



TAKE HOME MEALS

MENU | INGREDIENTS LIST
HEATING INSTRUCTIONS

all made with 'amore' in our Bronte Kitchen

PASTA SAUCES

NONNA'S PORK & VEAL MEATBALLS

All time favourite. Nonna's recipe.

Ingredients - pork + veal mince, tomatoes, italian cheese, eggs, organic bread crumbs, milk, oregano, olive oil, salt, pepper, garlic, parsley

GLUTEN FREE PORK & VEAL MEATBALLS

Nonna's recipe adapted for our GF friends.

Ingredients - pork + veal mince, tomatoes, italian cheese, eggs, GF bread crumbs, milk, oregano, olive oil, salt, pepper, garlic, parsley

EXTRA MEATBALL SAUCE

If you like your pasta extra saucy, this will do the trick.

Ingredients - all the ingredients from the meatballs in sauce, without the meatballs

BEEF BOLOGNESE | DF | GF

All time family favourite. Slow cooked the right way.

Ingredients - beef mince, celery, onion, carrot, garlic, olive oil, bay leaf, oregano, rosemary, tomato

SICILIAN 'NORMA' PASTA SAUCE | V | GF

A southern italian speciality. Perfectly cooked tomato and basil sugo with chunks of seared eggplant and a dollop of paesanella ricotta.

Ingredients - tomato, eggplant, ricotta, basil, garlic, onion, olive oil, salt, pepper

TOMATO SUGO | VEGAN | GF

Sometimes the simple things in life are the best. Cook the pasta, stir in the sugo, grate some parmesan, drizzle olive oil and crack the pepper. Did someone just open a bottle of red? Heaven.

Ingredients - tomato, basil, garlic, onion, olive oil, salt, pepper

PUTTANESCA SAUCE | DF | GF

This punchy pasta sauce is the perfect hit of salt, chili and sweet tomatoes - a spicy sauce with a saucy origin you can google for yourself....

Ingredients: Anchovies, capers, chili, garlic, tomato passata, olives, parsley, oregano, salt, pepper, olive oil

LAMB RAGU | DF | GF

Slow cooked for hours until the lamb is breaking down on your fork.

Ingredients - lamb, carrot, celery, onion, tomato, garlic, red wine, bay leaf, rosemary, thyme, olive oil, salt, pepper

PORK & VEAL RAGU | DF | GF

Beautiful diced meat from our local friends at Lucas Meats, is cooked to mouth watering perfection.

Ingredients - pork, veal, celery, onion, garlic, carrot, red wine, olive oil, tomato, thyme, fennel seed, oregano, basil, rosemary, bay leaf, salt, pepper

PORK & FENNEL RAGU | DF | GF

Straight from our Salumi Australia friends in Byron Bay, this fennel and pork sauce will turn your plate into a pasta party!

Ingredients: Pork + Fene; Sausage mince, onion, bay leaves, thyme, salt, pepper, white wine, olive oil, tomato paste

ITALIANO BAKES

BEEF LASAGNA

Classic Beef Lasagna with italian cheese, tomatoes and the finest aussie beef.
Ingredients - pasta sheets, beef mince, celery, onion, garlic, carrot, olive oil, bay leaf, oregano, rosemary, tomato, salt, pepper, | bechemel - butter, flour, milk, nutmeg, salt, pepper

GLUTEN FREE BEEF LASAGNA | GF

Classic Beef Lasagna with Gluten free pasta and Gluten free bechamel with delicious italian cheese, tomatoes and the finest aussie beef.

Ingredients - GF pasta sheets, beef mince, celery, onion, carrot, garlic, olive oil, bay leaf, oregano, rosemary, tomato | bechemel - GF flour, butter, milk, salt, pepper, nutmeg

VEGETARIAN LASAGNA | V

Veggie Lasagna with italian cheese, tomatoes and the finest aussie seasonal vegetables.

Ingredients - pumpkin, spinach, zucchini, capsicum, tomato, flour, butter, milk, basil, garlic, onion, olive oil, salt, pepper (may change seasonally)

EGGPLANT PARMIGIANA | V

So simple but soooo delicious. Layered eggplant, tomato and italian cheese has never tasted so good.

Ingredients - oven roasted eggplant, tomato sugo, olive oil, salt, pepper, parmesan, basil, onion, garlic

SPINACH & RICOTTA CANNELONI | V

Beautiful rolls of fresh pasta filled with spinach and paesanella ricotta. Served on a base of tomato sugo and topped off with bechamel and italian cheese.

Ingredients - ricotta, spinach, basil, parmesan, egg, tomato, olive oil, milk, butter, wheat flour, nutmeg, salt, pepper

MUSHROOM & RICOTTA CANNELONI | V

Beautiful rolls of fresh pasta filled with baked mushrooms drizzled with truffle oil and paesanella ricotta. Served on a base of tomato sugo and topped off with bechamel and italian cheese.

Ingredients - ricotta, mushroom, truffle oil, basil, thyme, parmesan, egg, tomato, olive oil, milk, butter, wheat flour, nutmeg, salt, pepper, garlic

baking instructions

*Preheat your oven at 180°C and remove the container lid
From frozen - 45 min until warmed through (test with knife) Add a few minutes under the grill for that crunchy top!
If using microwave, remove contents from foil first
serve with simple salad and vegies!*

ITALIANO STEWES

LIGURIAN SEAFOOD STEW | DF | GF

One of the finest meals you will have. A delicate house made fish broth with a sensational mix of the finest seafood from Australia and New Zealand.

