PROTEIN SMOOTHIE		
SOY MILK +1 ALMOND MILK +1 OAT MILK +1 SKIM MILK		
bangin' mango frau! banana, mango, vanilla yoghurt, vanilla gelato, whey isolate & milk	18	
honey avocado avocado, banana, chia seeds, honey, vanilla gelato, whey isolate & milk	18	
peanut butter 🏐 banana, peanut butter, vanilla bean, vanilla gelato, whey isolate & milk	18	
strawberry banana fau!	18	

vanilla gelato, whey isolate & milk

FRESH JUICE	
green juice celery, green apple & cucumber	15
apple lover apple, pear & cinnamon on top	15
orange fresh orange juice	15
watermelon breeze watermelon, coconut water, lemon & mint	15
green detox ** apple, celery, cucumber, kale, baby spinach, mint, lemon & ginger	15

TREE NUTS:

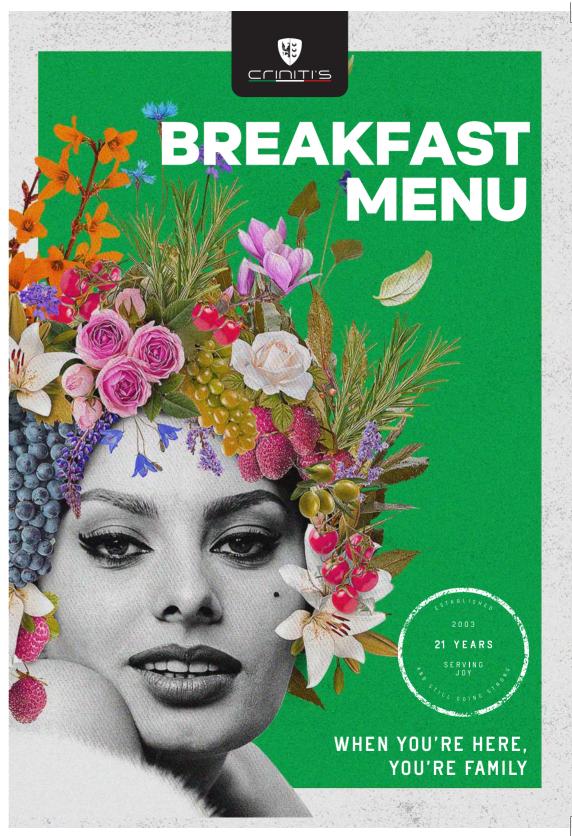
almond, brazil nut, cashew, hazelnut, macadamia, pecan, pinenut, pistachio & walnut

© CONTAINS TREE NUTS & PEANUTS © CONTAINS PORK

All care is taken in our kitchen, however traces of gluten, nuts and dairy may be present. Please advise your waiter of any allergies or dietary requirements. We do not accept responsibility for unfavourable outcomes when modifying dishes.

10% SURCHARGE APPLIES ON SUNDAYS | 15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS 1.5% SURCHARGE APPLIES TO ALL CARD TRANSACTIONS





