

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)

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 rondini roulade of fresh pasta, champagne ham and mozzarella cheese, oven baked and served with napolitana sauce, served with a fresh mediterranean salad	15
italian lasagna homemade traditional lasagna (meat or vegetarian) served with a fresh mediterranean salad	15
gnocchi ragu homemade gnocchi served with a traditional italian beef ragu	15
pumpkin manicotti fresh pasta sheets filled with pumpkin and ricotta topped with a rose sauce served with a fresh mediterranean salad	15
penne putanesca penne pasta served with a spicy italian tomato sauce	15
spiralli alla panna short spiral pasta served with a mushroom, ham and cream sauce topped with shaved parmesan cheese	15
12" pizza <i>pizza con formaggi and pommodorini</i> - creamy leek and garlic sauce, topped with mozzarella, goats cheese, stracchino cheese, garnished with fresh cherry tomatoes, basil, oregano and shaved parmesan cheese <i>vegetarian</i> – mozzarella, bocconcini, roast capsicum, onions, mushrooms and olives <i>special</i> – mozzarella, salami, capsicum, olives, mushroom and fresh tomato <i>sferas pizza di rapè e salicce</i> – <i>infused</i> garlic oil sauce, topped with mozzarella, bacon, sautéed mix of italian sausage and broccoli di rapè, garnished with finely diced pancetta and cacciatore <i>patate e pollo</i> – mozzarella, chicken, potato, pumpkin, bacon, chorizo and caramelized onion * <i>chilli and garlic prawns</i> – white wine, parmesan, garlic and parsley sauce, mozzarella, fresh tomato and prawns drizzled with chilli oil ** <i>quattro formaggi</i> – mascarpone cream sauce, mozzarella, parmesan, blue brie, stewed pear, rocket and walnuts drizzled with balsamic glaze <i>pizza alla fiorentina</i> – spinach, bacon, onion, egg, parmesan cheese, leek and cheese sauce, mozzarella and garnished with toasted pine nuts	15

* **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	13
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	15
grilled chicken, bacon, cos lettuce, shaved parmesan and ceaser dressing	
vegetarian burger	14
toasted turkish bread filled with roasted capsicum, zucchini, eggplant, artichokes, fetta, and pesto	
sfera burger	16
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, accompanied with steak fries	
mini cheeseburgers	14
four mini cheeseburgers with mini beef patties, tomato relish and cheese accompanied with steak fries	
schnitzel	17
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 and garlic potato mash with a lemon and parsley butter sauce	
chicken supreme	17
chicken breast wrapped in bacon, filled with camembert and prosciutto, and served on potato rosti with hollandaise sauce and garden salad	
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	
tuna salad	15
salad of tuna, tomato, capsicum, cucumber, kalamata olives and spanish onion served with virgin olive oil and oregano <i>*greek salad also available (replace tuna with fetta)</i>	
chips or wedges	10
served with sour cream and sweet chilli or tomato sauce	
soup of the day	13
served with crusty bread roll	

candy man @ mint

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

dolci misti	13
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	
chocolate crepe's	11
crepes filled with a creamy vanilla ice cream and chocolate sauce topped with mixed berries	
chocolate pudding	11
served with a chocolate sauce and cream	
wild berry french cream cheesecake	11
a delicious classic french cream cheesecake filling topped with a blend of strawberries and blueberries	
apple berry custard danish	10
baked danish filled with apples, blueberries and custard and served with vanilla ice cream	
fruitini	11
fresh fruit selection served with a triple sec liqueur cream dipping sauce	
waffle basket	11
filled with boysenberry ice cream and topped with cointreau glazed strawberries	
sticky date pudding	11
sticky date pudding served with rich butterscotch sauce and whipped cream	
cheese selection	12
local australian cheese selection served with pita crisps and dried fruit and nut selection	
scones	10
freshly baked scones topped with apricot or raspberry jam and whipped cream	
fairy ice-cream (kids) – vanilla ice-cream topped with hundreds and thousands	8
affogato	9
vanilla ice-cream served with an espresso coffee and nocello liqueur	
muffins	
italian biscuits	
chocolates	
<i>selection available at the bar</i>	

weekend breakfast @ mint

8am -11am saturday & 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	11
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	10
freshly baked scones topped with apricot or raspberry jam and fresh cream	