



## BREAKFAST

### **WARM BLACK RICE AND SPELT SALAD**

*with picked vegetables, poached eggs, dressed with basil mayonnaise and crispy bread*

15

### **HOMEMADE SAUSAGE RAGU` FOCACCINA**

*with taleggio sauce and scrambled eggs*

17

### **SICILIAN HOT-POT**

*with omlette, mixed beans and sourdough toast*

14

### **ITALIANO WRAP**

*made with smoked ham, asiago cheese, rocket & olive oil*

14

### **BRUSCHETTA WITH AVOCADO**

10

### **SEASONAL FRUIT WITH NATURAL YOGURT**

12

### **CHIA BOWL**

*Chia seeds with coconut milk, toasted granola and mango compote*

10

### **EXOTIC CEREAL**

*Cereals with goji fruit, vanilla yogurt, poached pears and raspberries*

14



## BREAKFAST

### **PORRIDGE**

*Rice and milk porridge with mixed berry compote*  
15

### **B & E ROLL**

*Bacon & Egg roll with tomato relish and aïoli*  
12

### **MeC PANCAKES**

*served with Nutella and caramelised banana*  
10

### **TRUFFINO SCRAMBLED EGGS**

*with sautéed mushrooms and sourdough toast*  
16

### **DUE EGGS**

*2 Eggs: Scrambled, poached or fried*  
4

### **TOASTS**

*Sourdough, Multigrain or Fruit*  
4

### **SIDES**

<i>Bacon</i>	5
<i>Smoked salmon</i>	5
<i>Avocado</i>	4
<i>Mushrooms ragu</i>	3
<i>Wilted Spinach</i>	3
<i>Semi dry tomatoes</i>	3
<i>Sliced Asiago cheese</i>	4

**MeC**

**DRINKS**

**LATTE, FLAT WHITE, CAPPUCCINO, LONG BLACK**

4.5

**ESPRESSO, MACCHIATO, PICCOLO**

4

**HOT CHOCOLATE**

4

**SELECTED TEAS- FROM OUR SELECTION**

5

**CHAI LATTE**

4

**FRESH ORANGE JUICE**

4.5

**MILKSHAKE**

*Strawberry, Caramel, Vanilla or Chocolate*

5

**BANANA SMOOTHIE**

6

**LARGE, DOUBLE SHOT, SOY, DECAF**

0.50

**ALL BREADS BAKED DAILY AT MeC**  
**COFFEE MERCATO E CUCINA BLEND N°1**  
**GLUTEN FREE AVAILABLE**  
**ALL PRODUCTS AVAILABLE FOR SALE IN STORE**

**MERCATO e CUCINA**