

Haewai Wild Spring Lunch Menu

19 October 2025



*Te kai a te tangata kē, hē kai tītongi kaki.
Te kai a tona ringa tino kii, tino mākona.
Food from elsewhere only tickles the throat
but gathered by your own hand will fill you
with contentment.*

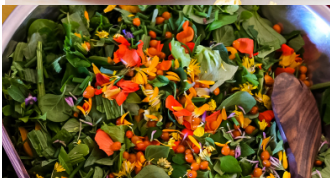


Seasonal spring vegetable soup, bread and spreads

Green Borsch (Ukrainian Sorrel Soup) – Sorrel and other seasonal greens, root vegetables and tofu (vegetarian, gluten and dairy free)

Sauerkraut, baba ghanoush (smoky eggplant dip) and spicy pumpkin and cashew dip (gluten and dairy free)

Bread (plus gluten free bread available)



Foraged salad and vegetable tarts

Herbs, leafy plants and flowers harvested from Te Raekaihau and local gardens

Spring vegetable tarts –Vegetable & goat cheese tarts (gluten free and vegan options available)



Cakes featuring seasonal fruits and nuts

Medovik (Ukrainian layered honey cake)

Orange and almond cake (dairy free and gluten free)

Pear and almond cake (dairy free and gluten free)



Drinks featuring harvested fruit and kawakawa

Kawakawa tea

Drink made from lemons harvested from local gardens

