

the
**MEDITERRANEAN
FOOD CO.**

breakfast menu

available until 11am

CROISSANT \$9.50

with free range ham and Italian alpine cheese

SWEET AND CREAMY POLENTA (v) \$16

served with sauted apple and pear & yoghurt

FRENCH TOAST (v) \$19

with sauteed peach and pistachios

TOASTED HOUSEMADE CIABATTA \$14

with cheese and salami or butter and jam

EGGS YOUR WAY \$20

Fried, poached or scrambled free-range eggs with:
bacon & mushrooms

or free range ham & mesculin

or cold smoked salmon & rocket

starters

available after 11am

MARINATED OLIVES (v) \$9

Med Food olives with our housemade marinade

HOUSEMADE FOCACCIA (v) \$8

our famous housemade focaccia, sliced and served
with Italian extra virgin olive oil

ASSAGGIO PLATTER \$44/\$22

a tasting from the deli & store

selection of salami, cheese, vegetables & olives

main

available after 11am

PIPE RIGATE ALL'ARRABBIATA \$25

Italian pancetta, onion, garlic, chilli, tomato,
Pecorino Romano

SPAGHETTI AGLIO, OLIO & PEPERONCINO (v) \$23

garlic, chilli, Parmigiano Reggiano, parsley

SPAGHETTI ALLE VONGOLE \$27

clams, garlic, white wine, parsley

FILLED PASTA OF THE DAY (v) \$26

served with sage & butter or house made tomato sauce

GNOCCHI DI PATATE \$26

served with cream & gorgonzola (v) or
house made pork & beef ragu'

DUCK RILLETTE \$19

served with relish, gherkins & pickled vegetables
served with housemade bread

MEDFOOD SALAD \$25

mesclun, Spanish peach, Prosciutto from Emilia
Romagna, Gorgonzola, semi-dried tomatoes &
peach dressing

desserts

TIRAMISU \$9.90

SMALL TIRAMISU \$5.50

ITALIAN GELATO \$4.50 single/ \$6.90 double

Check cabinet for more desserts

(v) = vegetarian

Gluten-free pasta options are available on request

Dairy-free options are available on request