

SAVOURY

Tramezzini

- Tuna and Cucumber Sandwich** 2180 kJ **9.5**
Tramezzini al Tonno
- Egg and Mayonnaise Sandwich** 1720 kJ **9.5**
Tramezzini di Uova

Panino

- Roast Chicken Pesto Baguette** 2570 kJ **11.9**
Panino AIA
Contains tree nuts
- Roast Beef Baguette** 2210 kJ **11.9**
Panino Arrosto
- Roasted Vegetable Pumpkin and Chia roll** 1990 kJ **9.9**
Panino Vegano
- Chicken Cotoletta and Provolone Panino** 4030 kJ **11.9**
Cotoletta di Pollo e Panino di Provolone

Brioche

- Pancetta and Egg Brioche** 2460 kJ **9.5**
Brioche Uova e Pancetta

Tostino

- BLT Toasted Sandwich** 3200 kJ **13.6**
Tostino BLT
- Smoked Ham, Tomato & Cheese Toasted Sandwich** 3230 kJ **9.9**
Tostino al Cotto

Filone

- Sourdough Toast** 643 kJ **4.5**
Cibo Filone Loaf

Focaccia

- Spicy Salami Focaccia** 2150 kJ **11.9**
Focaccia Calabrese
- Chicken Focaccia with Sundried Tomato Basil Pesto** 2840 kJ **11.9**
Focaccia Pollo
Contains tree nuts
- Roasted Mediterranean Vegetable Focaccia** 2560 kJ **11.9**
Focaccia Vegetariana

Piadina

- Smoked Ham, Mushroom and Cheese Piadina** 2150 kJ **11.9**
Piadina Boscaiola
- Capocollo, Rocket and Mozzarella Piadina** 2770 kJ **11.9**
Piadina Capocollo

Croissant

- Butter Croissant** 1530 kJ **6.5**
Croissant
- Ham & Cheese Croissant** 2300 kJ **9.5**
Croissant al Cotto
- Cheese and Tomato Croissant** 2080 kJ **9.5**
Croissant al Caprese
- Chocolate Croissant** 1440 kJ **6.9**
Pane al Cioccolato
- Almond Croissant** 1780 kJ **7.9**
Croissant alle Mandorle
- Mortadella & Provolone Croissant** 2380 kJ **8.9**
Lo Spuntino

Insalata

- Chicken Salad** 1480 kJ **13.5**
Insalata di Pollo
- Tuna Salad** 1850 kJ **13.5**
Insalata di Tonno

Torta

- Italian Spinach & Ricotta Pie** 1060 kJ **7.9**
Torta di Spinaci

Tigelle

- Prosciutto & Rocket Tigelle** 984 kJ **6.2**
Tigelle al Prosciutto
- Roasted Mushroom Tigelle w/ Truffle** 1170 kJ **6.2**
Tigelle Tartufo

Porridge

- Perfetto Porridge** 1840 kJ **7.9**
Freshly made porridge served with yoghurt and honey

Muesli

- Toasted Muesli** **7.9**
Toasted muesli with yoghurt
- Muesli (LG)** **7.9**
Low gluten muesli with yoghurt

Pane

- Banana Bread** 1655 kJ **4.5**
Pane di Banane
- Fruit Toast** 713 kJ **5.0**
Pane di Frutta

SWEET

Tortino

Baked Berry Cheesecake 1800 kJ **7.5**
Tortino di Formaggio e Lampone

Tortes, Torta & Crostata

Lemon Tart 1150 kJ **4.9**
Crostatina al Limone

Lemon Curd Cheesecake 3950 kJ **7.9**
Torta di Formaggio alla Crema di Limone

Carrot Cake 1930 kJ **7.9**
Torta di Carote e Noce

Tiramisu Cake 1490 kJ **7.9**
Torta Tiramisu.
Made with Gluten free ingredients.

Traditional Apricot and Almond Cheesecake 2690 kJ **7.9**
Torta al Formaggio alla Albicocche

Pear and Chocolate Frangipan Tart 1400 kJ **6.5**
Crostatina alla Pera e Cioccolata

Sour Cherry and Almond Frangipan Tart 1320 kJ **6.5**
Crostatina di Amerena

Chocolate and Salted Caramel Tart 1520 kJ **5.9**
Crostata al Cioccolato e Caramello Salato

Raspberry and Almond Friand 1260 kJ **4.9**
Friand ai Lamponi e Mandorla.
Made with Gluten free ingredients.

Blueberry Friand 1580 kJ **4.9**
Friand ai Mirtilli.
Made with Gluten free ingredients.

Orange and Poppy Seed Cake 1130 kJ **5.9**
Tortino di Arancia.
Made with Gluten free ingredients.

Vanilla Cupcake 958 kJ **3.8**
Tortino alla Vaniglia

Sfogliatelli 1395 kJ **6.5**
Sfogliatella

Viennese Biscotti 638 kJ **3.5**
Biscotti Viennese

Zeppole

Zeppole 799 kJ **4.9**

Cannoli

Vanilla Ricotta, Chocolate and Pistachio Cannoli 796 kJ **5.5**
Cannoli Siciliani

Chocolate and Vanilla Custard Cannoli 731 kJ **4.9**
Cannoli Tradizionali

Bomboloni

Nutella Bomboloni 2300 kJ **5.0**
Bombolone alla Nutella

Vanilla Bomboloni 1890 kJ **5.0**
Bombolone alla Vaniglia

Raspberry Plum Bomboloni 1700 kJ **5.0**
Bombolone al Lampone e Prugna

Muffin

Chocolate Muffin 3250 kJ **4.9**
Muffin al Cioccolato

Blueberry Muffin 1400 kJ **4.9**
Muffin al Mirtilli

Apple and Cinnamon Muffin 1400 kJ **4.9**
Muffin alla Mela e Cannella

Raspberry and Milk Chocolate Muffin 3200 kJ **4.9**
Muffin ai Lamponi e Cioccolata

SALAD

Chermoula Cous Cous with Beetroot, Feta and Rocket 1371 kJ **9.0**
Israeli cous cous, roast pumpkin, pepitas, roast red capsicum and chermoula dressing (sun-dried tomato and spices)

Italian Penne 1467 kJ **9.0**
Penne pasta, eggplant, semi dried tomato, feta, shallots and red pesto sauce in a garlic dressing

Mexican Zesty Bean Quinoa 1494 kJ **9.0**
Quinoa, corn and red kidney beans in a salsa dressing

Health Kick Rice 3690 kJ **9.0**
Brown Rice, black quinoa, chia seed, coconut, almond and vegetables in a honey lime dressing.

Golden Quinoa & Rainbow Vegetables 1509 kJ **9.0**
Quinoa, kumera and red capsicum in a lemon dressing.

Manufactured on equipment that also processes products containing Gluten, Crustacean, Egg and Egg products, Fish and Fish Products, Milk and Milk Products, Sesame, Soy, Sulphites and Tree Nuts. Please speak to our friendly staff if you have any allergies or intolerances.