



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

## COFFEE CLUB

By ST. Ali - \$4  
 choose your milk  
 st david dairy full cream or lite  
 coconut or soy + \$0.5  
 almond + \$1  
 Batch Brew (hot/iced) \$4  
 Unlimited refill batch brew - \$6  
 House made chai - \$6  
 Turmeric latte - \$6 Matcha latte - \$6  
 Citizen Cacao fudge hot chocolate - \$6

**THE CHERUB** (an il fornaio creation)  
 Single shot espresso over hot water, topped  
 up with warm almond milk - \$4.50

**BULLETPROOF COFFEE**  
 Filter coffee, mct oil & ghee - \$6

## JUICE

Freshly squeezed naval OJ - \$6  
 + Golden grinder turmeric + cracked 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

Corona - \$8  
 Brooklyn lager - \$12  
 Mountain Goat Steam Ale - \$10  
 Fresh OJ + Sparkles - \$10  
 Il Fornaio house red / white / rose - \$7/\$32  
 NV Range Life Prosecco - \$8/\$32

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

## SOFTIES

Appelachia soda - \$6  
 Large bottle sparkling water - \$7

**Increase Your Beach Vibrations**  
 Sparkling mineral water, apple cider  
 vinegar, ginger, local honey,  
 B vitamins - \$5

## ST KILDA UNDER 12'S

Smashed avocado on sourdough toast \$8  
 (Plant based)  
 Purple Bircher, coconut yoghurt, apple \$8  
 (Plant based)  
 Tofu scramble, avocado, sourdough toast \$12  
 (Plant based)  
 Fried Egg, bacon, sourdough toast \$10  
 French Toast with chocolate ice cream \$15  
 (Plant based)

BE ~~WITH~~  
 SOMEONE  
 WHO MAKES  
 YOU HAPPY

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

We believe in loving yourself and being someone that makes you happy first, and that everything will fall into place afterwards. What we eat plays a vital role in the relationship we make with our fine selves, our role as a cafe is not just to feed, but also to nourish.

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 egg's 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.

We hope you feel the good vibes in our food.

## FREE RANGE EGGS ON TOAST

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

Two soft poached or two fried eggs,  
two slices of sourdough toast \$10.50  
(GFO - Gluten free toast +\$1.50)  
half serve \$6

Scrambled eggs, two slices of sourdough toast \$11

Turmeric scrambled tofu, two slices of  
sourdough toast \$10  
(Plant based) (GFO Gluten free toast +\$1.50)

## EGGS OBAMA

We have taken the hollandaise sauce back to its fundamental flavour profile - rich, umami (savoury), and creamy. We've reinvented it using nourishing plant based ingredients such as avocado, miso, and kombu (seaweed!). A delicious, healthy, luscious take on a classic.

Avocado & miso hollandaise sauce, St Bernard's free range bacon, two poached eggs,  
sourdough toast \$20  
(GFO: Gluten free toast +\$1.50)

Avocado & miso hollandaise sauce, 41° south hot smoked salmon, two poached eggs,  
sourdough toast \$21  
(GFO: Gluten free toast +\$1.50)

Avocado & miso hollandaise sauce, truffle roasted mushrooms, kale, sourdough \$17  
(GFO: Gluten free toast +\$1.50)  
(Plant based)

## TOAST OF THE TOWN

Our bread is a 48 hour slow fermented sourdough made with love from us to you.

Sourdough toast \$7.50  
Gluten Free Buckwheat Chia & Grain Toast +\$1.50

Fruit Toast  
Toasted fig, date and apricot bread with daily jam and house churned butter  
(GF) \$11 (Plant based butter + \$1)

French Toast Burger  
Brioche creme brûlée french toast burger, strawberries, rich chocolate ice cream, hazelnuts, maple syrup  
\$22 (plant based)

## DAD'S FARM OATS

Our oats are single origin single Victorian oats from Dad's Farm grown at the foothills of the Pyrenees Ranges in Central Victoria

Summer fruits, maple baked granola, house made coconut yoghurt  
\$16 (Plant based)

Peruvian purple super food bircher, house made coconut yoghurt, apple, caramelised pineapple  
\$15 (Plant based)

## DAILY ZERO WASTE SOUP

Being a predominantly plant based restaurant, one of our major motivators is the environmental impact of animal farming. The Ying to this Yang is the major issue of food wastage. 40% of all edible food is wasted.

