



We take our coffee uber seriously but not ourselves. We pride ourselves on using quality beans by ST ALI who support local grassroots farmers across the globe. Our head barista & his verging squad rotate daily batch brews, & delicious single origins.

IL FORNAIO

EST 1994



**NOURISH YOU,
NOT JUST FEED YOU**

Il Fornaio's philosophy is simple - we're a young hospitality group that wants to bring wholesome & nutrient dense food to the neighbourhood.

Community is a priority to us, so we source our produce from local Victorian farmers to support the families behind the labels. As part of an active & purposeful movement away from dairy & meat-heavy diets, Il Fornaio is forging a new path for the café evolution in Melbourne. Bread & pastries have been mastered using traditional French techniques with only plant based ingredients.

Our meat & dairy offering is free from growth promoting hormones & antibiotics. Our chicken & pork is sourced from Bertie's butcher who specialise in free range & organic products. Our chook eggs are living the open range dream from a local company called 'real eggs'. It is important not to be absolute but provide people choices. For us it's not just about eating less animal products, but also making more mindful food choices in general.

The role of a chef & a restaurant is to not just to feed, but to nourish.

We hope you feel the good vibes in our food.

COFFEE CLUB

By ST. Ali - \$4
choose your milk
st david dairy full cream or lite
coconut or soy + \$0.5
almond + \$1
Bottomless batch brewskie - \$5
House made chai - \$6
Turmeric latte - \$6 Matcha latte - \$6
Citizen Cacao fudge hot chocolate - \$6

JUICE

Freshly squeezed naval OJ - \$6
+ Golden grinder turmeric + cracker pepper - \$2
Cold pressed green juice of the day - \$8
Fresh young coconut - \$7

SMOOTHIES

Our smoothies are made with 100% natural ingredients. House made nut mylk, plant based ice cream.

Your choice of
STRAWBERRY / CHOCOLATE
VANILLA / BANANA - \$7
add 25gm protein + \$2

The F45 St Kilda
(Pre-post workout feel goodness)
35gm protein, mango, strawberry,
blueberry, dragon fruit, rolled oats - \$12

The Britt Active
(Bachelorette of Fitness)
35gm protein, acai, natural
peanut butter, banana, organic
cocoa, dates, almond mylk - \$12

The Channing Tatum
(For help with your dance moves)
Coconut mylk, St. Ali espresso, banana,
cinnamon, cacao, coconut + honey - \$10

BOOZE + BREWSKIES

Il Fornaio house beer - \$7
Brooklyn lager - \$8
Mountain Goat Steam Ale - \$9

Fresh OJ + Sparkles - \$10

Espresso Martini - \$16

Blood Mary - \$12

Gatwick G&T
Gin, muddled strawberries, star anise, tonic
water - \$12

Jug of Sangria
rose, vodka, goji & passionfruit,
turmeric - \$30 between 2

St. Kilda Spritz
Aperol, passionfruit, lemon zest,
house sparkling, peach liquor, soda - \$12

WINE

Il Fornaio house red/ white - \$7 / 32
NV Range Life Prosecco - \$8 / 38
Gold Sounds Riesling
2016, Mt Martha, VIC - \$45
Eminence 'Le Peche Mignon'
Pinot Noir 2015, King Valley VIC - \$45

SOFTIES

Appelachia Passionfruit Soda \$6
Appelachia Ginger Turmeric & Yuzu \$6
Appelachia Smoked Cola \$6
Large bottle sparkling water \$7

Increase Your Beach Vibrations

Sparkling mineral water, apple cider
vinegar, ginger, local honey,
B vitamins - \$5



FREE-RANGE EGGS ON TOAST

We proudly serve 'REAL EGGS' laid by chooks living the dream, roaming free in open pastures in Daylesford, Victoria.

Two soft poached or two fried eggs, two slices of sourdough toast \$10
half serve \$6

Scrambled eggs, two slices of sourdough toast \$11

EGGS OBAMA

Avocado & miso hollandaise sauce, St Bernards free range bacon, two poached eggs, sourdough toast \$20 (GFO) (NPB)

Avocado & miso hollandaise sauce, 41° South hot smoked salmon, avruga caviar, two poached eggs, sourdough toast \$23 (GFO) (NPB)

Avocado & miso hollandaise sauce, truffle roasted mushrooms, kale, sourdough \$17 (GFO)

PANCAKES & DREAMS

Our original recipe buckwheat & chia pancakes

Sweetie
Coconut cloud, banana, kaffir lime raspberry, passion fruit sorbet \$20 (GF)

Save me savoury
Maple glazed asparagus, roasted tomato relish, avocado, kale chips \$20 (GF)



DAD'S FARM OATS

Single Origin Victorian Oats.

