

*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)** \$18

served with sauted apple and pear & yoghurt

### **FRENCH TOAST (v)** \$19

with sauteed peach and pistachios

### **TOASTED HOUSEMADE CIABATTA** \$16

with cheese and salami or butter and jam

### **EGGS YOUR WAY** \$21

fried, poached or scrambled free-range eggs with:  
bacon & mushrooms  
or free range ham & mesclun  
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** a tasting from the deli & store selection of salami, cheese, vegetables & olives:

- \$29 small
- \$54 regular
- \$92 large

### **GREEK SALAD (v)** \$16

fresh tomato, cucumber, red onions, Greek olives, feta, oregano

### **CAPRESE SALAD (v)** \$18

fresh tomato, buffalo mozzarella, basil

## main

available after 11am

### **FUSILLI AL PESTO (v)** \$26

fresh organic basil leaves, pinenuts, garlic, extra virgin olive oil, Parmigiano Reggiano

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

garlic, chilli, Parmigiano Reggiano, parsley

### **SPAGHETTI ALLE VONGOLE** \$27

clams, garlic, white wine, parsley

### **PENNE ALLA CAPRESE** \$26

buffalo mozzarella, fresh tomatoes, basil (v)

### **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