

Breakfast

Daily 8am - 11.30am

Eggs on Toast (GF available)	\$11.5
2 fried free range eggs on a toasted homemade bread	
Salmon & Ricotta (GF available)	\$16
Creamy ricotta, house cured smoked salmon & greens on a toasted homemade bread	
Thyme Mushrooms (V, GF available)	\$16
Garlic and thyme creamy mushrooms with baby kale & parmesan on toasted homemade bread	
Eggs & Pancetta (GF available)	\$15
Two fried free range eggs, crispy pancetta, toasted homemade bread	
Sausage & Beans (GF available)	\$16
Sausage and melted smoked cheese on homemade bread with mixed beans	
Granola (V)	\$12.5
Toasted granola with Brazil nuts & coconut served with natural greek yoghurt, fresh banana & honey	
Toast (GF available)	\$8
Toasted homemade bread served with butter and jam or Nutella	

Breakfast Sides

Free range egg	\$3	Smoked Salmon	\$7
Creamy Mushrooms	\$5.5	Pancetta	\$6
Creamy Ricotta	\$4.5	Sausage	\$6
Mixed Beans	\$4.5		

GF Bread add **\$2**

Did you know that...

We can cater for your private function in our restaurant for groups from 10 to 50 people

you can pre order birthday cake or wedding cake @ *Terra Mia*

For more information ask the staff or contact us at info@terramiaarrotown.co.nz

Terra Mia

TRADITIONAL ITALIAN CAFE, RESTAURANT & PIZZERIA

Lunch & Dinner

Daily 11.30am - 3pm

Dinner on Thursday, Friday and Saturday from 5.30pm

Appetizers

Antipasto Della Casa (GF available, V available)

Cured meats, cheeses, olives, chutney, sun-dried tomatoes and our homemade bread

- for two people \$26
- for four people \$46

Bruschetta of the day (V, GF available) \$12.5

Polenta Chips (V, GF) \$12.5

Polenta chips served with tomato sauce

Fried Calamari \$17

Fried calamari served with aioli & lemon

Arancini Balls (V) \$14

Pea and parmesan rice balls served with tomato sauce

Garlic Pizza (V) \$12

Garlic pizza with mozzarella & oregano

Homemade Meatballs \$19.5

Homemade meatballs in tomato sauce served with crusty bread

Salads (GF)

Smoked salmon \$19.5

Mesclun, capsicum, pickled onions & house cured smoked salmon

Mediterranean Salad \$15

Spinach, sun-dried tomatoes, black and green olives, artichokes & fresh homemade ricotta

Green Side Salad \$9.5

Mix of green leaves, carrot & cucumber ribbons & olive oil

Pasta

Our pasta is cooked « al dente »

Puttanesca (GF available, **no cheese served**) \$24

Spaghetti with olives, capers, anchovies, garlic, chili & tomato sauce

Lasagna \$25

Layered homemade pasta with meat ragout, tomato sauce, béchamel, mozzarella & parmesan cheese

Bolognese (GF available) \$26

Homemade fettuccine pasta with meat ragout tomato sauce & parmesan cheese

Cannelloni (V) \$25

Homemade pasta with tomato sauce filled with spinach & ricotta cheese

Granchio (GF available, **no cheese served**) \$28

Linguini pasta with crab meat, cherry tomatoes, lemon zest, garlic & parsley

Broccoli (V, GF available) \$25

Pasta with creamy broccoli purée, grilled broccoli, chilli & parmesan cheese

Nduja (GF available) \$26

Pasta with spicy pork mince, roasted pumpkin, red onions & parsley

Risotto of the Day (GF) MP

Daily **SPECIALS** on the black board

Please ask our staff for Vegan and Dairy-Free options

HOMEMADE ITALIAN

PANINI ROLL

Daily 11.30am - 3pm

*Our Panini are cooked and made upon order, they are **not toasted**, we use local and imported ingredients such as local organic vegetables, cheeses from Italy, homemade ricotta cheese, house-cured salmon and Zamora meat*

Napoletano \$14.5

Homemade Meatballs in tomato sauce, mozzarella

Toscano (GF available) \$14.5

Tuscan style roast pork, potatoes & baby kale

Vegetariano (V, GF available) \$13.5

Mushrooms, capsicum & fresh spinach

Classico (GF available) \$13

Ham, mozzarella & tomatoes

Al Salmone (GF available) \$14.5

Smoked salmon, creamy ricotta & mixed leaves

Salsiccia (GF available) \$14.5

Pork fennel sausage, provolone & mushrooms

Make Your Own (GF available) \$14.5

Choose any 3 fillings:

Roast pork - Ham - Smoked Salmon -

Salami - Spinach - Mesclun - Baby kale -

Tomato - Capsicum - Mushroom -

Provolone cheese - Mozzarella cheese -

Creamy Ricotta cheese

+\$5

For a side of Polenta chips with your panini

GF Bread add **\$2**

SOMETHING SWEET

Check our cabinet for our selection of homemade

CAKES & DESSERTS

While we offer gluten-free menu options, we are not a gluten-free restaurant. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens.

