

SALADS		
HERITAGE TOMATO GF, V		\$25
cherry tomatoes, parsley, evoo, pickled onion, gherkins, watercress		
BURRATA GF, V		\$29
rocket, marinated capsicum, artichoke, olives, garlic croutons, burrata, basil evoo		

SHARES		
GARLIC BREAD V		\$10
ciabatta, confit garlic, butter		
ANTIPASTO PLATE GFO		\$30
prosciutto, salsiccia, roast vegetables, olives, whipped ricotta, arancini, fried camembert, focaccia		
ARANCINI V		\$24
three cheese arancini, porcini cheese, date chutney		
BRUSCHETTA VG		\$20
seasonal tomato, red onion, basil, balsamic glaze (+\$8 fresh burrata)		
PATATINE FRITTE GF, V		\$14
chips, aioli		
PARMESAN POLENTA BITES GF, V		\$18
fried polenta, parmesan, aioli		
DUSTED CALAMARI		\$24
calamari fritti, citrus aioli		
KING PRAWNS		\$29
four split and roast skull island king prawns, spicy butter		
FRIED CAMEMBERT V		\$23
camembert, golden fried, panko crumbed, date chutney		
SALSICCIA		\$18
char grilled chorizo, lemon		

MAINS		
OSSO BUCO GFO		\$36
slow braised veal shank, tomato & red wine sauce, pappardelle, salsa verde (optional soft polenta)		
PARMIGIANA		\$36
chicken breast, tomato sugo, fior di latte, pecorino, basil		
MELANZANE PARMIGIANA V		\$25
roast eggplant, tomato sugo, mozzarella, fresh basil		
SALMONE CON MISO		\$31
grilled atlantic salmon, miso, roast teriyaki eggplant, seasonal farm greens, ginger mayonnaise, puffed rice, brown rice		
FILETTO		\$40
prosciutto wrapped 200g beef fillat, potato terrine, roast shallot, red wine jus (+\$19 two skull island king prawns)		

PASTA		
LASAGNA AL FORNO		\$30
house made beef ragu, san marzano tomato, mozzarella, béchamel, pecorino, fresh basil		
GNOCCHI		\$29
house made golden gnocchi, tomato sugo, parmesan, basil		
PAPPARDELLE BEEF CHEEK RAGU		\$32
slow cooked beef cheeks, pappardelle, house ragu, pecorino		
SPAGHETTI AGLIO E OLIO V		\$25
house made spaghetti, red pepper flakes, lemon juice, evoo, kale, parmesan		
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MAKE IT FAMILY SIZE TO SHARE		\$60
family size pasta of your choice		

CLASSICO PIZZA		
MARGHERITA V		\$21
san marzano tomato, mozzarella, basil		
PEPPERONI		\$25
san marzano tomato, mozzarella, pepperoni		
BURRATA DOP V		\$26
san marzano tomato, pecorino, burrata		
NAPOLETANA		\$26
san marzano tomato, mozzarella, anchovies, kalamata olives		
CAPRICCIOSA		\$28
san marzano tomato, mozzarella, leg ham, mushroom, artichoke, kalamata olives		
QUATTRO FORMAGGI V		\$28
mozzarella, pecorino, gorgonzola, smoked scamorza		
QUATTRO CARNE		\$29
san marzano tomato, mozzarella, soppressata hot salami, leg ham, pepperoni, pancetta		
FRIARIELLI		\$29
mozzarella, friarielli (italian broccoli), deli pork sausage, chilli, pecorino		
ZUCCA V		\$25
mozzarella, pumpkin puree, roasted pine nuts, pesto, red onion, pecorino, rocket		
PRIMO COLAZIONE		\$27
san marzano tomato, mozzarella, pancetta, onion, egg		
HAWAIIAN		\$26
san marzano tomato, mozzarella, leg ham, pineapple		

PREMIO PIZZA		
PROSCIUTTO		\$30
san marzano tomato, mozzarella, pecorino, san daniele prosciutto, rocket		
CALABRESE		\$30
san marzano tomato, mozzarella, sopressata hot salami, kalamata olives, red capsicum, chilli		
GAMBERI		\$31
pumpkin puree, mozzarella, large prawns, chilli, capers, pesto		
TRUFFLED MUSHROOMS V		\$30
truffle cream, mozzarella, seasonal mushrooms, balsamic glaze		
TERRA MARE		\$32
unique tomato/garlic base, hot salami, prawns		

DI LUSSO PIZZA		
WAGYU BRESAOLA		\$38
san marzano tomato, mozzarella, nduja, caramelised red onion, pesto, wagyu bresaola, burrata		
NONNO'S TRUFFLE		\$38
truffle cream, mozzarella, sweet pear, walnut, san daniele prosciutto, rocket, balsamic glaze, truffle burrata		

TERRA MONSTA PIZZA!
upgrade any pizza to a massive 22 inch. serves 4 to 5 people. perfect for catering and functions. 24hrs notice required.

