROP CAKE - \$ 10

Served with roasted soybean powder and our
finger-licking delicious homemade coconut caramel sauce

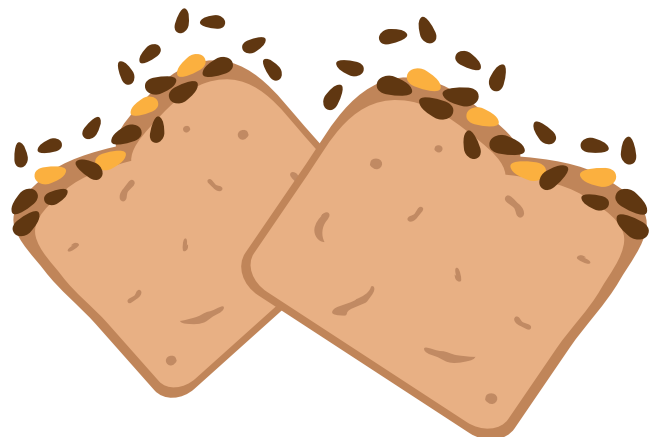
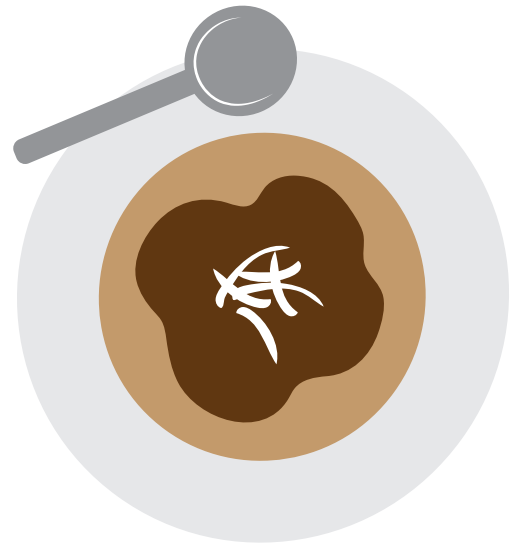


Please ask us for special catering /
function / cake order enquiries :)

Please order and pay at the counter and help
yourself to water and cutlery.

PINEAPPLE LUMP IS A.K.A THE ANGRY CHEESECAKE.

because it involves stacking two cakes together and
made our chefs very angry when we first made it...



SYMBOL GUIDE

GF - gluten-free

NF - nut free (but may contain coconuts)

SF - soy free