We use Caputo 00 flour from Naples, San Marzano Tomatoes from Angri, Fior di Latte Cheese from Battipaglia, Cured Meat from Zamora Queenstown Anchovies from Sicily, Imported cheeses from Italy

Pizza Menu

The top quality of the ingredients and the traditional preparation and cooking method are the key to a true Neapolitan Pizza. The pizza must be very thin in the middle with a crust that is airy and fluffy. No tools are meant to be used to stretch the dough except the pizzaiolo's hands. Lastly, and maybe most importantly, the pizza must be cooked in an oven at 450-485°C for no longer than 90 seconds.

Daily from 11.30am

No half & half flavors, No adding or swapping,
No small pizza at Dinner time

Sml: 9 inch Reg: 12 inch

TRADITIONAL

Napoletana

Tomato sauce, fior di latte, capers, garlic, olives, anchovies & oregano

Sml: \$14 Reg: \$26

Misto Salumi

Tomato sauce, fior di latte, basil oil, ham, pancetta & fennel salami

Sml: \$15 Reg: \$28

Vegetariana (V)

Fior di latte, basil oil, seasonal vegetables & garlic

Sml: \$15 Reg: \$28

Margherita (V)

Tomato sauce, fior di latte & basil oil

Sml: \$13 Reg: \$23

Crudo

Parma ham, buffalo mozzarella, cherry tomatoes, parmesan & basil oil

Reg \$28

Diavola

Tomato sauce, fior di latte, fennel salami, olives, anchovies & chili

Sml: \$15 Reg: \$28

Capricciosa

Tomato sauce, fior di latte, basil oil, ham, mushrooms, olives & artichokes

Reg: \$28

Rustica

Tomato sauce, fior di latte, basil oil, garlic, mushrooms, fennel salami & chili

Sml: 15 Reg: \$28

Cotto e Funghi

Tomato sauce, fior di latte, basil oil, ham & mushrooms

Sml: \$15 Reg: \$28

4 Formaggi(V)

Tomato sauce, basil, gorgonzola, provolone, pecorino & parmesan

Reg: \$26

Terra Mia

Pork fennel sausage, garlic, cherry tomatoes, baby kale & fior di latte

Reg: \$28

Funghi (V)

Mushrooms, garlic, cherry tomatoes, fior di latte & pecorino Romano

Reg: \$26

AUTUMN 2019

Carciofi e Pancetta

Fior di latte, artichokes, parsley, sun-dried tomatoes & pancetta

Reg: \$28

Zucca & Patate

Pumpkin, potatoes, Nduja, basil oil & parmesan skins

Reg: \$28

Vegana (V)

Broad beans, pumpkin, broccoli & potatoes

Reg: \$26

Broccoli

Smoked provolone, broccoli, pork fennel sausage & capsicum

Reg: \$28

Fave e Guanciale

Provolone, fior di latte, broad beans & guanciale

Reg: \$26

Speck & Taleggio

Speck, mushrooms, walnut & Taleggio cheese

Reg: \$28

GLOSSARY

San Marzano Tomatoes: Compared to the Roma tomato, San Marzano tomatoes are thinner and more pointed. The flesh is much thicker with fewer seeds, and the taste is stronger, sweeter and less acidic. San Marzano tomatoes originate from the small town of San Marzano sul Sarno, near Naples, Italy, and were first grown in volcanic soil in the shadow of Mount Vesuvius.

Napoli sauce: is a slow cooked tomato sauce made from San Marzano Tomatoes, celery, carrots & onions.

Guanciale: is an Italian cured meat product prepared from pork jowl or cheeks. Its name is derived from guancia, Italian for cheek. Guanciale may be cut and eaten directly in small portions, but is often used as a pasta ingredient. It is used in dishes like spaghetti alla carbonara and sauces like sugo all'amatriciana. It is a specialty of central Italy, particularly Umbria and Lazio.

Pancetta: is an Italian bacon made of pork belly meat, that is salt cured and spiced with black pepper, and sometimes other spices. Pancetta in Italy is typically consumed raw.

Nduja : is made using pork meat from the head and roasted hot red peppers which give 'nduja its characteristic fiery taste. 'Nduja originates from the southern part of Calabria.

Fior Di Latte (mozzarella): is a plump soft cow's milk mozzarella, extremely fresh and made the artisanal way. It has a high moisture content and mild delicate flavour.

Provolone : It is a stretched-curd cheese originating in Casilli near Vesuvius, where it is still produced in pear shapes .

Buffalo mozzarella: is a mozzarella made from the milk of Italian mediterranean buffalo. It is a dairy product traditionally manufactured in Campania, especially in the provinces of Caserta and Salerno.

Taleggio : is a semi soft cow cheese from the north of Italy, it's traditionally square and has a strong aroma but a mild flavour.

Pecorino Romano : is a hard, salty Italian cheese, often used for grating, made out of sheep's milk (the Italian word pecora, from which the name derives, means sheep). Pecorino Romano was a staple in the diet for the legionaries of ancient Rome.

KID'S DEAL

Kids Juice

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+

your choice of :

-Kids Pasta with tomato sauce & cheese

-Kids Pasta with meatballs

-Kids Lasagna

-Small ham, cheese & tomato sauce pizza

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Vanilla Ice Cream with chocolate sauce