

**COLAZIONE - BREAKFAST**

<b>Brioche Con Frittata Di Funghi</b> 2000 kJ Roasted mushroom, onion & cheese frittata, Beerenberg Farm chutney & tasty cheese on a homemade brioche roll	8.5
<b>Brioche Uova e Pancetta</b> 2010 kJ Barossa pancetta, egg, provolone cheese & Beerenberg Farm tomato chutney on a homemade brioche roll	8.5
<b>Plain Croissant</b> 1670 kJ All butter homemade croissant	4.5
<b>Mini Croissant Al Cotto e Formaggio</b> 937 kJ Mini all butter homemade croissant with ham & cheese	4.5
<b>Croissant Al Cotto e Formaggio</b> 2880 kJ All butter homemade croissant with ham & cheese	8.0
<b>Croissant Al Caprese</b> 1900 kJ All butter homemade croissant with cheese & tomato	8.0
<b>Panino Di Colazione</b> 1270 kJ Egg, Barossa pancetta, spinach, tasty cheese & Beerenberg Farm tomato chutney on a homemade Bap roll	7.9
<b>Cibo Filone</b> 895 kJ 2 slices of sourdough toast	4.0
<b>Sfilatino Al Cocco e Vaniglia</b> 2580 kJ A loaf of coconut & vanilla	4.0
<b>Pane Di Banana</b> 2040 kJ Banana Bread	4.0
<b>Pane Di Frutta</b> 1328 kJ 2 slices of sultana, currant & spice toast	5.0
<b>Pane Al Cioccolato</b> 1510 kJ All butter croissant with chocolate	6.0
<b>Frutta Fresca</b> 380 kJ Seasonal fruit salad	7.0

The average adult daily energy intake is 8700 kJ

**All items subject to availability**

**STUZZICHINI - LUNCH**

<b>Tramezzini Al Tonno</b> 1840 kJ Tuna, lemon, mayonnaise, cucumber & lettuce sandwich	8.5	<b>Piadina Boscaiola</b> 2130 kJ Sautéed mushroom, free range ham & provolone cheese on homemade piadina bread	9.9
<b>Tramezzini Di Uova</b> 1560 kJ Truffled egg mayonnaise & watercress sandwich	8.5	<b>Piadina Capocollo</b> 2450 kJ Capocollo, local rocket, mozzarella & mayonnaise on homemade piadina bread	9.9
<b>Tostino Al Cotto</b> 3209 kJ Smoked ham, tomato & tasty cheese toasted sandwich	8.5	<b>Tube Con Pollo Grigliato</b> 1680 kJ Chicken, cos lettuce, tomato, cucumber, mayonnaise, kalamata olives & red onion on a flat bread wrap	9.9
<b>Focaccia Calabrese</b> 1720 kJ Salami, provolone & Kalamata olives on homemade focaccia bread	10.0	<b>Tube Al Prosciutto</b> 2060 kJ Roasted eggplant, prosciutto, tomato, rocket & rosemary mayonnaise on a flat bread wrap	9.9
<b>Focaccia Pollo</b> 2370 kJ Chicken, sundried tomato, pesto, spinach & cheese on homemade focaccia bread	10.0	<b>Pizza Al Cotto e Formaggio</b> 2870 kJ Mozzarella, tomato, ham	9.0
<b>Focaccia Vegetariana</b> 1900 kJ Roasted Mediterranean style vegetables with basil & Saracino cheese on homemade focaccia bread	10.0	<b>Pizza Prosciutto e Funghi</b> 1660 kJ Prosciutto, mascarpone & mushroom on hand-stretched pizza	7.9
<b>Baguette Con Bocconcini Pomodoro Pesto e Basilico</b> 1750 kJ Bocconcini, tomato, pesto & basil on a freshly baked baguette	10.0	<b>Pizza Calabrese</b> 1720 kJ Calabrese salami, red pepper & parmesan on hand-stretched pizza	7.9
<b>Baguette Con Arrosto Di Manzo</b> 2690 kJ Roast beef, parmesan & Giardiniera (Italian pickled vegetable relish of bell peppers, celery, carrot, cauliflower & gherkin) on a freshly baked baguette	10.0	<b>Rotolo Di Zucca e Spinaci</b> 1300 kJ Pumpkin, spinach & mozzarella rolled in brioche	6.0
<b>Baguette Con Polpette Di Carne</b> 2060 kJ Italian style blend of pork & veal meatballs in a traditional sugo with fresh rocket & local mozzarella on a freshly baked baguette	10.0	<b>Rotolo Al Cotto</b> 2000 kJ Ham & cheese rolled in brioche	6.0
<b>Insalata Nizzarda Con Tonno</b> 1260 kJ Tuna bound with mayonnaise dressing, potatoes, egg, green beans, rocket, radicchio, red onion, kalamata olives & french dressing	12.0	<b>Crostatina di Verdure</b> 1040 kJ Roast pumpkin, sweet potato, zucchini & capsicum roasted with garlic, paprika, onion, thyme, rosemary & basil	6.9
<b>Insalata Di Mais, Ceci e Peperoncini</b> 1140 kJ Roasted corn on the cob, baby tomatoes, rocket, feta, peppers & basil	12.0	<b>Torta Di Spinaci</b> 1762 kJ Spinach, mozzarella & parmesan tart	6.9
<b>Insalata Cesare</b> 1260 kJ Cos Lettuce, Egg, Chicken, Pancetta, Parmasen Cheese, Croutons & Caesar Dressing	11.9	<b>Tigelle Al Prosciutto</b> 602 kJ Homemade tigelle with prosciutto, rocket & rosemary mayonnaise	5.0
<b>Strozzapreti in Insalata Con Pollo</b> 3910 kJ Strozzapreti pasta with chicken, basil pesto, roasted zucchini, spinach, capers, spring onion & olive oil	12.0	<b>Tigelle Al Tartufo</b> 709 kJ Homemade tigelle with roasted mushrooms, truffle béchamel sauce & parmesan cheese	5.0



