

# Daisy Thyme

VOL. 100 - No. 3

AUCKLAND BOTANIC GARDENS

FREE

## MIKO SCULPTURES MENU

*Mouth Watering Meals*

### BRUNCH-LUNCH MENU

#### Miko's Big Breakfast \$24

(AVAILABLE TILL NOON)

Toasted bread, eggs, bacon, kransky sausage, Portobello mushroom, potato rosti & vine tomato.

#### Cinnamon French Toast \$22

(AVAILABLE TILL NOON)

Brioche toast with fruit compote, bacon, finished with Greek yoghurt & maple syrup.

#### Eggs Benedict \$21

(gf & veg option available)

Bacon or Salmon

With spinach, poached eggs, served on a potato rosti, topped with hollandaise sauce.

#### Mushrooms on Toast \$22

Creamy mushrooms on toasted five grain, topped with a poached egg. Finished with truffle oil.

#### Toasted Muesli \$16

House toasted muesli with fresh fruit & passion infused yoghurt.

#### Beef Sirloin \$27

Served with bubble & squeak, broccolini, herb butter & jus.

### EXTRAS

Bacon.....	\$4
Egg.....	\$3
Hash brown.....	\$4
Mushrooms.....	\$5
Grilled tomato.....	\$4
Toast.....	\$4
Avocado.....	\$4

#### Moroccan Lamb Salad \$26

Lamb loin, baby spinach, red onion, Moroccan dressing, couscous & feta.

#### Fish of the day \$24

Please check with our wait staff.

#### Smoked Chicken Penne \$22

Smoked chicken, roasted capsicum, mushroom, garlic, cream & parmesan cheese.

#### Roasted Vege & Quinoa Salad \$22

(gf & vegan)

Ras el hanout spice mix, roasted vegetables, quinoa & herb vinaigrette.

#### BLAT or CLAT \$22

Focaccia, lettuce, avocado, tomato, aioli & Fries.

#### Wedges \$10

#### Wedges with Bacon & Cheese \$18.50

#### Fries with aioli \$9.50



Pizza  
Love

### HAND CRAFTED MIKO PIZZA

**Pizza** \$22  
(all thin crust with a tomato sauce base)

**Vegetable Garden** – Avocado, capsicum, Tomato, olives, topped with mozzarella cheese.

**Chicken & brie** – with brie, cranberry sauce, topped with mozzarella cheese.

**Southern Border** – Beef strips, red onion, capsicum, chilli tomato coulis, topped with mozzarella cheese.

*Gluten free options are available,  
please ask wait staff*

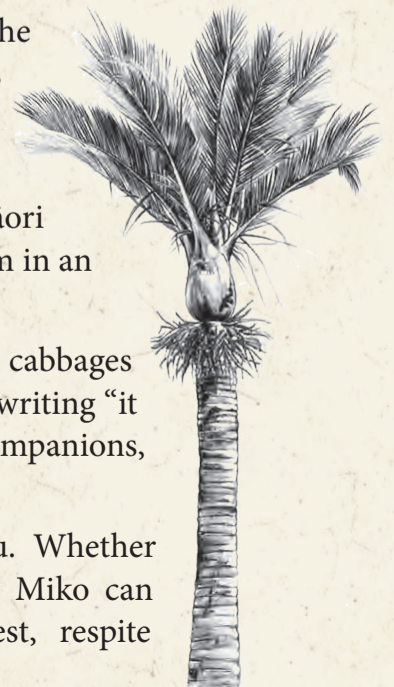
## THE NAME MIKO

Unique as the only member of the palm family native to New Zealand, the nikau has a place in the design of the Auckland Botanic Gardens Visitors Center, Māori legend has it that Nikau were created from the union of Tane and Tunarangi, and its uses in traditional Māori life were extensive.

The only edible part of the Nikau, Miko is the young shoot, used by Māori as both a food and medicine. Miko could be eaten raw or cooked by steam in an earth oven.

Sir Joseph Banks wrote that the crew of the Endeavour ate nikau palm cabbages and declared it "delicious". Colenso wrote similarly of eating miko, later writing "it proved of very great service to me once I had both lost my way and my companions, travelling in a new country, and was starving".

So it is that our café on site is named after this part of the Nikau. Whether you are looking for a delicious treat or satisfying a ravenous hunger. Miko can provide the most adventurous Botanic Gardens Explorers with rest, respite and rejuvenation.



Menu available from  
8am to 2.45pm

# KID'S CORNER

(For the Children only)

\$14.50

## Chicken Tenders

With fries

## Hot Dogs

With fries

## Mini Pizza

Ham & cheese



## Our Commitment to being Sustainable

As a food and beverage provider, *Café Miko* has a clear responsibility to play our part in being sustainable.

We are part of a growing movement of hospitality companies making and implementing **sustainable** practices.

*Café Miko* is actively recycling, composting and sourcing produce from companies that are following sustainable practices. We are also helping to reduce air-food miles by harvesting some of our ingredients directly from the Botanic Gardens – you can't get much more local than that!

### Waste Management

Our waste management and minimisation efforts aim to avoid unnecessary packaging and carbon emissions. We currently provide compostable food packaging, sort and recycle all other products, including soft plastics. We continue to compost our food waste and provide the Auckland Botanic Gardens with our coffee grinds, that they use in the gardens. Our staff save all milk lids, including those from alternate milk containers, which are collected and rendered down for children's artificial limbs. We encourage customers to bring their own reusable cups where possible.

### Worm Farms

The *Café Miko* team takes advantage of the worm farm located in the Edible Gardens. It has

helped reduce the number of times we send our waste bin to the landfill, reducing the frequency from once a week to once every two weeks.

### Sustainable Partnerships

Also complementing our sustainability focus, *Café Miko* works with a supplier who provides us with canola/corn oil, which we use in our baking and cooking processes. The oil is sourced in New Zealand, with the majority supplied within Auckland and some from the Canterbury region. All used oil from our fryers is then collected, sent away, cleaned and reused in other products.

But more needs to be done to make reusable, recyclable and compostable plastic normal. **And we need your help too, so how can you help?**

Take the  
scrunch test



Scrunch the plastic into a ball - if it doesn't bounce back, we can recycle it!

Plastic waste is, as we all know is one of the biggest global environmental challenges today. To date, **more than 8.3 billion tons of plastic have been created, and most of this has been discarded** (source: Science Daily).

If current rates continue, **12 billion tons will be in landfill or the natural environment by 2050.** This is unsustainable and requires action.

Collecting and sorting recyclable materials plays an important part in ensuring they can be reused so why not start using the scrunch test at home too!