

# CONTINENTALE

## BUILD YOUR CONTINENTAL BREAKFAST

### MEATS

<b>PROSCIUTTO COTTO</b>	<b>30</b>
Italian farm-style ham	
<b>PROSCIUTTO BRAGLIA</b>	<b>35</b>
Italian cured ham	
<b>PROSCIUTTO DI PARMA</b>	<b>55</b>
D.O.C cured ham from Parma	
<b>MORTADELLA</b>	<b>28</b>
Large Italian cold cut with pistachio nuts	
<b>MILANO</b>	<b>40</b>
Fine grain Italian salami	
<b>PASTRAMI</b>	<b>25</b>
Local brined beef	

### CHEESES

<b>EDAM</b>	<b>20</b>
Mild and creamy cow's milk cheese	
<b>EMMENTHAL</b>	<b>22</b>
Fruity and sweet flavour	
<b>TALEGGIO</b>	<b>35</b>
Washed-rind soft cheese	
<b>ASIAGO BLACK</b>	<b>30</b>
Delicate smooth flavour	
<b>GRANA PADANO D.O.P</b>	<b>35</b>
Italian hard cheese	
<b>WHITE CHEDDAR</b>	<b>18</b>
Earthy and savoury	

### CROISSANTS

<b>PLAIN (V)</b>	<b>30</b>
<b>CHOCOLATE (V)</b>	<b>39</b>
<b>CUSTARD (V)</b>	<b>55</b>
<b>ALMOND (V)</b>	<b>55</b>
<b>BACON AND CHEESE CRUFFIN</b>	<b>50</b>

### TOAST

<b>PANE SEGALE RYE BREAD</b>	<b>5</b>
<b>RUSTICO CIABATTA</b>	<b>5</b>
<b>PANE SEMI SEED LOAF</b>	<b>6</b>

### SIDES

<b>BACON</b>	<b>35</b>	<b>MAMMA'S BAKED BEANS (V)</b>	<b>30</b>	<b>CREAM CHEESE FRIKET (V)</b>	<b>25</b>
<b>LUGANICA SAUSAGE</b>	<b>35</b>	<b>SPINACH (V)</b>	<b>20</b>	<b>FRUIT SALAD (V)</b>	<b>35</b>
<b>SMOKED SALMON 40G 80G</b>	<b>55   110</b>	<b>HUMMUS (V)</b>	<b>39</b>	<b>YOGHURT (V)</b>	<b>15</b>
<b>GRILLED MUSHROOMS (V)</b>	<b>35</b>	<b>ROASTED TOMATOES (V)</b>	<b>15</b>	<b>MUESLI (V)</b>	<b>35</b>
<b>AVOCADO (V)</b>	<b>30</b>				

## COLAZIONE

### — BREAKFAST —

<b>OVO SAPIENS</b>	<b>95</b>	<b>FRENCH TOAST</b>	<b>78</b>
Artisanal toast, scrambled eggs, tomato roasted in garlic and thyme, mushrooms and bacon		French toast served with grilled banana, bacon and maple flavoured syrup	
<b>BENEDICT</b>	<b>95</b>	<b>THE COWBOY*</b>	<b>80</b>
Poached eggs served with bacon, rocket and hollandaise sauce on artisanal toast		Homemade luganica sausage braised in white wine, tomato, beans, chilli and fresh herbs. Served on toast with sautéed spinach and topped with a poached egg	
<b>SALMON AND HASH BROWNS</b>	<b>105</b>	<b>RUSTICO (V)</b>	<b>85</b>
Parsley hash browns, basil pesto mayo, rocket, herbed cream cheese and smoked salmon - ADD POACHED EGG		Artisanal toast served with fresh sliced tomato, homemade hummus, crushed avocado and cream cheese friket	
<b>SHAKSHUKA</b>	<b>120</b>	<b>GRANOLA (V/GF)</b>	<b>45</b>
Eggs baked and served in napoletana sauce, chorizo sausage, cannellini beans, peppers and onion. Served with artisanal toast		Seed, nut, honey and grain granola baked with coconut flakes and goji berries - ADD MILK 10 - ADD ALMOND MILK 20 - ADD YOGHURT 20 - ADD FRUITS 20	
<b>L'OMELETTE (V)</b>	<b>70</b>	<b>BREAKFAST ROLL</b>	<b>65</b>
3 Egg omelette or egg white with mozzarella cheese, served with toasted artisanal bread - ADD BACON 15 - ADD MUSHROOMS (V) 15 - ADD SPINACH (V) 12 - ADD BREAKFAST SAUSAGE 22		Basil aioli, fried egg, bacon and rocket on a ciabatta roll	
<b>TONY SOPRANO</b>	<b>105</b>		
Artisanal toast topped with rocket, bacon, mushrooms, poached eggs and parmesan béchamel sauce. Finished of with crushed walnuts			

