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Menu



Croissants/Scones

Plain croissant: served with butter & preserves

Scones: served with jam & a choice of cheese or cream



Filled Croissants

Smoked salmon trout, mascarpone, avo (seasonal) topped with caviar & rocket

Fresh mozzarella, tomato & basil

Parma ham, rocket, brie cheese & basil pesto

Scrambled eggs & bacon

Grilled halloumi, tomato & avo (seasonal)

Mince & scrambled eggs

Mixed grilled veg, emmenthal cheese & scrambled eggs

Scrambled eggs, spinach, feta & bacon

Chocolate, fried banana & mascarpone

Ham, cheese, rocket topped with fried egg

French toasted croissant, fried banana, bacon with maple syrup



Healthy Breakfasts

Health breakfast: toasted muesli, fruit salad, low fat yoghurt & honey

Oats: Jungle Oats with sliced banana, roasted almonds, honey & low fat milk

Sunrise: toasted muesli, low fat yoghurt, berries & honey layered in a glass

Lazy oats: Jungle Oats with whiskey roasted almonds, banana, honey & milk

Mr Detox: fruit salad, plain yoghurt topped with honey, in a glass

Mrs Detox: sliced pawpaw & yoghurt topped with honey

French connection: fried toast with mascarpone, fried banana & maple syrup

Mr Frenchie: French toast, bacon & maple syrup

Anchovies on toast with sliced tomato & gherkins

Anchovies on toast

Toast with marmite & gouda cheese



Egg Breakfast

Mini breakfast: one egg, bacon, grilled tomato & toast

Piccolo breakfast: one egg, grilled tomato, mushrooms, sausage, bacon & toast

Bon Giorno: two eggs, bacon, grilled tomato & toast

Grande: two eggs, bacon, grilled tomato, beef sausage & toast

Piu grande: two eggs, bacon, grilled tomato, beef sausage, mini steak, grilled halloumi & toast

Giardino: two eggs, grilled halloumi, mushrooms, grilled tomato & toast



Omelettes

Colin special: egg white omelette with strips of chicken tomato onion salsa

Greg special: egg white omelette with mince, tomato, grated mozzarella & avo (seasonal)

Lloyd special: egg white omelette with ham, mozzarella, sliced tomato, black olives & avo (seasonal)

La Zia Pina: ham, cheese & tomato

Kevin Special: egg omelette with smoked salmon trout, avo (seasonal) & capers

Paganni: grilled veg with tomato salsa & mozzarella



Frittata

Sorrento: peppers, onions, tomato, topped with feta

Veggie: artichokes, asparagus, sundried tomato frittata topped with parmesan shavings

Chourizo: Chourizo frittata with roasted peppers, long stem broccoli & ricotta

Polpettini: beef meat balls frittata with fresh basil, plum tomato & mozzarella

La Nonna: open frittata with onions, baby marrows, mushrooms & topped with parmesan shavings



Breakfast with a Difference

Pagliaccio: scrambled eggs, feta cheese, chopped tomato, roasted peppers, avo (seasonal), served on toasted health bread

Gary special: two slices of rye toast topped with melted mozzarella, sliced tomato & avo (seasonal)

Ray special: two slices of rye toast topped with melted mozzarella, sliced tomato, bacon & avo (seasonal)

Nic special: two slices of rye toast with emmenthal cheese, sliced tomato, turkey breast & topped with two poached eggs

La Toscana: poached eggs on a bed of savoury mince with mushrooms & avo (seasonal) served with toast

Marino: scrambled eggs, tomato, peppadews, smoked salmon trout, cream cheese served on a bagel

Al Capone stack: stacked flapjacks with maple syrup, mascarpone cheese & bacon

Fat Albert's flapjacks: chocolate or blueberry flapjacks made with maple syrup & served with ice-cream

Iron breakfast: chicken livers & scrambled eggs on rye toast

Alfresco breakfast: health bread with basil leaves, sliced tomato, poached eggs & grilled halloumi



Tra Mezzo

(All served with french fries)

Al formaggio: mozzarella

Di pollo: chicken, sweet chilli mayonnaise, sliced tomato, mozzarella & avo (seasonal)

Al spinach: spinach, feta cheese, bacon & olives

Di parma: parma ham, mozzarella, roasted peppers & rocket

Al parlemo: scrambled eggs, bacon & mozzarella

Al salami: salami, mozzarella, roasted peppers & olive pesto

Al prosciutto cotto: ham, mozzarella & sliced tomato



Toasted Sandwiched

(Additional charge for chips and/or salad)

Cheese

Cheese & tomato

Cheese, tomato & mushrooms

Mince & cheese

Chicken mayo

Salami, cheese & olives

Bacon & egg

Bacon, egg & cheese

Bacon & banana

Ham, cheese & tomato

Spinach & feta

Spinach, feta & bacon

Turkey, cheese & avo (seasonal)