

EATALO

BREAKFAST MENU SERVED UNTIL 10.30 AM

EGGS & OMELETTES

EGGS YOUR WAY | NF **\$12**
2 Eggs cooked to your liking (poached, scrambled, boiled, or fried) served with two slices of toast.

OPEN OMELETTE | NF | GF **\$21**
3 free-range eggs served with double-smoked ham, mushrooms, spinach, goat cheese, and cream.

EGGS BENEDICT | NF **\$21**
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 | VE **\$16**
Halloumi and 2 fried eggs topped with Eatalo's house-made tomato chutney and aioli, served on Turkish bread.

SCRAMBLED EGGS MORNING WRAP | NF **\$17**
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, caramelized onion, tomato, mushrooms.

TOASTS & ROLLS

TOAST | NF | DF **\$7**
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 **\$15**
Free-range egg, bacon, fresh tomato, and special sauce served on a brioche bun.

TRUFFLE ROLL | NF **\$23**
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 | VE **\$16**
Soy & linseed bread with avocado spread, heirloom tomatoes, basil, feta cheese, dukkah, pomegranate and sesame seeds.

PROSCIUTTO & EGG ROLL | NF **\$16**
Rustic bread roll with Prosciutto di Parma and egg salad.

BAGEL | NF **\$17**
Seeded bagel with smoked salmon, ricotta, avocado, rocket, capers, and caramelized onion.

YOUR WAY HEALTHY BREKKIE BOWL

HOUSE MADE ORGANIC BIRCHER MUESLI | VE **\$15**
24-hour soaked oats in apple juice with Greek yogurt, berry compote, and toasted almond flakes.

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

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

ORGANIC GRANOLA MUESLI | VE **\$15**
House-made granola served with fresh seasonal fruits and Greek yogurt.

PORRIDGE | VE | NF **\$17.5**
Oats, brown rice & milk topped with: Berry compote, fresh berries, banana, brown sugar.

EATALO GREEN BOWL | VE | DF | GF **\$19**
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 **\$3 each**

SPINACH, ROASTED OR FRESH TOMATO, HASH BROWN, PROVOLONE **\$4 each**

BACON, AVOCADO, MUSHROOMS **\$5 each**

SMOKED SALMON, PROSCIUTTO **\$6 each**

HALLOUMI **\$6 each**

CROISSANTS

PLAIN CROISSANT | NF | VE **\$7**
Baked fresh every morning.

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

CROISSANT WITH SPREAD | NF | VE **\$8**
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 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, tomatoes, and Provolone cheese.

PROSCIUTTO, CHEESE & TOMATO CROISSANT | NF **\$14**
Croissant filled with Prosciutto di Parma, tomatoes, and Provolone cheese.

EATALO

ALL DAY MENU
SERVED UNTIL 2.30 PM

SWEETS

CARROT CAKE SLICE | GF | DF | VE \$8

Fruity and aromatic baked cake with caramelised carrots, dried fruits and nuts.

BERRY CAKE | GF | VE \$8

A gluten free baked cake with berries and almonds.

CINNAMON ROLL | VE \$7

A swirl of cinnamon, brown sugar, butter, apple custard, and sultanas.

NUTELLA CRUNCH | NF | VE \$7

A slice cut from a brioche loaf with layers of Nutella.

PLAIN CROISSANT | NF | VE \$7

Baked fresh every morning.

CROISSANT WITH SPREAD | NF | VE \$8

Croissant filled with your choice of: berry jam, peanut butter, orange marmalade, Vegemite, Nutella, or honey.

ALMOND CROISSANT | VE \$8

Croissant filled with almond paste and topped with almond shavings.

BERRY MUFFIN | NF | VE \$7

A classic bran muffin filled with currants, blueberries, and chunks of ricotta cheese.

CHOC MACADAMIA BROWNIE | GF | VE \$8

A brownie loaded with rich chocolate and crunchy macadamia nuts.

CARAMEL SLICE | VE \$7

Salted caramel cream on a shortcrust pastry base topped with chocolate.

PORTUGUESE TART | NF | VE \$4

Egg custard tart pastry, dusted with cinnamon.

BANANA BREAD | NF | VE \$7

A slice of quick bread made with mashed ripe bananas mixed into the batter.

PROTEIN BALL | V | DF \$5.5

Ask for our daily selection.

SANDWICHES & WRAPS

CAPRESE | VE \$16

Buffalo mozzarella, tomato, and basil pesto combine in this classic Italian favorite.

HAM & CHEESE | NF \$16

Double smoked ham, provolone, ripe tomato, mixed leaves, and aioli create a satisfying, savory blend.

ROASTED TURKEY | NF \$16

Succulent roasted turkey breast meets tangy cranberry jam, creamy goat's cheese, and crisp mixed leaves for a delightful balance of flavors.

SCHNITZEL | NF \$16

Crispy chicken schnitzel paired with juicy tomato, mixed leaves, and aioli make for a hearty and flavorful option.

SCOTCH FILLET | NF \$18

Tender scotch fillet, creamy avocado, provolone, and mixed leaves come together in this satisfying choice.

CHICKEN PESTO \$16

Roasted chicken breast, sun-dried tomato, Parmesan, and basil pesto offer a burst of Mediterranean flavors in every bite.

SOPPRESSA | NF \$16

Italian mild salami, provolone, tomato, mixed leaves, and aioli. A zesty and savory delight.

HAM, 3 CHEESES & MUSHROOMS | NF \$16

Provolone, Parmesan, and Brie cheese combine with double smoked ham, mushrooms, and caramelized onion for a rich and indulgent experience.

BLAT WRAP | NF | DF \$16

Crispy bacon, fresh lettuce, creamy avocado, and ripe tomato nestled in a wholesome wholemeal wrap.

PROSCIUTTO & EGG WRAP | NF | DF \$16

Egg salad, delicate prosciutto, baby spinach, and fragrant basil unite in a satisfying wholemeal wrap.

ROASTED CHICKEN WRAP | NF \$16

Sliced roasted chicken breast, crisp baby spinach, and creamy provolone wrapped in a flavorful tomato wrap.

EGG & PROVOLONE WRAP | NF | VE \$16

Three fried eggs, creamy aioli, provolone, fresh baby spinach, and ripe tomato nestled in a nutritious green super-food wrap.

CONTORNI

ADD A SIDE OF CHIPS \$7

CHIPS ON ITS OWN \$10

FOCACCIA \$4