**PASTICCERIA - BAKERY**

Vaniglia Cupcake 855 kJ Kids vanilla cupcake	4.0	Biscotti Al Cioccolato e Caramello Salato 1009 kJ Chocolate salted caramel cookie	3.0	Tortino Alla Ricotta e Albicocche 3940 kJ Apricot Ricotta Cheesecake	8.0
Tortino Napoletano 959 kJ Neapolitan cupcake	5.0	Biscotti Al Limone 1059 kJ Lemon melting moment	3.0	Tortino Cappucino 2540 kJ Cappucino Cheesecake	8.0
Tortino Al Cioccolato 2170 kJ Chocolate cupcake	5.0	Viennese 568 kJ Chocolate dipped shortbread	2.5	Croissant Alle Mandorle 1810 kJ All butter croissant with frangipane filling & toasted almond flakes	6.9
Tortino Rosso Velluto 1320 kJ Red velvet cupcake	5.0	Pannacotta Alla Vaniglia 1420 kJ Vanilla panna cotta with berry compote	7.0	Sfogliatelle 2630 kJ Pastry with ricotta, orange & cinnamon	6.0
Tortino Al Formaggio e Lampone (GF) 1610 kJ Flourless baked raspberry cheesecake	5.0	Crostatina Al Cioccolato 1840 kJ Choc ganache tart	8.0	Zeppole Plain 1370 kJ Italian doughnut	4.5
Tortino all' Arancia (GF) 1390 kJ Flourless orange cake	5.0	Crostatina Di Mandorle 1530 kJ Italian almond tart	7.0	Cannoli Siciliani 1170 kJ Vanilla ricotta, chocolate & pistachio cannoli	4.5
Muffin Con Lamponi 2220 kJ Raspberry and white chocolate Muffin	5.0	Crostatina Al Limone 1490 kJ Individual lemon tart	5.9	Cannoli Tradizionali 980 kJ Chocolate & vanilla custard cannoli	4.5
Muffin Con Mirtilli 2430 kJ Blueberry muffin	5.0	Torta Al Limone 1130 kJ Lemon curd tart	7.0	Bomboloni Alla Nutella 1670 kJ Nutella doughnut	4.5
Muffin Con Mele e Lamponi 1740 kJ Apple, raspberry, pumpkin seed, rolled oat & cinnamon indulgent muffin	4.9	Crostatina Alla Pera 1140 kJ Individual frangipane & poached red wine pear tart	7.0	Bomboloni Alla Vaniglia 1240 kJ Vanilla doughnut	4.5
Muffin Con Crumble ai Mirtilli 2080 kJ Blueberry crumble indulgent muffin	4.9	Mini Cheesecake al Caffè 1610 kJ CIBO Espresso signature blend cold set cheesecake on a thin chocolate cake	6.0	Bacino Al Cioccolato e Nocciole 689 kJ Chocolate hazelnut protein ball	2.5
Muffin Con Lamponi e Cioccolato Bianco 2070 kJ Raspberry & white chocolate indulgent muffin	4.9	Torta Napolitana 1310 kJ Strawberry, chocolate & vanilla mousse cake	8.0	Bacino Al Cioccolato Bianco e Pistacchio 822 kJ White chocolate & pistachio protein ball	2.5
Biscotti Alle Mandorle Vaniglia e Cioccolato 520 kJ Almond, vanilla & chocolate biscotti	2.5	Torta Di Carote e Noce 3560 kJ Carrot & walnut cake	7.0	Friand All' Albicocca (GF) 1030 kJ Apricot friand	4.0
Biscotti Di Pistacchio e Mirtilli 556 kJ Cranberry & pistachio biscotti	2.5	Torta Al Formaggio 1490 kJ Baked cheesecake	6.0	Friand Ai Mirtilli (GF) 1030 kJ Blueberry friand	4.0
Biscotti Allo Mandorle 674 kJ Almond flake biscuit	2.5	Torta Al Formaggio Alla Albicocche 2480 kJ Baked apricot cheesecake	6.0		
Biscotti Allo Zenzero 859 kJ Kids ginger bear	3.5	Torta Tiramisu 2250 kJ Layered tiramisu cake of vanilla sponge, coffee, biscuit & mascarpone	7.0		
Biscotti Smartie 1049 kJ Kids oat dotti cookie	3.0				

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