

# TRILUSSA MENU

## DOLCI E CAFFE

ALL DAY BREAKFAST	PRICE
eggs on toast .....	6.00
eggs any way you like! (2 eggs, scrambled, fried, poached, boiled) served on toast	
bacon'n'eggs .....	8.50
fried, scrambled or poached with bacon & tomatoes on turkish or ciabatta bread	
poached eggs, spinach & hollandaise sauce, on english muffins .....	7.50
add ham for your benedict .....	1.50
french omelette filled with ham & cheese folded served on warm bread .....	8.50
french toast with maple syrup & cinnamon .....	7.50
big day out! breakfast .....	12.00
2 eggs, bacon, sausage, tomato, mushroom & hash brown served on turkish or ciabatta bread	
raisin toast served with butter .....	4.00
fruit & nut muesli with yoghurt & honey .....	5.50
pancakes .....	9.00
stack of 3 - choice of lemon & sugar, forest berries purée or nutella served with ice cream or cream	
juices	
vitamin c fix - orange, pineapple with a dash of lime juice .....	3.00
tropical mix - mango, orange & passion fruit .....	3.00
shakes & smoothies	
choc banana smoothie .....	3.50
yoghurt, skim milk, chocolate, banana	
forest berries smoothie .....	3.50
forest berries purée with honey, yoghurt, ice cream & milk	
add whey protein .....	1.00

*see drinks menu for shakes*

## STARTERS (PRIMI)

## PRICE

soup of the day ..... <i>see specials board</i>	6.00
bruschetta ..... tomato, red onion, basil with a drizzle of olive oil served on ciabatta bread	7.00
mediterraneo piatto ..... a selection of Italian small goods - salami, prosciutto, bocconcini cheese, olives, roasted peppers, grilled egg plant & sun-dried tomatoes, served with warm ciabatta bread.	12.50
dips ..... a selection of homemade dips of eggplant, avocado, tzatziki, taramasalata served with warm turkish bread	9.00
aztec nachos ..... crispy corn chips, tasty cheese with sour cream guacamole & tomato salsa served warm	9.00
smoked salmon focaccia ..... lettuce, cream cheese, red onion & capers with a dash of lemon juice	10.00
wedges ..... spicy potato wedges served with sour cream & sweet chilli sauce	7.00
french fries ..... served with tomato sauce	5.00

## BURGERS, SALADS, GOURMET PIZZA

### BURGERS \*

chicken burger ..... lean grilled chicken breast fillet with tomato, avocado, lettuce & mayonnaise	11.00
b.l.t. .... lean beef burger with lettuce, tomato, cheese, bacon, egg & caramelized onion	12.00

*\* all burgers served with chips & salad*

### SALADS

classic caesar salad ..... fresh garden cos lettuce with crispy bacon, croutons, hard boiled egg shaved parmesan cheese & anchovies	9.50
chicken salad ..... fresh rocket lettuce with warm char grilled- chicken, avocado, tomato, cucumber & red onion with a ceasar dressing	11.50
insalata italiana ..... mixed lettuce, tomato, red onion, cucumber, bocconcini cheese, olives, dressed with a balsamic vinaigrette	9.00

**BURGERS, SALADS, GOURMET PIZZA .....cont****PRICE****GOURMET PIZZA**

quattro formaggi .....	10.00
tomato base, 4 cheeses including mozzarella, parmigiano, gorgonzola & bocconcini	
reggina .....	10.00
tomato base, prosciutto tomato fresco, mozzarella, basil & olive oil	
al fresco .....	10.00
tomato base, porcini mushrooms, tomato fresco, mozzarella & olive oil	
zio toto .....	10.00
tomato base, potato, mozzarella, rosemary, onion & olive oil	
the gourmet .....	10.00
tomato base, egg plant, peppers, artichoke hearts, mozzarella & olive oil	
marinara .....	12.00
tomato base with a fresh seafood mix	
bianca neve .....	5.00
freshly cut herbs of oregano & basil with a hint of garlic	

**MAINS \***

chicken parmigiana .....	14.50
crumbed chicken breast topped with parmesan cheese & fresh napoli sauce	
tandoori chicken .....	14.50
char grilled chicken breast tossed in tandoori paste & yoghurt served on a bed of lettuce & steamed rice with poppadums	
veal scaloppini .....	15.50
char grilled baby veal with mushrooms in a white wine & cream sauce	
calamari fritti .....	14.50
lightly crumbed fried calamari rings served with a lemon wedge & tartare sauce	
fish'n'chips .....	13.80
two lightly battered fish fillets, served with a lemon wedge & tartare sauce	
steak .....	<i>see main specials board</i>

*\* all mains served with chips & salad*

## PASTABILITIES & RISOTTOS

PRICE

### PASTAS

*choose from*

*penne, rigatoni, spaghetti, fettuccini, gnocchi, ravioli*

frutta di mare ..... 15.50  
tossed with assorted fish & shell fish in fresco tomato sauce

al pollo ..... 13.50  
chicken fillets, avocado, mushrooms in a garlic cream sauce

carbonara ..... 12.50  
lean bacon, cream & egg sauce with parsley, parmesan  
cheese & cracked pepper

bolognese ..... 12.00  
traditional mince beef in fresco tomato sauce

amatriciana ..... 12.50  
salami, onion, olives garlic with a hint of chilli in napoli  
& basil sauce

pomodoro ..... 11.00  
traditional fresco tomato sauce with oregano

lasagne ..... 12.50  
layers of pasta topped with cheese & bolognese sauce

### RISOTTOS

risotto con pollo ..... 14.00  
pan tossed arborio rice with chicken fillets, mushrooms,  
shallots & shaved parmesan

risotto con frutta di mare ..... 15.00  
pan tossed arborio rice with assorted sea food in a wine,  
garlic & napoli sauce

### VEGETARIAN SELECTION

vegetarian breakfast ..... 7.00  
2 eggs, grilled mushrooms, tomato, onion &  
baked beans, served on warm ciabatta bread

spinach & ricotta agnolotti ..... 13.50  
spinach & ricotta filled pasta with mushrooms,  
garlic & fresh spinach in a creamy pesto sauce

veggie burger ..... 9.00  
veggie pattie, lettuce, tomato, tasty cheese & mayonnaise

vegetable risotto ..... 13.50  
pan tossed arborio rice with seasonal vegetable in a napoli sauce

3 bean mix salad ..... 8.50  
3 bean mix with tomato, cucumber, mixed lettuce, bocconcini,  
olives & red onions, dressed in balsamic vinaigrette