

EATALO

LUNCH MENU SERVED FROM 12.00 - 2.30 PM

Our daily fresh food selection is available until sold out.

REGULAR **\$18.9**
UP TO 3 CHOICES OF PASTA & SALAD MIX

LARGE **\$23.9**
UP TO 3 CHOICES OF PASTA & SALAD MIX

LASAGNA COMBO **\$23.9**
UP TO 2 CHOICES OF PASTA & SALAD MIX

PASTA

FRESHLY MADE PASTA

Our pasta are freshly made and vary daily. Please refer to our daily display or specials menu for current selections.

LASAGNA ON ITS OWN | NF **\$18.9**
Crafted following an authentic Italian recipe from Central Italy, our house-made lasagna features layers of delicate pasta, Napoletana sauce, savory ground beef, creamy ricotta cheese, and a sprinkle of Parmesan. A true taste of tradition.

ADD PROTEIN

ROASTED SALMON | GF | DF | NF **\$9**
Oven-baked New Zealand salmon seasoned with sea salt and extra virgin olive oil. 130gm

ROASTED CHICKEN THIGH | DF | NF **\$9**
Oven-baked chicken thigh with honey-mustard sauce, dill and red onion. 200gm

GRILLED CHICKEN BREAST | GF | DF | NF **\$9**
Tender grilled chicken, seasoned with zesty lemon and aromatic oregano. 200gm

HOUSE-MADE POLPETTE | NF **\$9**
Pork & beef meatball with Napoletana sauce, chili, garlic, parsley & Parmesan. 160gm

BISTECCA | GF | DF | NF **\$15**
Grilled sirloin steak A3+ Grade seasoned with sea salt and extra virgin olive oil. 140gm

PROTEIN ON ITS OWN **\$10**

BISTECCA ON ITS OWN **\$16**

SALADS

GARDEN SALAD | NF | GF | V | DF
Mixed leaves, cherry tomatoes, cucumber, Spanish onion, olives.

HALLOUMI | NF | GF | VE
Grilled halloumi served with kale, avocado, cherry tomatoes, cucumber, Spanish onion, and a refreshing lemon dressing.

SENSATION | NF | GF
Shaved raw broccoli and red cabbage mixed with bacon bites, Parmesan cheese, and a light mayonnaise dressing.

ZUCCA | GF | VE
Roasted pumpkin and kale salad, tossed with goat cheese, figs, and crushed hazelnuts.

BEETROOT | GF | VE
Rosemary-infused beetroot and pumpkin paired with rocket and baby spinach, topped with goat's cheese, sesame seeds, and berry compote dressing.

FARRO | VE
Spelt barley mixed with roasted vegetables, baby spinach, pomegranate seeds, sesame seeds, and basil pesto dressing.

WALNUT | GF
Grilled chicken combined with crisp green apple, dried cranberries, mixed greens, walnuts, feta cheese and apple cider vinegar dressing.

WHITE QUINOA | GF | DF | V
White quinoa paired with kale, sultanas, onion, almonds, and dressed in a tangy white wine vinegar dressing.

RED QUINOA | DF | NF
Red quinoa and baby spinach combined with crispy chicken schnitzel, radicchio, and a zesty mustard dressing.

POLLO
Grilled chicken and calamarata pasta tossed with sun-dried tomatoes, mixed leaves, Parmesan cheese, and pesto.

PROSCIUTTO CAPRESE | GF | NF
San Daniele prosciutto, heirloom tomatoes, buffalo mozzarella, mixed leaves, and balsamic glaze dressing.

ZUCCHINI | GF
Shredded chicken, zucchini, baby spinach, sun-dried tomato, pine nuts, and pesto dressing.

BROCCOLI CAULIFLOWER | GF | DF | V
Steamed broccoli and cauliflower tossed in sesame oil, topped with toasted black and white sesame seeds and almond flakes.

CONTORNI

ADD A SIDE OF CHIPS **\$7**

CHIPS ON ITS OWN **\$10**

FOCACCIA **\$4**

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**
