

# BREAKFAST

PLEASE QUOTE TABLE NUMBER WHEN ORDERING!!

\*Your choice of eggs poached, scrambled or fried served with continental toast

\*Rye or Gluten free bread option available for an additional \$5.0 on all plated breakfasts

**EGGS ON TOAST** 13.0  
Eggs as you like served with continental toast

**BACON & EGGS** 15.9  
Eggs as you like served with toasted continental bread

**THE RECOVERY** 19.9  
Eggs cooked your way served with bacon, tomato & mushrooms

**THE PREACHERS CHOICE (V)** 21.5  
Eggs cooked as you like served with spinach, mushrooms, hash brown, avocado & oven roasted tomato

**SFIZIO'S BIG BREAKFAST** 23.5  
Eggs as you like served with bacon, mushroom, tomato, hash brown & Italian sausages

**BREKKIE BURGER** 16.9  
Your choice of fried or scrambled eggs, crispy bacon, cheese & your choice of sauce

**SCRAMBLED EGGS & SAUSAGES** 18.9  
Served with oven roasted tomato

**SMOKED SALMON & SCRAMBLED EGGS** 19.9

**EGGS BENEDICT** 18.9  
Poached eggs & shaved double smoked ham served on toasted muffins, topped with hollandaise sauce and a side of roasted tomato

**EGGS FLORENTINE (V)** 18.9  
Poached eggs & spinach served on toasted muffins, topped with Hollandaise sauce and a side of roasted tomato

**EGGS ROYALE** 20.9  
Poached eggs & smoked salmon served on toasted muffins, topped with Hollandaise sauce and a side of roasted tomato

**BREAKFAST BRUSCHETTA** 19.9  
Toasted continental bread topped with bacon, mushrooms, roasted tomato, poached eggs & wild rocket

**SMASHED AVOCADO ON TOAST (V)** 18.9  
Topped with poached eggs

**SARDINES** 14.5  
Served with continental toast

**OVEN BAKED OMELETTE** 19.9  
Filled with ham, cheese, served with roasted tomato

**EGGS ALLA POVERA (V)** 18.9  
Baked in traditional Napoletana Sauce

**LA FRITTATA (Served with toast)**  
Choose your favourite ingredients and we'll put it together for you.  
Choose from the following options :

Ham, Mozzarella cheese, Tomato, Mushrooms, Spinach & Roasted capsicum

1 x Topping	14.5	2 x Toppings	16.5
3 x Topping	18.5	4 x Toppings	20.5

*Additional ingredients from 2.0 extra*

## EXTRAS

EGG	3.5
TOAST (per slice)	2.5
BACON (2 rashers)	4.5
SMOKED SALMON	6.0
AVOCADO	4.5
ROASTED TOMATO	3.5
HASH BROWN	3.5
BAKED BEANS	5.0
COCONUT YOGHURT	3.5
CREAM	2.5
GELATO	2.5
BERRY COMPOTE	4.0
SPINACH	4.5
MUSHROOM	4.5
CONTINENTAL SAUSAGES (2 Per Serve)	5.0

## SAUCES

TOMATO	1.5
SWEET CHILLI	1.5
HP	1.5
AIOLI	2.0
BBQ	1.5
WORCESTERSHIRE	1.5
HOLLANDAISE	2.0

15% surcharge on public holidays

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## TOASTED BREADS

Continental Toast – three slices	5.7
Gluten Free Toast – two slices	6.3
Fruit Toast – two slices	6.0
Banana Bread – one slice	6.0
Rye – two slices	6.0
Muffin – each	4.5

*All breads served with butter & spreads of your choice  
Including Vegemite, Nutella, Honey, Jam or Marmalade*

## CROISSANTS

Served with Jam, Butter, Honey or Nutella	7.0
Served with ham, cheese or tomato	
1 x Filling	8.3
2 x Fillings	9.3
3 x Fillings	10.3

## FRUIT SALAD

14.9

Seasonal fresh fruit cut to order  
Add coconut yoghurt 2.0 extra (DF) (GF)

## COCONUT YOGURT AND MIXED BERRIES (DF) (GF) 10.9

## SFIZIO'S BAKED GRANOLA CLUSTER PARFAIT (DF) 14.0

House baked granola parfait with coconut yoghurt and berries, drizzled with KI Honey

## HOT HOUSE PORRIDGE WITH CARMELISED BANANA

17.9

## BIRCHER MUESLI (DF)

15.9

House soaked Bircher Muesli infused with chia seeds, topped with coconut yoghurt, apple & pear drizzled with KI Honey

## SFIZIO'S MUESLI

12.0

House made crunchy nut muesli served with milk

Add coconut yoghurt  
extra

3.0

Add berries  
4.0 extra

## BUTTERMILK PANCAKES

per serve – Choose from the following options :

Mixed Berry Compote

16.5

Lemon & Sugar

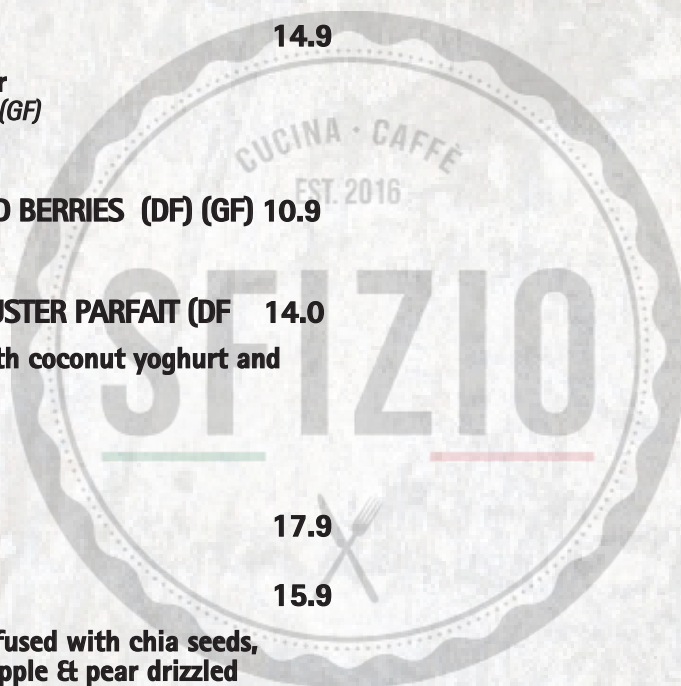
14.5

Maple Syrup

14.5

Bacon & Maple Syrup

17.9



## SFIZIO

To fulfill a craving..



sfziocucina

Wifi Password: Sfziocafe

Kitchen Open 7 Days

7:30am till 8:00pm

89 The Parade Norwood SA 5067

Phone : 8332 2942 for bookings

(V) Vegetarian

(DF) Dairy Free

(GF) Gluten Free

ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY

15% surcharge on public holidays