

## **IL CIBO BREAKFAST**

*Mon – Fri 6am – 12pm/ Sat & Sun 6am – 2pm*

House-made muffins baked daily	Sweet - 4.9	Savoury - 5.5
Organic Sourdough Toast - Fruit, White or Wholegrain		6
Fluffy Buttermilk Pancakes – Maple syrup, cream, berry compote		16.5
Bircher Muesli, seasonal fruit, natural yoghurt		12.5
Toasted Muesli made in house, milk, natural yoghurt, seasonal fruit		12.5
Creamy Cinnamon and Honey Porridge, stewed rhubarb		12.5
Free Range Eggs - poached, scrambled or fried served with sourdough toast		11
EXTRAS – Bacon 6, il cibo beans 4, spinach 3.5, mushrooms 4.5, tomatoes 3, sausage 4, Salmon 6, Smashed Avocado 4, fresh chilli 1, Haloumi 5, Fetta 4		
Leek and Bacon Potato cake, poached eggs, hollandaise, crispy pancetta (gf)		18.5
Sautéed Mushrooms, Grilled Haloumi, wilted spinach, Sourdough, Poached egg		17.5
Il Cibo Breakfast Roll – two fried eggs, crispy bacon, Swiss cheese, baby spinach, tomato sauce, aioli		16
Open Breakfast Sandwich - Poached eggs, spinach, cheddar, tomato salsa, sourdough		16
Omelette		18
Pork and Fennel sausage, mushrooms, cheddar, spinach, onion		
or Spinach, mushrooms, fetta, tomato, onion		
Smoked Salmon Omelette – spinach, tomato, Spanish onion, cheddar, smoked salmon		22
Fagioli All' Uccelletto – a Tuscan recipe of canellini beans, sage, garlic, Tomato salsa and Italian sausage served in the pan with a fried egg, sourdough toast		18.5
Baked Free Range Eggs in a Napoli Sauce, crispy Pancetta, sourdough		18.5
Il Cibo Breakfast – a selection of our breakfast delights including bacon, eggs, spinach, beans, tomato, sausage and mushrooms served in the big pan with toasted sourdough		26
Spicy Meatballs, Tomato Salsa, Fried egg and Crusty Bread		19.5
Salmon and Dill Potato Cake , Smashed Avocado, Smoked salmon and poached eggs (gf)		22
Eggs Benedict – Poached Free Range eggs, spinach, house-made hollandaise, Sourdough		
Leg Ham		18
Salmon		22
Florentine		16.5

*Gluten Free Bread Available Extra \$1.00*

## IL CIBO LUNCH

<b>Sautéed Mushrooms, wilted spinach, grilled Haloumi, fried egg, sourdough</b>	<b>18</b>
<b>Soup of the day served with crusty bread</b>	<b>14</b>
<b>Gourmet Salads – Choice of up to three of our gourmet salads of the day</b>	<b>14.5</b>
<b>Add Free- range Char-grilled Chicken</b>	<b>6</b>
<b>Add Smoked Salmon</b>	<b>6</b>
<b>Salmon and dill Pattie (gf)</b>	<b>18.5</b>
<b>Chicken and Mushroom Parcel</b>	<b>21</b>
<b>Spinach and Ricotta Roll</b>	<b>17.5</b>
<b>Pork and Fennel Sausage Roll</b>	<b>17.5</b>
<i>All served with two of our gourmet salads</i>	
<b>Beer Battered Banana prawns, lemon aioli, pineapple slaw, chips</b>	<b>24</b>
<b>Pulled Pork Roll, Gravy, Rocket</b>	<b>16</b>
<b>BART – Bacon, rocket, tomato, smashed avocado, toasted Sourdough</b>	<b>15.5</b>
<b>Grilled Chicken Open Sandwich with crispy bacon, rocket, Smashed avocado, aioli</b>	<b>16.50</b>
<b>Smoked Salmon Open Sandwich with fresh baby spinach, smashed avocado, aioli, Sourdough</b>	<b>16.5</b>
<b>Spicy Meatballs, Tomato Salsa, Fried egg and Crusty Bread</b>	<b>19.5</b>
<b>Fish and Chips – Local Spanish Mackerel, Asian Salad, beer battered chips</b>	<b>24</b>
<b>Fagioli All' Uccelletto – a Tuscan recipe of canellini beans, sage, garlic, Tomato, Italian sausage, fried egg, toast</b>	<b>18</b>
<b>Chips – with aioli</b>	<b>8.5</b>

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## FROM THE BAR

Bloody Mary -Vodka, freshly squeezed tomato, lemon, tabasco, cracked pepper mint 14  
Lolita - Bacardi, freshly squeezed pineapple, coconut water, ice 14.5  
Espresso Martini 14.5

CAFFE- Espresso, Latte, Cappuccino, Long Mac, Short Mac, Long black.  
Cold drip 4.5  
Prana Chai by the pot 5.5  
Dirty Chai 5.5  
Mocha Affogato 6

LOOSE LEAF TEA - English breakfast, Green Sencha, Lemongrass  
& Ginger, Peppermint, Earl Grey, Spiced Chai 4.5

SQUEEZED 7.5  
ELVIS - Apple, beetroot, carrot, celery  
MARILYN - Orange, watermelon, lemon, ginger  
DEAN - Apple, Orange, mint  
AUDREY - Orange, lemon  
FRANK - Tomato, lemon, mint, tabasco, cracked pepper  
SINATRA- Grapefruit, orange, mint  
SUMMER - Pineapple, watermelon  
MARY - Cucumber, apple, mint

SMOOTHIES 8.5  
Raw Cacao, banana, Almond milk, dates  
Green - Kale, spinach, cucumber, coconut water, banana  
Coconut milk, banana, honey, cinnamon  
Berries, coconut water, chia seeds  
Muesli, banana, honey, yoghurt, milk  
Banana, ice-cream, yoghurt, honey, milk  
• *Milk alternatives - Bonsoy, Almond*

ICED 6.5 Chocolate, Espresso, Mocha  
SHAKES 6.5 Chocolate, Strawberry, Caramel, Spearmint, Vanilla