

## Buongiorno @ Farro

### All DAY BREAKFAST until 3pm

<b>Toast</b> with a choice of house made berries jam, organic butter or whipped buffalo ricotta	
House baked spelt bread	7.50
Wholegrain spelt sourdough	7.50
Gluten-free bread	8.50
<b>Fruit Toast</b> House baked fig, apricot and raisin spelt bread with a choice of house made berries jam, organic butter or whipped buffalo ricotta	8.50
<b>Spelt Ricotta Hot Cake</b> with fresh berries, orange segments, orange infused mascarpone, spelt puff & organic maple syrup	19.00
<b>Chia Seed Yogurt Panna Cotta</b> with fresh berries, fresh seasonal fruits, dehydrated fruits, spelt granola & organic honey (GFO: gluten free granola)	16.50
<b>Breakfast Spelt Beetroot Risotto</b> with brulee banana, candied walnuts, seeds & coconut cream	16.50
<b>Italian Baked Egg</b> with tomato sugo, spelt, parmesan, parsley & house baked spelt toast (GFO: Lentil & GF bread)	16.50
+ Chorizo Sausage Meat	3.00
<b>Soft Polenta</b> with wild mushroom ragout, prosciutto & hazel nut crumble, parmesan chip & a touch of truffle oil (GF)	19.50
<b>Eggs Benedict</b> with slow roasted duck leg, grapefruit hollandaise, charred grapefruit & house baked spelt toast (GFO: GF bread)	19.00
<b>Cauliflower &amp; Spanner Crab Fritter</b> with black truffle sauce, cucumber, radish, pickled onion, a poached egg & mint infused yogurt (GF)	19.50
<b>Crushed Avocado</b> with whipped buffalo ricotta, heirloom tomato, pomegranate vincotto vinaigrette, seeds, a poached egg & spelt multigrain toast (GFO: GF bread)	17.50



**Citrus cured Rockling** with broad bean & chicory puree, baby king oyster mushroom, spelt, cherry tomato, red onion & pancetta (GFO: Lentil) 21.50

**Spelt Soup** with carrot, celery, onion, porcini mushroom, cannellini bean, kale, parmesan, parsley & house baked spelt toast 15.50

**Breakfast Salad** with spelt, asparagus, kale, celery, zucchini, grape, red capsicum, red onion, toasted pine nut, mint, parsley, lemon vinaigrette, & ricotta salata (GFO: Lentil) 17.50

**Free Range Eggs on Toast** poached, fried or scrambled on spelt multigrain toast (GFO:GF Bread) 9.50

**For the little ones** Egg & bacon on toast (GFO:GF bread) 7.50

### Extras

Gluten free bread add	1.00
Extra free-range egg/ extra toast/ grapefruit hollandaise	2.50
Crispy egg	3.00
Wild mushroom stew/ Meredith goats cheese/ chorizo	4.00
Free-range bacon/prosciutto/crushed avocado	5.00

**GF** = Gluten Free

**GFO** = Gluten Free Optional

We will try our best to accommodate changes to the menu, however, on some occasions unfortunately this may not be possible. We hope you understand.

