

## COLAZIONE - BREAKFAST

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### Brioche Con Frittata Di Funghi 2000 kJ

Roasted mushroom, onion & cheese frittata, Beerenberg Farm chutney & tasty cheese on a homemade brioche roll

### Brioche Uova e Pancetta 2010 kJ

Barossa pancetta, egg, provolone cheese & Beerenberg Farm tomato chutney on a homemade brioche roll

### Plain Croissant 1670 kJ

All butter homemade croissant

### Mini Croissant Al Cotto e Formaggio 937 kJ

Mini all butter homemade croissant with ham & cheese

### Croissant Al Cotto e Formaggio 2880 kJ

All butter homemade croissant with ham & cheese

### Croissant Al Caprese 1900 kJ

All butter homemade croissant with cheese & tomato

### Panino Di Colazione 1270 kJ

Egg, Barossa pancetta, spinach, tasty cheese & Beerenberg Farm tomato chutney on a homemade Bap roll

### Cibo Filone 895 kJ

2 slices of sourdough toast

### Sfilatino Al Cocco e Vaniglia 2580 kJ

A loaf of coconut & vanilla

### Pane Di Banana 2040 kJ

Banana Bread

### Pane Di Frutta 1328 kJ

2 slices of sultana, currant & spice toast

### Pane Al Cioccolato 1510 kJ

All butter croissant with chocolate

### Frutta Fresca 380 kJ

Seasonal fruit salad

## STUZZICHINI - LUNCH

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### Tramezzini Al Tonno 1840 kJ

Tuna, lemon, mayonnaise, cucumber & lettuce sandwich

### Tramezzini Di Uova 1560 kJ

Truffled egg mayonnaise & watercress sandwich

### Tostino Al Cotto 3209 kJ

Smoked ham, tomato & tasty cheese toasted sandwich

### Focaccia Calabrese 1720 kJ

Salami, provolone & Kalamata olives on homemade focaccia bread

### Focaccia Pollo 2370 kJ

Chicken, sundried tomato, pesto, spinach & cheese on homemade focaccia bread

### Focaccia Vegetariana 1900 kJ

Roasted Mediterranean style vegetables with basil & Saracino cheese on homemade focaccia bread

### Baguette Con Bocconcini Pomodoro

### Pesto e Basilico 1750 kJ

Bocconcini, tomato, pesto & basil on a freshly baked baguette

### Baguette Con Arrosto Di Manzo 2690 kJ

Roast beef, parmesan & Giardiniera (Italian pickled vegetable, relish of bell peppers, celery, carrot, cauliflower & gherkin) on a freshly baked baguette

### Baguette Con Polpette Di Carne 2060 kJ

Italian style blend of pork & veal meatballs in a traditional sugo with fresh rocket & local mozzarella on a freshly baked baguette

### Insalata Nizzarda Con Tonno 1260 kJ

Tuna bound with mayonnaise dressing, potatoes, egg, green beans, rocket, radicchio, red onion, kalamata olives & french dressing

### Insalata Di Mais, Ceci e Peperoncini 1140 kJ

Roasted corn on the cob, baby tomatoes, rocket, feta, peppers & basil

### Insalata Italiana 924 kJ

Lettuce, roma tomatoes, cucumber, carrot, red capsicum, red onion

### Insalata Cesare 1260 kJ

Cos Lettuce, Egg, Chicken, Pancetta, Parmesan Cheese, Croutons & Caesar Dressing

### Strozzapreti in Insalata Con Pollo 3910 kJ

Strozzapreti pasta with chicken, basil pesto, roasted zucchini, spinach, capers, spring onion & olive oil

### Piadina Boscaiola 2130 kJ

Sautéed mushroom, free range ham & provolone cheese on homemade piadina bread

### Piadina Capocollo 2450 kJ

Capocollo, local rocket, mozzarella & mayonnaise on homemade piadina bread

### Tube Con Pollo Grigliato 1680 kJ

Chicken, cos lettuce, tomato, cucumber, mayonnaise, kalamata olives & red onion on a flat bread wrap

### Tube Al Prosciutto 2060 kJ

Roasted eggplant, prosciutto, tomato, rocket & rosemary mayonnaise on a flat bread wrap

### Pizza Al Cotto e Formaggio 2870 kJ

Mozzarella, tomato, ham

### Pizza Prosciutto e Funghi 1660 kJ

Prosciutto, mascarpone & mushroom on hand-stretched pizza

### Pizza Calabrese 1720 kJ

Calabrese salami, red pepper & parmesan on hand-stretched pizza

### Rotolo Di Zucca e Spinaci 1300 kJ

Pumpkin, spinach & mozzarella rolled in brioche

### Rotolo Al Cotto 2000 kJ

Ham & cheese rolled in brioche

### Crostatina di Verdure 1040 kJ

Roast pumpkin, sweet potato, zucchini & capsicum roasted with garlic, paprika, onion, thyme, rosemary & basil

