

# EATALO

## BREAKFAST MENU SERVED UNTIL 10.30 AM

### EGGS & OMELETTES

**EGGS YOUR WAY** | NF **\$13**  
2 Eggs cooked to your liking (poached, scrambled, boiled, or fried) served with two slices of toast.

**OPEN OMELETTE** | NF | GF **\$22**  
3 free-range eggs served with double-smoked ham, mushrooms, spinach, goat cheese, and cream.

**EGGS BENEDICT** | NF **\$22**  
2 free-range poached eggs with your choice of smoked salmon or double-smoked ham, served on english muffin with spinach, halloumi, and hollandaise sauce.

**HALLOUMI & EGG** | NF | V **\$18**  
Halloumi and 2 fried eggs topped with Eatalo's house-made tomato chutney and aioli, served on Turkish bread.

**SCRAMBLED EGGS MORNING WRAP** | NF **\$18**  
Three free-range scrambled eggs wrapped with your choice of two of the following: Bacon, pork sausage, smoked salmon, halloumi, feta cheese, provolone cheese, avocado, baby spinach, caramelised onion, tomato, mushrooms.

### TOASTS & ROLLS

**TOAST** | NF | DF **\$8**  
Breads: White sourdough, soy linseed, Turkish, raisin Turkish, and rye. (Gluten-free +\$2)  
Spreads: Berry jam, peanut butter, butter, orange marmalade, Vegemite, Nutella, honey.

**SALMON ROLL** | NF **\$19**  
Free-range scrambled eggs, smoked salmon, avocado and fresh herbs served on a brioche bun.

**BACON & EGG ROLL** | NF **\$16**  
Free-range egg, bacon, fresh tomato, and special sauce served on a brioche bun.

**TRUFFLE ROLL** | NF **\$24**  
A toasted brioche bun filled with scrambled truffle eggs, pecorino cheese, watercress salad, and your choice of prosciutto, smoked salmon, or halloumi.

**AVOCADO TOAST** | NF | V **\$18**  
Soy & linseed bread with avocado spread, heirloom tomatoes, basil, feta cheese, dukkah, pomegranate and sesame seeds.

**CHUNKY AVOCADO & CHILLI TOAST** | DF | V **\$18**  
Soy and linseed toast with chunky avocado, lemon zest, chilli flakes, and hemp seeds.

**PROSCIUTTO & EGG ROLL** | NF **\$17**  
Rustic bread roll with Prosciutto di Parma and egg salad.

**BAGEL** | NF **\$18**  
Seeded bagel with smoked salmon, ricotta, avocado, rocket, capers, and caramelized onion.

### YOUR WAY HEALTHY BREKKIE BOWL

**HOUSE MADE ORGANIC BIRCHER MUESLI** | V **\$16**  
24-hour soaked oats in apple juice with Greek yogurt, berry compote, and toasted almond flakes.

**TOASTED SEEDED YOGURT WITH HONEY** | V **\$12**  
Greek yogurt topped with toasted seeds and honey.

**FRESH FRUITS** | VG | GF | DF | NF **\$15**  
A seasonal bowl of freshly chopped fruit.

**ORGANIC GRANOLA MUESLI** | V **\$16**  
House-made granola served with fresh seasonal fruits and Greek yogurt.

**PORRIDGE** | V | NF **\$18**  
Oats, brown rice & milk topped with: Berry compote, fresh berries, banana, brown sugar.

**EATALO GREEN BOWL** | V | DF | GF **\$22**  
A salad of kale, baby spinach, red cabbage, and asparagus, topped with a poached egg, avocado, and ginger sesame honey dressing.

### SIDES & EXTRAS

**EGG, TOAST** **\$4 each**

**SPINACH, ROASTED OR FRESH TOMATO, HASH BROWN, PROVOLONE** **\$5 each**

**BACON, AVOCADO, MUSHROOMS** **\$6 each**

**SMOKED SALMON, PROSCIUTTO** **\$7 each**

**HALLOUMI** **\$7 each**

### CROISSANTS

**PLAIN CROISSANT** | NF | V **\$8**  
Baked fresh every morning.

**ALMOND CROISSANT** | V **\$8**  
Croissant filled with almond paste and topped with almond shavings.

**CROISSANT WITH SPREAD** | NF | V **\$9**  
Croissant filled with your choice of: berry jam, peanut butter, orange marmalade, Vegemite, Nutella, or honey.

**CHEESE & TOMATO CROISSANT** | VE | NF **\$13**  
Croissant filled with sliced tomatoes and Provolone cheese.

**HAM & CHEESE CROISSANT** | NF **\$13**  
Croissant filled with premium ham and Provolone cheese.

**HAM, CHEESE & TOMATO CROISSANT** | NF **\$14**  
Croissant filled with premium ham, sliced tomatoes, and Provolone cheese.

