

Breakfast

Daily 8am - 11.30am

Eggs on Toast (GF available)	\$11
2 fried free range eggs on a toasted homemade bread	
Avocado & Egg (V, GF available)	\$14.5
Smashed Avocado on toasted homemade bread, greens & 1 fried free range egg.	
Thyme Mushrooms (V, GF available)	\$15.5
Garlic and thyme creamy mushrooms with baby kale & parmesan on toasted homemade bread	
Eggs & Pancetta (GF available)	\$14.5
Two fried free range eggs, crispy pancetta, toasted homemade bread	
Sausage & Beans (GF available)	\$15.5
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	
Crumble (V)	\$13.5
Warm seasonal fruit crumble with homemade Italian custard	
Toast (GF available)	\$8
Toasted homemade bread served with butter and jam or Nutella	

Breakfast Sides

Free range egg	\$3	Smoked Salmon	\$7
Creamy Mushroom	\$5	Pancetta	\$6
Avocado	\$4	Sausage	\$6
Beans	\$4		

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 17.30

Appetizers

Antipasto Della Casa (GF available, V available)

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

- for two people \$25

- for four people \$44

Mushroom Bruschetta (V, GF available) \$12

Mushroom, garlic and greens on a thick slice of bread

Polenta Chips (V, GF) \$12

Polenta chips served with gorgonzola sauce

Fried Calamari \$16

Fried calamari served with aioli

Arancini Balls (V) \$13

Pea and parmesan rice balls served with tomato sauce

Garlic Pizza (V) \$12

Garlic pizza with mozzarella & oregano

Homemade Meatballs \$19

Homemade meatballs in tomato sauce served with homemade bread

Salads (GF)

Smoked salmon \$19

House cured hot smoked salmon, greens, avocado & pickled onions

Mediterranean Salad \$14

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

Green Side Salad \$9

Mix of green leaves carrot & cucumber ribbons

Pasta

Our pasta is cooked « al dente »

Puttanesca (GF available, **no cheese served**) \$23

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

Lasagna \$25

Layered homemade pasta with meat ragout, béchamel & cheese

Bolognese (GF available) \$26

Homemade fettuccine pasta with meat ragout & parmesan cheese

Cannelloni (V) \$24

Homemade pasta filled with spinach & ricotta cheese

Frutti di mare (GF available, **no cheese served**) \$28

Linguini pasta with mixed seafood & cherry tomatoes

Timo e crema (V, GF available) \$25

Pasta with creamy mushrooms thyme sauce & pecorino cheese

Daily **SPECIALS** on the black board

Please ask our staff for Vegan and Dairy-Free options

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.

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 & basil oil

Toscano (GF available) \$14.5

Tuscan style roast pork, potatoes & baby kale

Vegetariano (V, GF available) \$13.5

Mushroom capsicum & fresh spinach

Classico (GF available) \$13

Ham, mozzarella & tomatoes

Al Salmone (GF available) \$14.5

Smoked salmon, creamy ricotta & mixed leaves

Salame (GF available) \$13,5

Salami, provolone & mushroom

Make Your Own (GF available) \$14.5

Choose any 3 fillings:

Roast pork - Ham - Smoked Salmon -

Salami - Spinach - Mesclun - Baby kale -

Avocado - 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

OR

ask for the **DESSERT** menu

P i z z a M e n u

Daily from 11.30am

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

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

Sml: 9 inch Reg: 12 inch

Misto Salumi

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

Sml: \$15 Reg: \$28

Capricciosa

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

Reg: \$28

Cotto e Funghi

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

Sml: \$14 Reg: \$26

Nduja

Nduja, cherry tomatoes, olives,
red onions & fior di latte

Reg: \$26

Rustica

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

Sml: 15 Reg: \$28

Vegetariana (V)

Fior di latte, basil oil, seasonal
vegetables & garlic

Reg: \$28

Margherita (V)

Tomato sauce, fior di latte
& basil oil

Sml: \$13 Reg: \$23

Terra Mia

Pork sausage, garlic, cherry tomatoes,
baby kale & buffalo mozzarella

Reg: \$28

Crudo

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

Reg \$28

Patate & Guanciale

Roast potatoes, parmesan skin, smoked
provolone, guanciale & dry parsley

Reg: \$26

Diavola

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

Sml: \$15 Reg: \$28

4 Formaggi(V)

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

Reg: \$26

Napoletana

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

Sml: \$14 Reg: \$26

Funghi (V)

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

Reg: \$24

KID'S DEAL

Kid's Juice

+

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your choice of :

-Kids Pasta with tomato sauce
& cheese

-Kids Pasta with meatballs
-Kids Lasagna

-Small ham & cheese pizza

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+

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.

Mortadella: is a large Italian sausage meat made of finely hashed or ground, heat-cured pork, Mortadella is a product of Bologna, Italy. It is flavoured with spices, including whole or ground black pepper, olives, myrtle berries, and pistachios.

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.

Burrata: Is a typical product of Andria within Murgia, an area in the Apulian region in the south of Italy. It is produced from cow's milk, rennet, and cream.

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.