DESSERT		
DOUGH BITES V		\$18
fried pizza dough served with nutella, crushed pistachio		
AFFOGATO GF		\$16
vanilla ice cream, espresso, biscotti		
TIRAMISU V		\$20
savoiardi biscotti, espresso, mascarpone cream & chocolate		

DRINKS		
SOFT DRINK		\$5
coke / coke-zero / sprite		
HAPPY HIPPIE SUPERFOOD SMOOTHIE		\$9
energise / cleanse		
LEMON LIME BITTERS		\$6
lime cordial, bitters, sprite		
SAN PELLEGRINO FLAVOURS		\$6
Chinotto / limonata / aranciata		
SPARKLING MINERAL WATER		\$8
STILL WATER		\$8

OUR MENU IS DESIGNED TO BE SHARED! YOUR DISHES WILL BE SERVED TO YOUR TABLE AS THEY ARE READY TO ENJOY.

 **SHARE THE LOVE! TAG: @TERRAMARENORTHAM**

SEE OUR BLACKBOARD FOR TODAYS DELICIOUS, FRESH FLAVOURS

GFO GLUTEN FREE OPTION	GF GLUTEN FREE	V VEGETARIAN	VG VEGAN	DF DAIRY FREE	DFO DAIRY FREE OPTION
+\$5 GLUTEN FREE PIZZA BASE		+\$2 GLUTEN FREE PASTA		+\$4 GLUTEN FREE SHARE PASTA	

Please let us know if you have any allergies. Note that some items may contain traces of seafood, meat, nut, egg, soy, wheat, seeds and other allergens. Due to the nature of restaurant, meal preparation and possibly cross-contamination, Terra Mare is unable to 100% guarantee the absence of these ingredients from all menu items. Some olives may contain pips. Prices subject to change without notice.



BREAKFAST

TERRA MARE BIG BREKKY

two eggs (poached, fried or scrambled), mushroom, grilled tomato, avon bacon, hash brown, italian sausage, house toasted bread

CHERRY ON TOP

buttermilk pancakes, raspberry and cherry compote, chantilly cream almond brownie crumble, maple syrup

SMASHED AVO

smashed avocado, poached eggs, cherry tomatoes, house toasted bread

TUSCAN FARMER

fresh tomato, chilli, two poached eggs, cannellini beans, chorizo, house toasted bread

18 HOUR SMOKED BRISKET

smoked brisket, two fried eggs, hollandaise sauce, toasted house bread

FRIED SOUTHERN CHICKEN

waffles, fried chicken, bacon, fried egg, smoked buffalo hollandaise

EGGS ON TOAST

two eggs (poached, fried or scrambled) on house toast

TROPICAL ACAI BOWL

mango, passionfruit, banana, pistachio butter, protein crunch granola

TOASTED SWEET ITALIAN

fruit toast, whipped ricotta, date chutney

ITALIAN OMELETTE

mozzarella, fresh basil, parsley, sopressata, cherry tomatoes, whipped cream cheese, red onion, rocket, spicy tomato sauce

TOFU MUSHROOM SCRAMBLE

miso butter mushrooms, sourdough, whipped tofu, scrambled egg

SMOKED SALMON

poached eggs, broccoli, wilted rocket, chipotle hollandaise, toasted house bread

SIDES

BACON

\$3

HASH BROWN

\$2

FIELD MUSHROOM

\$2

SAUSAGE

\$3

1 EGG

\$3

SMOKED SALMON

\$5

sides can only be added to a main meal, they are not for individual sale

FIORI COFFEE

FLAT WHITE

\$4.5

CAPPUCCINO

\$4.5

LATTE

\$4.5

LONG BLACK

\$4.5

LONG MACCHIATO

\$4.8

MOCHA

\$4.8

HOT CHOCOLATE

\$4.8

CHAI LATTE

\$4.8

MATCHA LATTE

\$4.8

ESPRESSO

\$3.5

DOUBLE ESPRESSO

\$4.0

SHORT MACCHIATO

\$4.5

ALMOND MILK

+50c

OAT MILK

+50c

SOY MILK

+50c

UPGRADE TO MUG

+50c

LACTOSE FREE

+50c

MACADAMIA MILK

+50c

EXTRA SHOT

+50c

DECAF

+50c

ICED DRINKS

ICED LATTE

\$8.5

ICED LONG BLACK

\$8.5

ICED CHAI

\$8.5

ICED MOCHA

\$8.5

ICED CHOCOLATE

\$8.5

includes cream & ice cream

INFUSED LOOSE LEAF TEAS

ENGLISH BREAKFAST

\$5

FRENCH EARL GREY

\$5

CHAMOMILE

\$5

PEPPERMINT

\$5

GREEN SENCHA

\$5

MASALA CHAI

\$5

LEMONGRASS + GINGER

\$5

TERRA MARE

BREAKFAST

THE JUICE BAR

FRESH JUICE

choose three: orange, watermelon, celery or apple

\$9

I LOVE GREEN

kale, spinach, cucumber, celery, fennel, green apple

\$9

HAPPINESS

pineapple, watermelon, orange, apple, cucumber

\$9

DR BEET

beetroot, celery, apple

\$9

SMOOTHIES

BLIND DATE

banana, rolled oats, cinnamon, dates, milk

\$9.5

CLASSIC MANGO UNCHAINED

mango, papaya, passionfruit, apple juice

\$9.5

BERRY & THE BEAST

mixed berries, chia seeds, cherries, apple juice

\$9.5

HULK

kale, celery, spinach, banana, spice blend, apple juice

\$9.5

SHAKES

OREO SHAKE

oreo cookies, ice cream, milk, chocolate sauce, whipped cream

\$10

CLASSIC MILKSHAKE

chocolate, strawberry, caramel, vanilla, banana, spearmint or blue heaven

\$8