

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 BREAD \$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 served with housemade bread:

- \$34 regular

- \$64 large

MEDFOOD SALAD \$25

mesclun, Spanish peach, Prosciutto from Emilia Romagna, Gorgonzola, semi-dried tomatoes & peach dressing, served with housemade focaccia

GREEK SALAD (v) \$21

cherry tomatoes, cucumber, red onion, Greek black olives, feta, oregano, extra virgin olive oil

mains

available after 11am

FUSILLI AL PESTO (v) \$25

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 RIGATE ESTIVE (v) \$25

fresh tomatoes, buffalo mozzarella, fresh basil, extra virgin olive oil

FILLED PASTA OF THE DAY \$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

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