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

## VISIT OUR BAKERY FOR TODAY'S SPECIALS

Our health conscious sourdough breads contain a natural pre-fermented yeast known as levain which has probiotics beneficial for your gut and is made with imported rye flour. All of our breads are preservative and GMO free, made using filtered water, non-iodised salt and unbleached, stoneground flour in its purest form.



# OLD TOWN

—x—  
CAFFÉ

## ESPRESSO 25

Single shot

## DOPPIO ESPRESSO 28

Double shot

## MACCHIATO 29

Single shot topped with hot frothed milk

## CORTADO 28

Single shot topped with steamed milk

## CAPPUCCINO 32

Single shot topped with hot frothed milk

## AMERICANO 28

Single shot topped up with hot water

## NUTELLA MOCHA 40

Single shot blended with chocolate nutella milk

## BAMBINOCCHINO 10

Espresso cup filled with warm, frothed milk and topped with cocoa sprinkles for the little ones

## HOT CHOCOLATE 36

Nomu's sustainably sourced cocoa powder based hot chocolate

## LATTE

Hot frothed milk served with a single shot of espresso

- REGULAR 31

- CHAI 36

- VANILLA 36

- CARAMEL 36

## SMOOTHIES

### CHUCK BERRY 49

Blueberries, spinach, banana, almond milk and honey

### BLAST SMOOTHIE 56

Peanut butter, pea protein, banana, almond milk, dates and honey

## FRAPPÉS

### ATLANTICO 55

Red espresso, Milk Lab almond milk, honey

### LA MOCHA 50

Espresso, dark chocolate, milk and honey

### OREO SUMMIT 45

Espresso, dark chocolate, oreos, milk and honey

# TÉ

— CLASSIC & SPECIALITY TEAS —

FOR 1 | FOR 2

## ENGLISH BREAKFAST 26|38

A blend of teas from Assam, Ceylon and Kenya

## EARL GREY 26|38

A black tea infused with the oil of bergamot and orange zest

## CEYLON 26|38

A black tea of Sri Lankan origin

## ROOIBOS 26|38

A herbal tea made from the rooibos plant

## GREEN 26|38

Minimally oxidised Camellia sinensis from China

## MOROCCAN MINT 34|48

A green tea of North African origin, with Sahara mint

## VANILLA BOURBON 35|48

A red tea of South African origin with vanilla infusion

## CHAMOMILE 35|48

A herbal tea made from the chamomile plant

## RED CAPPUCCINO 32

Rooibos tea-based cappuccino

## COLD PRESSED JUICES

Classic orange 52

Carrot, apple, orange, granadilla and ginger 52

Watermelon, raspberry, apple, lemon and mint 52

Apple, beetroot, raspberry, carrot, ginger 52

Apple, cucumber, spinach, kale, mint 52

## HEALTH SHOTS

FIERY GINGER - Apple, ginger 31

SPICY TURMERIC- Cold pressed orange, carrot, turmeric, lemon and cayenne pepper 30

CBD SHOT - Apple, spinach, green rooibos, 10mg CBD 36

ENERGY SHOT - Apple, pressed cranberries, green coffee, guarana extract 36

## ITALIAN SOFT DRINKS

### SAN PELLEGRINO 36

Aranciata - Orange

Limonata - Lemon

Aranciata Rossa - Blood orange

Aranciata Melograno - Pomegranate orange

### MACARIO RETRO DRINK 43

Aranciata Rossa - Blood Orange

Limonata - Lemon

Chinotoo - Dark Citrus Soda

## ICED TEAS

### SAN BENEDETTO ICED TEA 36

Peach

Lemon

