

# Terra Mia

TRADITIONAL ITALIAN CAFE, RESTAURANT & PIZZERIA

## Lunch & Dinner

Daily 11.30am - 3pm

Dinner on Thursday Friday and Saturday from 17.30

### Appetizers

**Antipasto Della Casa** (GF available, V available)

Cured meats, cheeses, olives, chutney,  
sun-dried tomatoes and our homemade bread

- for two people \$25

- for four people \$44

**Mushroom Bruschetta** (V, GF available) \$12

Mushroom, garlic and greens on a thick  
slice of bread

**Polenta Chips** (V, GF) \$12

Polenta chips served with gorgonzola sauce

**Fried Calamari** \$16

Fried calamari served with aioli

**Arancini Balls** (V) \$13

Pea and parmesan rice balls served  
with tomato sauce

**Garlic Pizza** (V) \$12

Garlic pizza with mozzarella & oregano

**Homemade Meatballs** \$19

Homemade meatballs in tomato sauce  
served with homemade bread

### Salads (GF)

**Smoked salmon** \$19

House cured hot smoked salmon, greens,  
avocado & pickled onions

**Mediterranean Salad** \$14

Spinach, sun-dried tomatoes, black and  
green olives, capsicum and fresh  
homemade ricotta

**Green Side Salad** \$9

Mix of green leaves carrot & cucumber  
ribbons

### Pasta

*Our pasta is cooked « al dente »*

**Puttanesca** (GF available, **no cheese served**) \$23

Spaghetti with olives, capers, anchovies,  
chili & tomato sauce

**Lasagna** \$25

Layered homemade pasta with meat  
ragout, béchamel & cheese

**Bolognese** (GF available) \$26

Homemade fettuccine pasta with meat ragout  
& parmesan cheese

**Cannelloni** (V) \$24

Homemade pasta filled with spinach &  
ricotta cheese

**Frutti di mare** (GF available, **no cheese served**) \$28

Linguini pasta with mixed seafood &  
cherry tomatoes

**Timo e crema** (V, GF available) \$25

Pasta with creamy mushrooms  
thyme sauce & pecorino cheese

Daily **SPECIALS** on the black board

Please ask our staff for Vegan and Dairy-Free options

While we offer gluten-free menu options, we are not a gluten-free restaurant. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens.

# Terra Mia

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The top quality of the ingredients and the traditional preparation and cooking method are the key to a true Neapolitan Pizza. The pizza must be very thin in the middle with a crust that is airy and fluffy. No tools are meant to be used to stretch the dough except the pizzaiolo's hands. Lastly, and maybe most importantly, the pizza must be cooked in an oven at 450-485°C for no longer than 90 seconds.

We use caputo 00 flour from Naples, San Marzano Tomatoes from Angri Fior di Latte Cheese from Battipaglia, Cured Meat from Zamora Queenstown Anchovies from Sicily, Imported cheeses from Italy

## P i z z a M e n u

Daily from 11.30am

No half & half flavors, No adding or swapping,  
No small pizza at Dinner time

Sml: 9 inch Reg: 12 inch

### Misto Salumi

Tomato sauce, fior di latte, basil oil,  
ham, pancetta & salami

Sml: \$15 Reg: \$28

### Nduja

Nduja, cherry tomatoes, olives,  
anchovies & provolone

Reg: \$26

### Margherita (V)

Tomato sauce, fior di latte  
& basil oil

Sml: \$13 Reg: \$23

### Crudo

Parma ham, buffalo mozzarella, chery  
tomatoes, parmesan & basil oil

Reg \$28

### 4 Formaggi(V)

Tomato sauce, basil oil, gorgonzola,  
provolone, pecorino & parmesan

Reg: \$26

### Capricciosa

Tomato sauce, fior di latte, basil oil, ham,  
mushrooms, olives & artichokes

Reg: \$28

### Rustica

Tomato sauce, fior di latte, basil oil, garlic,  
mushrooms, salami & chili

Sml: 15 Reg: \$28

### Margherita (V)

Tomato sauce, fior di latte  
& basil oil

Sml: \$13 Reg: \$23

### Patate & Guanciale

Roast potatoes parmesan skin, smoked  
provolone, guanciale & dry parsley

Reg: \$26

### Napoletana

Tomato sauce, fior di latte, capers, garlic,  
olives, anchovies & oregano

Sml: \$14 Reg: \$26

### Cotto e Funghi

Tomato sauce, fior di latte, basil oil,  
ham & mushroom

Sml: \$14 Reg: \$26

### Vegeteriana (V)

fior di latte, basil oil, seasonal  
vegetables & garlic

Reg: \$28

### Terra Mia (New Edition)

Pork sausage, garlic, cherry tomatoes,  
baby kale & buffalo mozzarella

Reg: \$28

### Diavola

Tomato sauce, fior di latte, salami, olives,  
anchovies & chili oil

Sml: \$15 Reg: \$28

### Funghi (V)

Mushroom, garlic, cherry tomatoes,  
fior di latte & pecorino Romano

Reg: \$24

## GLOSSARY

**San Marzano Tomatoes:** Compared to the Roma tomato, San Marzano tomatoes are thinner and more pointed. The flesh is much thicker with fewer seeds, and the taste is stronger, sweeter and less acidic. San Marzano tomatoes originate from the small town of San Marzano sul Sarno, near Naples, Italy, and were first grown in volcanic soil in the shadow of Mount Vesuvius.

**Napoli sauce:** is a slow cooked tomato sauce made from San Marzano Tomatoes, celery, carrots & onions.

**Guanciale:** is an Italian cured meat product prepared from pork jowl or cheeks. Its name is derived from guancia, Italian for cheek. Guanciale may be cut and eaten directly in small portions, but is often used as a pasta ingredient. It is used in dishes like spaghetti alla carbonara and sauces like sugo all'amatriciana. It is a specialty of central Italy, particularly Umbria and Lazio.

**Mortadella:** is a large Italian sausage meat made of finely hashed or ground, heat-cured pork, Mortadella is a product of Bologna, Italy. It is flavoured with spices, including whole or ground black pepper, olives, myrtle berries, and pistachios.

**Pancetta:** is an Italian bacon made of pork belly meat, that is salt cured and spiced with black pepper, and sometimes other spices. Pancetta in Italy is typically consumed raw.

**Nduja :** is made using pork meat from the head and roasted hot red peppers which give 'nduja its characteristic fiery taste. 'Nduja originates from the southern part of Calabria.

**Fior Di Latte (mozzarella):** is a plump soft cow's milk mozzarella, extremely fresh and made the artisanal way. It has a high moisture content and mild delicate flavour.

**Provolone :** It is a stretched-curd cheese originating in Casilli near Vesuvius, where it is still produced in pear shapes .

**Buffalo mozzarella:** is a mozzarella made from the milk of Italian mediterranean buffalo. It is a dairy product traditionally manufactured in Campania, especially in the provinces of Caserta and Salerno.

**Burrata:** Is a typical product of Andria within Murgia, an area in the Apulian region in the south of Italy. It is produced from cow's milk, rennet, and cream.

**Pecorino Romano:** Is a hard, salty Italian cheese, often used for grating, made out of sheep's milk (the Italian word *pecora*, from which the name derives, means sheep). Pecorino Romano was a staple in the diet for the legionaries of ancient Rome.