Ingredients - pippis, mussels, calamari, prawns, salmon, barramundi, ling, tomato, fish stock (celery, carrot, star anise, bay leaf, onion, leek, white wine, parsley, peppercorn, ocean trout, prawns) Ligurian olives, capers, chilli, fennel, salt + pepper, olive oil, garlic, pernod

ITALIAN BEEF STEW | DF

Delicious Aussie diced beef, slow cooked to perfection in a classic Italian tomato based sauce and some roast potatoes thrown in.

Ingredients - beef, tomato, carrot, celery, onion, capsicum, tomato, garlic, thyme, red wine, potatoes, rosemary, salt + pepper, olive oil, basil, bay leaf

CHICKEN CACCIATORI | DF

Chicken thighs cooked in a tomato based sauce with capsicum, potato and cacciatore

Ingredients - chicken, tomatoes, zucchini, olives, capers, capsicum, mushrooms, potatoes, cacciatore, thyme, rosemary, bay leaf, garlic, onion, salt + pepper, olive oil.

SICILIAN CHICKEN | DF

We bring the capers and olives to this tomato based chicken stew, for that little taste of Sicily right here in Bronte.

Ingredients - chicken, tomatoes, olives, capers, onion, garlic, lemon, thyme, rosemary, bay leaf, salt + pepper, olive oil, bay leaf, salt, pepper, olive oil, basil

ITALIAN BREAKFAST BEANS | GF

Cannellini beans cooked in a tomato sugo with the X factor - Pancetta. Drop on a poached egg, toast some sourdough. You will be wiping the plate clean with your last piece of crust.

Ingredients - cannellini beans, pancetta, onion, garlic, thyme, white wine, tomatoes, salt + pepper, olive oil, bay leaf

simply heat and serve

In a pot, add 3 tablespoons of water. From frozen - cover & cook on low heat for approximately 20 min until warmed through. Try serving these with polenta, pasta, rice or simply crusty bread.

DELI BUSINESS HOURS

Mon-Fri : 7am - 3.30pm

Sat : 7.30am - 3pm

Sun : 8am - 3pm

Public Holidays: closed

DELI SERVICES

Take away

Order & Pick up
during trading hours

ONLINE ORDERING

Take away

Order & Pick up
during trading hours

<https://favoloso-espressobar-deli.square.site/>

HEARTY SOUPS

GREEN VEGETABLE SOUP | DF | VEGAN

A super healthy blend of seasonal green vegetables.

Ingredients - zucchini, kale, spinach, leek, green pea, onion, celery, olive oil, vegetable stock, basil, salt, pepper

PUMPKIN & GINGER SOUP | DF | VEGAN

Beautifully blended pumpkin soup with a touch of invigorating ginger.

Ingredients - pumpkin, ginger, carrot, garlic, celery, green apple, vegetable stock, cinnamon, salt, pepper, olive oil

MINISTRONE SOUP | DF | VEGAN

Delicious vegetarian broth with loads of diced seasonal vegetables.

Ingredients - celery, cannellini beans, leek, onion, carrot, capsicum, zucchini, cauliflower, potato, peas, tomato, garlic, vegetable stock, salt, pepper, olive oil

PEA & HAM SOUP | DF |

Hearty home made soup. Blended, thick and delicious.

Ingredients - smoked ham hock, split peas, celery, carrot, onion, bay leaf, vegetable stock, salt, pepper, olive oil

INTERNATIONALS

BUTTER CHICKEN | GF

Or as they say in Italy 'Pollo al burro'. Is it from the mother country or the sub continent. Does it matter? Indian spices, freshly roasted and ground. Succulent chicken thighs, sweet potato, a dollop of yoghurt and a sprig of coriander. Buon Appetito!

Ingredients - chicken, roast sweet potato, carrot, spinach, garam marsala, cumin, coriander, mint, onion, garlic, ginger, nutmeg, mixed spices, pepper + salt, tomato, chilli, lemon juice, paprika, yoghurt, cream

THAI GREEN CHICKEN CURRY | DF

Aussie take away favourite. Foraged lemongrass and kaffir lime leaves from a backyard in south coogee (Thanks Zio Roberto). Coconut, asian veggies, bok choy. Not too hot in the chilli but definitely packs a flavour punch.

Ingredients - chicken, garlic, onion, coriander, lemongrass, bok choy, ginger, chilli, water chestnuts, green curry paste, coconut water + milk, fish sauce, brown sugar, lemon juice, straw mushroom, baby corn, bamboo shoots, carrot

THAI GREEN FISH CURRY | GF | DF

New Zealand Ling, asian veggies and little mushrooms, local bok choy, plenty of delicious sauce for your rice to soak up.

Ingredients - New Zealand ling, garlic, onion, coriander, lemongrass, bok choy, ginger, chilli, kaffir lime leaves, potato, carrot, celery, green curry paste, coconut milk + water, fish stock, lemon juice

PLEASE NOTE:

- + ingredients may vary due to seasonal availability
- + check our freezer for new additions and specials
- + all meals are made in our Bronte Kitchen by our Chef Daniele
- + we source local ingredients from local suppliers where feasible
- + if you require any further information please don't hesitate to speak with our Manager Pauline