Daily \*Zero Waste Soup toasted sourdough  
Ask your vibing waiter about today's flavour  
\$12

## 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: Gluten free toast +\$1.50)  
(Plant based)



### 'Carlton'

Smashed avocado, summer tomatoes, our house made plant based mozzarella, balsamic, basil, sourdough toast  
\$17 (GFO: Gluten free toast +\$1.50)  
(Plant based)  
Add scrambled tofu +\$5      add scrambled egg +\$6  
Add pulled jackfruit +\$4      add St Bernards Bacon +\$6

### 'Mornington'

Sesame crusted avocado toast, one poached REAL EGG, St Bernard's free range bacon, tomato relish \$22  
(GFO: Gluten free toast +\$1.50)  
(Plant based option: truffle roasted mushroom, scrambled tofu)

## BIG BREAKFAST VIBES

1 - Sourdough toast, turmeric scrambled tofu, hasselback potato, grilled asparagus, truffle roasted mushrooms, roasted tomato relish  
\$22 (GFO: Gluten free toast +\$1.50)  
(Plant based)

2 - Sourdough toast, poached eggs, St Bernard's free range bacon & sausage, hasselback potato, roasted tomato relish  
\$24 (GFO: Gluten free toast +\$1.50)

## YOUR DAILY BREADS

### Cam's Premium Burger

Grass fed beef & mushroom patty, sesame seed brioche bun, house pickle, secret sauce, plant based jack cheese  
\$16  
(Plant based option)  
Add On:  
Bacon + \$3  
Fried Egg + \$3



### 48 Hour Slow Fermented Sourdough Toasted Sandwiches

#### JackFruit Cubano

Spicy pulled jackfruit cubano, grilled bean curd, cashew cheddar, pickled red onion  
\$14

#### The Il Fornaio chicken sandwich since 1994

Roasted Bannockburn chicken, avocado, grilled Mediterranean veggies, smoked almond curd, tomato relish  
\$15  
(Plant based option: replace chicken with bbq pulled jackfruit)

# 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.

## PLENTY BOWLS

### ONE

spiced kabuli chickpeas, sweet potato & charred broccoli, buckwheat & quinoa tabbouleh, rose essence harissa  
\$15 (GF)(Plant based)

### TWO

turmeric roasted cauliflower, grilled asparagus & eggplant, house made falafel, coconut tzatziki, Mount Zero grains & pulses, activated sesame & sumac dressing  
\$16 (Gluten and grain free option: sub grains and pulses for cauliflower rice) (Plant based)

### THREE

broccoli, kale, avocado, sumac braised beluga lentils & field mushrooms, cauliflower rice, toasted seeds, smoked almond curd  
\$17 (GF & Grain free) (Plant based)

### FOUR

crispy organic tortilla chips, grilled corn, pickled red onion, spiced pulled jackfruit, smashed avocado, toasted seeds, smokey adobo sauce  
\$16 (GF) (Plant based)

### Add protein

'41° South' hot smoked salmon \$6  
Ras El Hanout roasted Bannockburn chicken \$6  
St Bernard's organic pork sausage \$6  
St Bernard's free range bacon \$6  
Soft poached 'Real Eggs' free-range egg \$3  
Turmeric scrambled tofu \$4  
Free range bacon \$6  
Scramble egg \$6

### Other sides

Pulled jackfruit \$5  
Crunchy hasselback potato \$5  
Tossed greens with olive oil \$6  
Grilled avocado 'in the half shell' \$6  
Truffle oil roasted mushrooms \$4  
Truffled chickpea fries with coconut yoghurt tzatziki \$7

### Sexy condiments

Smoked almond curd \$3  
Coconut tzatziki \$2  
Roasted tomato relish \$1  
Chipotle aioli \$1  
Roasted tomato relish \$1  
Mexican dried chilli adobo \$1  
Chipotle aioli \$1  
House made vegan butter \$1  
Today's Jam \$2

GF - GLUTEN FREE    GFO - GLUTEN FREE OPTION

WEBSITE  
ILFORNAIO.COM.AU

INSTAGRAM  
@ILFORNAIOSTKILDA

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