Seasonal fruits, maple baked granola, house made coconut yoghurt \$14 (GF)

Creamy cashew & chia porridge, blood orange, goji berries, puffed buckwheat \$14 (GF)

Peruvian purple super food bircher, house made coyo, apple, caramelised pineapple \$14 (GF)

Add sides

Poached egg \$3
Crunchy hasselback potato \$4
Turmeric scrambled tofu \$4
Maple glazed asparagus \$4
Avocado 'in the half shell' \$5
Spiced pulled jackfruit \$4
Tossed greens with olive oil \$6

Truffle oil roasted mushrooms \$4
St Bernards free range bacon \$6
St Bernards organic pork sausage \$6
41° South hot smoked salmon \$6
Truffled chickpea fries with coconut yoghurt tzatziki \$7

Sexy Condiments

Roasted tomato relish \$1
Mexican dried chilli adobo \$1
Chipotle aioli \$1
House vegan butter \$1
Today's Jam \$2

THE HOUSING DEPOSIT

Avocado on toast is becoming extremely unaffordable for the young home buyers of Melbourne, so we've managed to come up with a sliding avocado scale depending on your savings goal.

'Westside'
Grilled avocado 'in the half shell', lime, murray river pink salt, sourdough toast \$11 (GFO)



'Northcote'
Smashed avocado, roasted pepperonata, smoked almond curd, sourdough toast \$16.50 (GFO)

'Toorak'
Sliced avocado, avruga caviar, golden beetroot, truffled goats curd, sourdough toast, poached egg \$21 (GFO) (NPB)

BIG BREAKFAST VIBES

1 - Sourdough toast, turmeric scrambled tofu, hasselback potato, grilled asparagus, truffle roasted mushrooms, roasted tomato relish \$22 (GFO)

2 - Sourdough toast, poached eggs, St Bernard's free range bacon & sausage, hasselback potato, roasted tomato relish \$24 (GFO - NPB)

DAILY ZERO WASTE SOUP

Daily *Zero Waste Soup toasted sourdough Ask your vibing waiter about today's flavour \$8 (GFO)

YOUR DAILY BREADS

On your choice of our plant based burger bun or sourdough baguette

Spicy pulled jackfruit cubano, grilled bean curd, cashew cheddar, pickled red onion \$12 (GFO)

Roasted Bannockburn chicken, avocado grilled Mediterranean veggies, smoked almond curd, roast tomato relish \$15 (GFO) (PBO)

PLENTY

CONSCIOUS CUISINE



Il Fornaio executive chef Cam (former Circa, Lady Carolina) ate himself healthy on a journey of learning how to nourish not only himself, but others around him through making healthier food choices, & losing 50kilos in the process! Teaming with Brooke Meredith, the passionate founder & Editor-In-Chief of A Conscious Collection Magazine, Brooke's passion for health & wellbeing began following the discovery of her own intolerances. The combination of powers resulted in the creating of ethical & wholesome dishes & experimenting with unique produce to prosper, & so was born PLENTY CONSCIOUS CUISINE.

ALL BOWLS \$15

ONE

spiced kabuli chickpeas, sweet potato & charred broccoli, buckwheat & quinoa tabbouleh, rose essence harissa (GF)

TWO

turmeric roasted cauliflower, grilled asparagus & eggplant, house made falafel, coconut tzatziki, Mount Zero grains & pulses, activated sesame & sumac dressing (GLUTEN AND GRAIN FREE OPTION: SUB GRAINS AND PULSES FOR CAULIFLOWER RICE)

THREE

raw & cooked asian mushrooms, edamame, rice koji, roasted pumpkin & parsnips, buckwheat & daikon noodles, ponzu (GF)

FOUR

broccolini, kale, avocado, sumac braised beluga lentils & field mushrooms, cauliflower rice, toasted seeds, smoked almond curd (GF & GRAIN FREE)

FIVE

cumin roasted purple carrots & golden beetroots, iceberg wedge, sprouted beans, Persian jewelled rice, barberries, yuzu & cashew tahina (GF)
(GRAIN FREE OPTION: SUB PERSIAN JEWELLED RICE, FOR CAULIFLOWER RICE)

SIX

crispy organic blue & white corn tortillas, grilled corn, pickled red onion, spiced green jackfruit, smashed avocado, toasted seeds, smokey adobo sauce (GF)

PROTEIN

41° South Tasmanian hot smoked salmon \$6
Ras El Hanout roasted Bannockburn chicken \$7
Soft poached 'Real Eggs' free-range egg \$3
Grilled avocado in the half shell \$5
Turmeric scrambled tofu - \$4

OTHER

Smoked almond curd +3
Coconut tzatziki +2
Tomato & coconut blossom relish +1
Chipotle aioli +1

GF - GLUTEN FREE GFO - GLUTEN FREE OPTION NPB - NOT PLANT BASED PBO - PLANT BASED OPTION

WEBSITE
ILFORNAIO.COM.AU

INSTAGRAM
@ILFORNAIOSTKILDA

Open 7 Days a Week
365 Days a Year
7-3.00pm

