

Lunch & Dinner

Daily 11.30am - 3pm
Dinner on Thursday, Friday and Saturday

Breakfast

Daily 8am - 11.30am

Eggs on Toast (GF available)	\$11.5
Two free range eggs on a toasted homemade bread (Fried Eggs only)	
Eggs & Pancetta (GF available)	\$15
Two free range eggs, crispy pancetta, toasted homemade bread (Fried Eggs only)	
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	
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

Fried 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**

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	\$49
Bruschetta of the day (GF available)	MP
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 »

Aglio & Olio Terra Mia style (GF available)	\$23
Spaghetti with confit garlic, parsley, chili, anchovies oil, bread crumbs & lemon zest	
Lasagna	\$26
Layered homemade pasta with meat ragout, tomato sauce, béchamel, mozzarella & parmesan cheese	
Bolognese (GF available)	\$26
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, chili & parmesan cheese	
Nduja (GF available)	\$26
Pasta with spicy pork mince, roasted pumpkin, red onions & parsley	
Arrabiata (V, GF available, very spicy)	\$23
Penne with tomato sauce, garlic & chili	
Puttanesca (GF available, no cheese served)	\$24
Spaghetti with olives, capers, anchovies, garlic, chili & tomato sauce	
Polpette	\$26
Spaghetti with homemade meatballs in tomato sauce & parmesan cheese	

Risotto of the day (Gf) MP

HOMEMADE ITALIAN PANINI SANDWICH

Daily 11.30am - 3pm

Our Panini is 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 - Potato - Capsicum - Mushroom - Pumpkin 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

Daily **SPECIALS** on the black board

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.

Please ask our staff for Vegan and Dairy-Free options

Pizza

Daily from 11.30am

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

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.

**No half & half flavors, No adding or swapping,
No small pizza after 3pm**

Sml: 9 inch Reg: 12 inch

Napoletana (DF)

Tomato sauce, capers, garlic, olives, anchovies & oregano
Sml: \$14 Reg: \$26

Capricciosa

Tomato sauce, fior di latte, ham, mushrooms, olives & artichokes
Reg: \$28

Cotto e Funghi

Tomato sauce, fior di latte, ham & mushrooms
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

Speck & Taleggio

Speck, mushrooms, walnut & Taleggio cheese
Reg: \$28

Crudo

Parma ham, buffalo mozzarella, cherry tomatoes, parmesan & basil oil
Reg: \$28

4 Formaggi(V)

Tomato sauce, basil, gorgonzola, provolone, fior di latte & parmesan skins
Reg: \$26

Calabrese

Nduja, cherry tomatoes, olives, red onions & fior di latte
Reg: \$26

Carciofi e Pancetta

Fior di latte, artichokes, parsley, sun-dried tomatoes & pancetta
Reg: \$28

Terra Mia

Pork fennel seeds sausage, garlic, cherry tomatoes, baby kale & fior di latte
Reg: \$28

Funghi (V)

Mushrooms, garlic, cherry tomatoes, fior di latte & pecorino cheese
Reg: \$26

Rustica

Tomato sauce, fior di latte, garlic, mushrooms, fennel seeds salami
Sml: 15 Reg: \$28

Misto Salumi

Tomato sauce, fior di latte, ham, pancetta & fennel seeds salami
Sml: \$15 Reg: \$28

Diavola

Tomato sauce, fior di latte, fennel seeds salami, olives, anchovies
Sml: \$15 Reg: \$28

KID'S DEAL

Kids Juice
Apple, Orange
or Blackcurrent

+

your choice of :

- *Kids Pasta with tomato sauce & cheese
- *Kids Pasta with meatballs
- *Kids Lasagna
- *Small ham, cheese & tomato sauce pizza

+

Vanilla Ice Cream
with
chocolate sauce

\$18

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.

Speck : is a smoked and cured meat traditionally from the north of Italy, it's made from the leg of the pork and contains less fat than pancetta

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Did you know that...

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

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

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