**PROSCIUTTO, CHEESE & TOMATO CROISSANT** | NF **\$16**  
Croissant filled with Prosciutto di Parma, sliced tomatoes, and Provolone cheese.

# EATALO

ALL DAY MENU  
SERVED UNTIL 2.30 PM

## SWEETS

<b>CARROT CAKE SLICE</b>   GF   DF   V	<b>\$8</b>
Fruity and aromatic baked cake with caramelisde carrots, dried fruits and nuts.	
<b>BERRY CAKE</b>   GF   V	<b>\$8</b>
A gluten free baked cake with berries and almonds.	
<b>CINNAMON ROLL</b>   V	<b>\$7</b>
A swirl of cinnamon, brown sugar, butter, apple custard, and sultanas.	
<b>NUTELLA CRUNCH</b>   NF   V	<b>\$7</b>
A slice cut from a brioche loaf with layers of Nutella.	
<b>PLAIN CROISSANT</b>   NF   V	<b>\$7</b>
Baked fresh every morning.	
<b>CROISSANT WITH SPREAD</b>   NF   V	<b>\$9</b>
Croissant filled with your choice of: berry jam, peanut butter, orange marmalade, Vegemite, Nutella, or honey.	
<b>ALMOND CROISSANT</b>   V	<b>\$8</b>
Croissant filled with almond paste and topped with almond shavings.	
<b>BERRY MUFFIN</b>   NF   V	<b>\$7</b>
A classic bran muffin filled with currants, blueberries, and chunks of ricotta cheese.	
<b>CHOC MACADAMIA BROWNIE</b>   GF   V	<b>\$8</b>
A brownie loaded with rich chocolate and crunchy macadamia nuts.	
<b>CARAMEL SLICE</b>   V	<b>\$7</b>
Salted caramel cream on a shortcrust pastry base topped with chocolate.	
<b>PORTUGUESE TART</b>   NF   V	<b>\$6</b>
Egg custard tart pastry, dusted with cinnamon.	
<b>BANANA BREAD</b>   NF   V	<b>\$8</b>
A slice of quick bread made with mashed ripe bananas mixed into the batter.	
<b>PROTEIN BALL</b>   VG   DF   GF	<b>\$5.5</b>
Ask for our daily selection.	

## SANDWICHES & WRAPS

<b>CAPRESE</b>   V	<b>\$16</b>
Buffalo mozzarella, tomato, and basil pesto combine in this classic Italian favorite.	
<b>HAM &amp; CHEESE</b>   NF	<b>\$16</b>
Double smoked ham, provolone, ripe tomato, mixed leaves, and aioli create a satisfying, savory blend.	
<b>ROASTED TURKEY</b>   NF	<b>\$17</b>
Succulent roasted turkey breast meets tangy cranberry jam, creamy goat's cheese, and crisp mixed leaves for a delightful balance of flavors.	
<b>SCHNITZEL</b>   NF	<b>\$17</b>
Crispy chicken schnitzel paired with juicy tomato, mixed leaves, and aioli make for a hearty and flavorful option.	
<b>SCOTCH FILLET</b>   NF	<b>\$19</b>
Tender scotch fillet, creamy avocado, provolone, and mixed leaves come together in this satisfying choice.	
<b>CHICKEN PESTO</b>	<b>\$17</b>
Roasted chicken breast, sun-dried tomato, Parmesan, and basil pesto offer a burst of Mediterranean flavors in every bite.	
<b>SOPPRESSA</b>   NF	<b>\$17</b>
Italian mild salami, provolone, tomato, mixed leaves, and aioli. A zesty and savory delight.	
<b>HAM, 3 CHEESES &amp; MUSHROOMS</b>   NF	<b>\$17</b>
Provolone, Parmesan, and Brie cheese combined with double smoked ham, mushrooms, and caramelized onion for a rich and indulgent experience.	
<b>BLAT WRAP</b>   NF   DF	<b>\$16</b>
Crispy bacon, fresh lettuce, creamy avocado, and ripe tomato nestled in a wholesome wholemeal wrap.	
<b>PROSCIUTTO &amp; EGG WRAP</b>   NF   DF	<b>\$16</b>
Egg salad, delicate prosciutto, baby spinach, and fragrant basil unite in a satisfying wholemeal wrap.	
<b>ROASTED CHICKEN WRAP</b>   NF	<b>\$17</b>
Sliced roasted chicken breast, crisp baby spinach, and creamy provolone wrapped in a flavorful tomato wrap.	
<b>EGG &amp; PROVOLONE WRAP</b>   NF   V	<b>\$17</b>
Three fried eggs, creamy aioli, provolone, fresh baby spinach, and ripe tomato nestled in a nutritious green super-food wrap.	
<b>CONTORNI</b>	
<b>ADD A SIDE OF CHIPS</b>	<b>\$7</b>
<b>CHIPS ON ITS OWN</b>	<b>\$10</b>
<b>FOCACCIA</b>	<b>\$5</b>