

antipasto bar @ mint

12pm – 3pm, 6pm – 9pm daily

create your own platter from the items below @ \$4 per selection

home made garlic bread rolls (2)

gourmet bread with extra virgin olive oil and balsamic vinegar (2)

grilled ciabata bread with farm fresh ricotta, black olive tapenade and rocket (2)

grilled ciabata bread with grilled roma tomatoes, fior di latte and fresh basil with extra virgin olive oil (2)

coffin bay oysters - kilpatrick (2)

coffin bay oysters - natural (2)

coffin bay oysters - lemon sorbet shooters (2)

chefs olive selection

semi dried tomatoes

savoury artichokes

cacciatore salami

smoked turkey

chilli pancetta

char grilled eggplant

roasted capsicums

crumbed calamari

mini bocconcini

arancini balls

meatballs on a basil tomato salsa

vegetable frittata

chefs selection of two dips served with pita crisps

create your own platter from the items below @ \$6 per selection

marinated octopus

smoked salmon with capers

pizza and pasta @ mint

12pm – 3pm, 6pm – 9pm daily (take-away also available)

nidi di rondini 14

rondini roulade of fresh pasta, champagne ham and mozzarella cheese, oven baked and served with napolitana sauce, served with a fresh mediterranean salad

italian lasagna 14

homemade traditional lasagna (meat or vegetarian) served with a fresh mediterranean salad

gnocchi ragu 14

homemade gnocchi served with a traditional italian beef ragu

pumpkin manicotti 14

fresh pasta sheets filled with pumpkin and ricotta topped with a rose sauce served with a fresh mediterranean salad

penne putanesca 14

penne pasta served with a spicy italian tomato sauce

spiralli alla panna 14

short spiral pasta served with a mushroom, ham and cream sauce topped with shaved parmesan cheese

12" pizza 14

margarita – fresh tomato, mozzarella and basil

ham and pineapple – mozzarella, tomato, ham and pineapple

vegetarian – bocconcini, mozzarella, roast capsicum, onions, mushrooms and olives

special – mozzarella, salami, capsicum, olives, mushroom and fresh tomato

patate e pollo – mozzarella, pesto chicken, potato, pumpkin, bacon, chorizo and caramelized onion

prosciutto – mozzarella, field mushrooms, fresh tomato, ricotta and prosciutto drizzled with truffle oil

* **chilli and garlic prawns** – , white wine, parmesan, garlic and parsley sauce, mozzarella, fresh tomato and prawns drizzled with chilli oil

** **quattro formaggi** – mascarpone cream sauce, mozzarella, parmesan, blue brie, stewed pear, rocket and walnuts drizzled with balsamic glaze

* **Winner 2009 Best of the Best Pizza Contest – SA**

** **Winner 2009 Best of the Best Pizza Contest – Australia**

main @ mint

12pm -3pm, 6pm-9pm daily – (take-away also available)

mint wrap	12
healthy tortilla wrap with either smoked salmon, turkey or leg ham, filled with cucumber, spanish onions, avocado, shredded carrot, lettuce, and seasoning	
chicken caesar wrap	14
grilled chicken, bacon, lettuce, shaved parmesan and ceaser dressing	
vegetarian burger	12
toasted turkish bread filled with roasted capsicum, zucchini, eggplant, artichokes, fetta, and pesto	
sfera burger	15
the famous sfera's char grilled chicken fillet or beef burger with bacon, swiss cheese, vine ripened tomato, roast pumpkin, caramelised onion, pesto and rocket in a focaccia roll	
mini cheeseburgers	15
four mini cheeseburgers with mini beef patties, tomato relish and cheese accompanied with steak fries	
schnitzel	15
chicken or beef, served with either caprese, parmigiana, red wine or pepper steak gravy, accompanied with steak fries and garden salad	
calamari schnitzel	17
crumbed calamari schnitzel served with lime aioli, fries and garden salad	
barramundi	17
oven baked barramundi served on a nest of wilted spinach with a lemon and parsley butter sauce	
chicken supreme	17
chicken breast filled with camembert and prosciutto served on potato rosti with hollandaise sauce and garden salad	
sfera's fish and chips	18
delicately crumbed butterfish, calamari and prawns served with steak fries, tartare sauce and garden salad	
roast of the day	18
served with garlic potato mash and vegetable selection	
chicken salad	15
char grilled chicken fillet served with roma tomato, mesclun lettuce, capsicum, spanish onions, cucumber and a honey mustard dressing finished with shaved parmesan	
greek salad	11
traditional salad of tomato, capsicum, cucumber, kalamata olives, spanish onion and fetta served with virgin olive oil and oregano	
chips or wedges	10
served with sour cream and sweet chilli or tomato sauce	

candy man @ mint

12pm -3pm, 6pm-9pm daily

dolci misti chocolate lattice towers with a dark and white chocolate mousse, waffle baskets with a rich baileys and scorched almond ice cream, and chocolate cups filled with lime curd	12.5
chocolate crepe's crepes filled with a creamy vanilla ice cream and chocolate sauce topped with mixed berries	11
chocolate pudding served with a chocolate sauce and cream	11
wild berry french cream cheesecake a delicious classic french cream cheesecake filling topped with a blend of strawberries and blueberries	10
gelati please ask your friendly staff for today's gelati flavours (also small take away cups available at bar)	9
<i>fairy ice-cream (kids)</i> – vanilla ice-cream topped with hundreds and thousands	8
fruitini fresh fruit selection served with a triple sec liqueur cream dipping sauce	12
waffle basket filled with boysenberry ice cream and topped with cointreau glazed strawberries	11
sticky date pudding sticky date pudding served with rich butterscotch sauce and king island cream	11
cheese selection local australian cheese selection served with pita crisps and dried fruit and nut selection	12
scones freshly baked scones topped with apricot or raspberry jam and fresh cream	10
affogato vanilla ice-cream served with an espresso coffee and nocello liqueur	9
muffins italian biscuits chocolates <i>selection available at the bar</i>	

weekend breakfast @ mint

8am -11am saturday

8am - 3pm sunday

mushrooms on toast	12
sautéed portobello mushrooms and farm fresh ricotta with a drizzle of truffle oil served on grilled sourdough	
smoked salmon & scrambled egg bagel	14
springs smoked salmon and scrambled egg with chives served on a toasted bagel alongside sautéed english spinach	
sferas egg blt	12
egg, bacon, lettuce and tomato served in an english muffin	
big breakfast	16
scrambled or fried eggs, served on a home-style muffin alongside middle bacon, continental sausage, sautéed mushrooms and a roasted parmesan tomato	
croissant	9
sfera's signature nutella croissant served warm with king island cream, or toasted with ham and cheese	
bircher muesli	11
served with yoghurt, pear, mixed berries and toasted almonds	
chocolate crepe's	10
crepes filled with a creamy vanilla ice cream and chocolate sauce topped with mixed berries	
fruit selection with yoghurt	10
fresh seasonal fruit selection served with yoghurt	
pastry and muffin selection	9
chefs selection of danish pastries, petit chocolate and blueberry muffins	
bakers basket	7
multi grain toast, home-style muffin and crumpet served with preserves	
scones	9
freshly baked scones topped with apricot or raspberry jam and fresh cream	