## LUNCH from 11.30am

**Pizza** gluten-free based available for any pizza +3

**Margherita** tomatoes, mozzarella, basil & E.V.O. oil 17.00

**Bufala** tomatoes, mozzarella, fresh buffalo mozzarella, basil & E.V.O. oil 20.50

**Prosciutto** tomatoes, mozzarella, San Daniele prosciutto & fresh buffalo mozzarella 23.50  
add fresh rocket +2.50

**Ananas** tomatoes, mozzarella, leg ham, spring onion, pineapple & pine nuts 18.90

**Paesan** tomatoes, hot sopressa salami, mozzarella, chilli, basil & E.V.O. oil 19.50

**Zucca** tomatoes, Meredith goats cheese, roasted pumpkin, walnuts, rocket & E.V.O. oil 19.90

**Patate** artichoke puree, Meredith goats cheese, roasted potato, pancetta & rosemary 21.50

**Funchi** mozzarella, taleggio, cup mushroom, porcini mushroom, parsley & truffle oil 20.80

**Osso Buco** mozzarella, slow cooked osso buco, rocket, shaved parmesan & E.V.O. oil 23.80

**Ortolana** tomatoes, mozzarella, roasted eggplant, artichokes, roasted red capsicum, shaved parmesan & parsley 20.80

**Porcini e Pancetta** mozzarella, gorgonzola, porcini mushroom, pancetta, parsley & truffle oil 22.00

**Gamberi** tomatoes, mozzarella, tiger prawns, semidried tomatoes, fresh chilli, garlic, basil 23.50

### Sides

**Polenta chips** with parmesan, rosemary and house made garlic aioli (GF) 8.50

**Polpette** lean pork & beef meat ball cooked in tomato sugo, house baked spelt bread (GFO: GF bread) 13.50

## COFFEE

Black	3.50
White	3.80
+bonsoy/decaf/double shot	+50
+spelt milk	+1.00
Hot chocolate/Chai latte	4.00
Iced coffee/ Iced chocolate	5.50

## TEA

English Breakfast/ Earl Grey/ Camomile/ Peppermint/Lemongrass & Ginger	4.00
Chai Tea	4.20

## DRINKS

Lurisia Sparkling Mineral Water 330/750ml	3.80/7.00
Organic Orange Juice / Apple Spirulina & Wheatgrass Juice	4.50
Daylesford & Hepburn Organic Sparkling Cola/Lemonade/Lemon Lime Bitters/ Blood OJ/Chinotto	4.50

## COCKTAIL

Aperol Spritz	12.00
Sorrento Sparkle	12.50
American	12.50

## BEER & CIDER

Peroni	8.00
Peroni Red	8.00
Moretti	8.00
Monteith' s Crushed Apple Cider	8.00
Peroni Light	7.00
Mountain Goat Steam Ale	8.00
Wilde Pale Ale (GF)	9.00
La Petrognola Amber Farro	12.00



## WINE

### SPARKLING

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Furlan Prosecco DOC - Veneto, Italy	9.00	43.00
Pizzini Brachetto ( Rosé style - Moscato) - King Valley, VIC	8.00	35.00

### WHITE

KuKu Sauvignon Blanc (H.W.) - Marlborough, NZ	8.50	36.00
Di Lenardo Santa Paziienza Pinot Grigio - Friuli, Italy	9.50	39.00
Grant Burge Summers Chardonnay - Adelaide Hills & Eden Valley, SA	8.50	37.00
Vagnoni Vernaccia di San Gimignano DOCG - Tuscany, Italy Organic	10.00	43.00

### ROSÉ

Pizzini Rosetta - King Valley, VIC	8.50	37.00
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### RED

Zaccagnini Kasaura Montepulciano (H.R.) - Bolognano Hills, Italy	8.00	33.00
Medhurst Steel' s Hill Pinot Noir - Yarra Valley, VIC	10.00	43.00
Xanadu Next of Kin Cabernet Sauvignon - Margaret River, WA	8.50	36.00
Kirrhill Vineyard Selection Series Shiraz - Clare Vale, SA	9.50	39.00
Vagnoni Chianti Colli Senesi DOCG - Tuscany, Italy, Organic	10.50	46.00
G.D.Vajra Langhe Rosso DOC 2011 - Piemonte, Italy	58.00	
Produttori Del Barbaresco Nebbiolo delle Langhe DOC 2012 - Piemonte, Italy	68.00	

**Corkage - wine only** 8 per bottle

*Italian Woodfired Pizzeria*  
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[pizzafarro.com.au](http://pizzafarro.com.au)

## *Farro is Italian for Spelt*

### *Why use Spelt?*

*Spelt is a non-hybrid grain that has been widely used in Europe since 500BC and harvested as early as 5000BC. Spelt is highly nutritious and its proteins are easier to digest than those found in wheat. Not only is Spelt low in gluten it contains special carbohydrates which are an important factor in necessary blood clotting and stimulating the body's immune system. Spelt is also a superb fibre source and has significant amounts of B-complex vitamins. Its protein content is 10% - 25% higher than common varieties of commercial wheat.*

### *Our Commitment*

*We use 100% Australian organic Spelt flour or Spelt Grain for all our pizza, focaccia, pasta, house baked bread and other spelt dishes. In spite of global grain shortages and the high cost of limited spelt crops we are dedicated to sourcing and providing fantastic spelt products at competitive prices. Simply put, the benefits of Spelt are worth it! Where possible, we source ingredients from companies who use fresh, organic and gluten-free ingredients to create a healthier meal of excellent taste and quality.*