

# EAT

## SNACKS

CRISPY CHICKEN TENDERS (LGO) BBQ sauce, sweet & spicy pickles	22
PORK BELLY BITES (LD,LG) char siu, spring onion, sesame seeds	19
<b>BRAISED BEEF CHEEK CROQUETTES</b> smoked cheddar, truffle aioli, parmesan	25
SALT & PEPPER SQUID (LD, LG) ginger mayo, lemon, coriander	22
LAMB SHOULDER TACOS (2) (LD,LGO) harissa yoghurt, sauteed onions, winter slaw, lemon vinaigrette	23
CHIPS & DIP (LG, V) Springs own kiwi onion dip, hand cut agria potato chips, chives	15
CHARRED CORN RIBS (LDO, LG, V, VGO) garlic & sumac butter, chives, harissa	18
HOUSE-BAKED GARLIC FLATBREAD (LDO, LGO, V, VGO) confit garlic, flaky salt	16
GREEN LIPPED MUSSELS (LD, LGO) madras curry, flatbread, curry leaf <b>Make it a main +\$10</b>	16
FRIES (LD, LG, V, VGO) garlic aioli, herb salt	15



## STONE BAKED PIZZA

all available on GF base + 6

TANDOORI CHICKEN (LDO, LGO) tandoori chicken, mozzarella, creme fraiche, mint	28
HAWAIIAN (LDO,LGO) chilli pineapple, pancetta, rocket, parmesan	28
MARGHERITA (LDO, LGO, V, VGO) tomato base, mozzarella, basil	26
GOATS CHEESE (LGO, V, VGO) bechamel base, onion jam, mozzarella, chives	26
PEPPERONI (LDO, LGO) salami picanta, pecorino, hot honey	27
MEDITERRANEAN (V, LGO) bechamel base, roasted onion, courgette, red pepper, parmesan, spinach pesto	28

## SIDES

1 for 10 | 2 for 15 | 3 for 18

ROAST CARROTS (LG, V, VGO) whipped feta, NZ honey, fresh herbs
SAUTEED SEASONAL GREENS (LDO, LG, V, VGO) garlic butter, sea salt
SMASHED BABY POTATOES (LD, LG, V, VG) bombay spice, lemon vinaigrette, winter herbs
SPRING LEAF SALAD (LD, LG, V, VG) salad leaves, sea salt, olive oil
MASHED POTATO (LG, V) chives, flaky salt

## DESSERTS

CHURROS (V) cinnamon sugar, milk chocolate	16
SEASONAL FRUIT CRUMBLE (V) baked apple, rhubarb, vanilla ice cream	15

## MAIN EVENT

SLOW BRAISED LAMB SHANK (LG) creamy mash, gravy, crispy kale	36
PIE OF THE DAY please ask our friendly staff for today's option!	29

Served with fries, cos wedge, peppercorn sauce (LD,LG)

220G SCOTCH FILLET STEAK	49
250G WAGYU RUMP STEAK	39

SPRINGS TAVERN PARMA panko crumbed chicken, ham, napoli sauce, ham, cheese, fries, cos wedge	36
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SPRINGS TAVERN SCHNITZEL panko crumbed chicken, fries, winter slaw, gravy	31
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RED PESTO PAPPARDELLE (V) cherry tomato, parmesan, chives, EVO	27
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BEER BATTERED FISH & CHIPS (LD) tartare sauce, lemon, chives	33
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## BURGERS & SALADS

HOUSE-BLEND BEEF BURGER (LGO) wagyu patty, cheese, pickles, fries, burger sauce ADD bacon + 7	27
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FRIED CHICKEN BURGER (LGO) onions, tomato relish, mustard mayo, lettuce, fries	27
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MISO BATTERED FISH BURGER (LDO) malt vinegar mayo, lettuce, fries	25
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CAESAR SALAD (LGO, VO, VGO) ranch dressing, pancetta, herb crouton, soft poached egg, anchovies, parmesan, baby cos	25
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MAPLE ROASTED PUMPKIN SALAD (LG, V, VGO) five spices pumpkin, toasted seeds, spinach pesto, maple, feta & fried kale	25
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SPICY CAULIFLOWER BOWL (LGO, V, VGO) baby spinach, smoked almonds, chilli, mint, romesco sauce	23
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## UPGRADES

Add bacon +6	Add squid +8
Add fried eggs + 8	Add feta +5
Add fried or grilled chicken +8	



**ORDER**  
FROM YOUR TABLE  
AND WE'LL BRING  
YOUR MEAL TO YOU!



Please note: all credit and debit card transactions incur a bank surcharge fee of 1.9%+GST. EFTPOS (must insert card & select cheque or savings), Me&U mobile orders, and NZVC App transactions are surcharge free. 15% public holiday surcharge applies.

(V) Vegetarian / (VO) Vegetarian Option / (VG) Vegan / (VGO) Vegan Option / (LG) Low Gluten / (LGO) Low Gluten Optional / (LD) Low Dairy / (LDO) Low Dairy Optional

Please inform a team member if you have allergies or intolerances. We'll do our very best to accommodate them, but as our menu is prepared freshly in kitchen, there may be trace allergens.

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CAPTAIN SPRINGS  
ROAD

*THE  
SPRINGS  
TAVERN*

ONEHUNGA

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