### Torta Di Spinaci 1762 kJ

Spinach, mozzarella & parmesan tart

### Tigelle Al Prosciutto 602 kJ

Homemade tigelle with prosciutto, rocket & rosemary mayonnaise

### Tigelle Al Tartufo 709 kJ

Homemade tigelle with roasted mushrooms, truffle béchamel sauce & parmesan cheese

The average adult daily energy intake is 8700 kJ

**All items subject to availability**

## PASTICCERIA - BAKERY

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**Vaniglia Cupcake** 855 kJ

Kids vanilla cupcake

**Tortino Napoletano** 959 kJ

Neapolitan cupcake

**Tortino Al Cioccolato** 2170 kJ

Chocolate cupcake

**Tortino Rosso Velluto** 1320 kJ

Red velvet cupcake

**Tortino Al Formaggio e Lampone (GF)** 1610 kJ

Flourless baked raspberry cheesecake

**Tortino all' Arancia (GF)** 1390 kJ

Flourless orange cake

**Muffin Con Lamponi** 2220 kJ

Raspberry and white chocolate Muffin

**Muffin Con Mirtilli** 2430 kJ

Blueberry Muffin

**Muffin Con Mele e Lamponi** 1740 kJ

Apple, raspberry, pumpkin seed, rolled oat & cinnamon indulgent muffin

**Muffin Con Crumble ai Mirtilli** 2080 kJ

Blueberry crumble indulgent muffin

**Muffin Con Lamponi e Cioccolato Bianco** 2070 kJ

Raspberry & white chocolate indulgent muffin

**Biscotti Alle Mandorle Vaniglia e Cioccolato** 520 kJ

Almond, vanilla & chocolate biscotti

**Biscotti Di Pistacchio e Mirtilli** 556 kJ

Cranberry & pistachio biscotti

**Biscotti Allo Mandorle** 674 kJ

Almond flake biscuit

**Biscotti Allo Zenzero** 859 kJ

Kids ginger bear

**Biscotti Smartie** 1049 kJ

Kids oat dotti cookie

**Biscotti Al Cioccolato e Caramello Salato** 1009 kJ

Chocolate salted caramel cookie

**Biscotti Al Limone** 1059 kJ

Lemon melting moment

**Viennese** 568 kJ

Chocolate dipped shortbread

**Pannacotta Alla Vaniglia** 1420 kJ

Vanilla Panna Cotta with Berry Compote

**Crostatina Al Cioccolato** 1840 kJ

Choc Ganache Tart

**Crostatina Di Mandorle** 1530 kJ

Italian Almond Tart

**Crostatina Al Limone** 1490 kJ

Individual lemon tart

**Torta Al Limone** 1130 kJ

Lemon curd tart

**Crostatina Alla Pera** 1140 kJ

Individual frangipane & poached red wine pear tart

**Mini Cheesecake al Caffè** 1610 kJ

CIBO Espresso signature blend cold set cheesecake on a thin chocolate cake

**Torta Napolitana** 1310 kJ

Strawberry, Chocolate & Vanilla Mousse Cake

**Torta Di Carote e Noce** 3560 kJ

Carrot & walnut cake

**Torta Al Formaggio** 1490 kJ

Baked Cheesecake

**Torta Al Formaggio Alla Albicocche** 2480 kJ

Baked apricot cheesecake

**Torta Tiramisu** 2250 kJ

Layered tiramisu cake of vanilla sponge, coffee, biscuit & mascarpone

**Tortino Alla Ricotta E Albicocche** 3940 kJ

Apricot Ricotta Cheesecake

**Tortino Cappuccino** 2540 kJ

Cappuccino Cheesecake

**Croissant Alle Mandorle** 1810 kJ

All butter croissant with frangipane filling & toasted almond flakes

**Sfogliatelle** 2630 kJ

Pastry with ricotta, orange & cinnamon

**Zeppole Plain** 1370 kJ

Italian doughnut

**Cannoli Siciliani** 1170 kJ

Vanilla ricotta, chocolate & pistachio cannoli

**Cannoli Tradizionali** 980 kJ

Chocolate & vanilla custard cannoli

**Bomboloni Alla Nutella** 1670 kJ

Nutella doughnut

**Bomboloni Alla Vaniglia** 1240 kJ

Vanilla doughnut

**Bacino Al Cioccolato e Nocciole** 689 kJ

Chocolate hazelnut protein ball

**Bacino Al Cioccolato Bianco e Pistacchio** 822 kJ

White chocolate & pistachio protein ball

**Friand All' Albicocca (GF)** 1030 kJ

Apricot friand

**Friand Ai Mirtilli (GF)** 1030 kJ

Blueberry friand

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