BRUSCHETTA & EGGS	
avo & eggs bruschetta woodfired italian bread with smashed feta avocado, heirloom cherry tomatoes, watermelon radish & poached eggs	19
rustico bruschetta 🗑	19
woodfired italian bread, bacon, sauteed forest mushrooms, hemp seeds & poached eggs monte cristo bruschetta fram! woodfired italian bread with smashed feta avocado, grilled halloumi, roasted tomato & poached eggs	19
eggs benedetto woodfired italian bread with baby wilted spinach & poached eggs with hollandaise sauce, choice of bacon, ham or smoked salmon	21
caprese bruschetta woodfired italian bread, heirloom tomatoes, basil, balsamic glaze & bufala mozzarella	17
smokin bruschetta woodfired italian bread, bruschetta mix, atlantic smoked salmon & poached eggs	19
fig & ricotta bruschetta woodfired italian bread with fresh figs, ricotta, pomegranate, honey & pistachios (add +5 poached eggs)	19
crinitis bruschetta bruschetta bruschetta woodfired italian bread with smashed feta avocado, bacon, roasted tomatoes, hollandaise sauce, sprinkled paprika, sesame seed & poached eggs (chilli optional)	19
eggs on bruschetta woodfired italian bread with your choice of poached, scrambled or fried eggs	15
PANCAKES	
nutella pancakes (a) fau! thick pancake with nutella & caramelised banana, strawberry, oreo crumbs served with vanilla gelato & chantilly cream	17
ricotta pancakes thick pancake with ricotta, honey, seasonal fruits, chocolate crumbs, pistachios, served with vanilla gelato & chantilly cream	17
oreo pancakes frau! thick pancake with crumbled oreo, chocolate wafer & strawberries, served with vanilla gelato & vanilla anglaise	17
very berry pancakes faul thickpancake with berry compote, cherry ripe, mixed berries, white choc fudge & fairy floss, served with vanilla gelato & chantilly cream	17
savoury pancakes 🗑 thick corn pancake with maple bacon, italian sausages, mushrooms, served with vanilla gelato	17
EXTRAS	
2 eggs / hashbrown / bread (gluten free +3) mushrooms / asparagus / bacon / ham / grilled tomato smoked salmon / bufala mozzarella/ sausage/ smashed avocado with feta / halloumi	5 4.5 5.5 1.5

BIG BREAKFAST & OMELETTES	
italiano breakfast (8) from!	29
eggs your way with smashed feta avocado, smoked ham, roasted tomato, italian sausages, prosciutto, salami, crumbed eggplant, served with woodfired italian bread	
australiano breakfast 👸	29
eggs your way with smashed feta avocado, bacon, sautéed mushrooms, italian sausage, hashbrown, sliced veal, roasted tomato & woodfired italian bread, served with chips & dips	
sophia's breakfast 🗑 frau!	29
eggs your way with smashed feta avocado, bacon, sautéed mushrooms, italian sausage, asparagus, baby spinach, grilled halloumi, roasted tomato & woodfired italian bread, served with chips & dips	
rustico omelette 🗑	23
italian house sausages, rosemary potato & parmigiano, served with woodfired italian bread	0.4
mamma's omelette from! semi-dried tomatoes, mushrooms, red onion, eggplant, shallots & parmigiano,	23
served with woodfired italian bread	
nonna's omelette	23
gorgonzola, scamorza, mozzarella & parmigiano, served with woodfired italian bread	
MORE BREAKFAST +	
healthy breaky	2
beetroot feta, mushrooms, sauteed kale, tomato, cucumber, halloumi, quinoa, avocado,	
asparagus, served with poached egg egg on plant han!	20
greek yoghurt, crumbed eggplant, chilli oil, fried leek, served with toasted bread & poached eggs	2.
granola fruit bowl (8) from!	2
homemade granola w/ berry yoghurt, seasonal fruits, fresh berries, almond flakes & roasted pepitas (add chocolate sauce +1)	
açai bowl	18
pure acai berries with banana, strawberry, chia seeds, toasted granola & drizzled honey [add lychee +3 walnuts +3 blueberry +3 kiwi +3 peanut butter +3]	
mediterranean hot pot 🗑	23
cannellini beans, cherry tomato, italian sausage, spinach, tomato sugo, served with woodfired italian bread & poached eggs	
breakfast burger 🗑	23
milk bun, aioli, hashbrown, bacon, fried eggs, cheese sauce, peri peri sauce, served with chips & dips	
SHAKES	
banana caramel	1 2 1 2
chocolate	12
strawberry	1 2 1 2
vanilla	1 2
LOADED THICKSHAKES	
banana caramel	1 6
salted caramel, banana, vanilla gelato & milk topped with butterscotch sauce, wafer biscuits, caramelised banana & marshmallow	
nutella bomboloni 🏵 🏎 !	1 6
nutella, vanilla gelato & milk topped with a nutella bomboloni donut	1
oreo smash frau!	1 6
oreos, chocolate, vanilla gelato & milk topped with oreos & whipped cream	