

ALL DAY MENU

Croissant w Housemade Jam 6
w Ham & Provolone 8
Almond Croissant 6.5

Banana Bread or Fruit Loaf 6
(Add Ricotta & Honey + 2)

TOAST w Spreads 6.5
Brickfields Sourdough, Soy & Linseed,
Nonie's Gluten Free (add +1)
- **King Valley Dairy Cultured Butter (add + 1)**
- Housemade Jam
- Peanut Butter
- Vegemite
- Nutella

SIDES

Free Ranged Poached Or Boiled Egg 3.5
Provolone, Or Fresh tomato 4
Smashed Avo, or Marinated Goats Feta 4.5

Deli Sides

Bacon, Or Ham 5
Smoked Salmon, Prosciutto San Danielle,
,Bresaola, Or Salami Calabrese 5.5

TOASTED HAM CHEESE TOMATO 10

Bacon & Egg Brioche Roll 9.5
w Cheese & Chilli Jam **(ADD AVO + 2.5)**
EGG BENNY BRIOCHE ROLL 9.5
w Bacon or Ham **(Smoked Salmon + 1)**

FREE RANGED EGGS 12
(Poached, Fried or Scrambled) on
Sourdough w King Valley Dairy
Cultured Butter, & Housemade chilli
Jam.

VEGAN APPLE BIRCHER 13.5
w Coconut Yoghurt, Poached Pear &
Rhubarb.

ORGANIC ACAI BOWL 14
Topped with Granola, Seasonal Fruit,
Chia seeds and Shredded Coconut

Parma

CHILLI CHORIZO SCRAM 16
w Spinach & Fetta on Sourdough.

BRIOCHE FRENCH TOAST 14.5
Orange Ricotta, Cinnamon, & Maple
Syrup. **(Add Bacon 4)**

EGGS BENEDICT 16.5
w Ham or Bacon.
(Smoked Salmon ADD +1)

EGG WHITE OMELETTE 16.5
Poached Chicken, Spinach, &
Mushrooms, w Side of Sourdough.

AVO SMASH 15.5
Marinated Goats Fetta, Lemon, Cherry
Tomato, & Mint. **(ADD Poached Egg + 3.5)**

THE OLD SCHOOL 19.5
Eggs your way, Bacon, Halloumi , Avocado,
Spinach, Potatoes, Toast, & Chilli Jam.

PARMA B.L.A.T 15
Bacon, Roquette, Avo, Tomato, &
Homemade Chili Jam. **(ADD FRIED EGG + 3.5)**

FIELD MUSHROOM 12.5
Roasted topped with Fried Egg, tomato
reduction, Spicy Dukkah, Roquette, &
Parmesan.

SMOKED SALMON 14
Truffled infused Mascarpone, Capers, Lemon
on Sourdough.

SMASHED PEAS 12
Roquette, Fetta, & Balsamic Glaze on
Sourdough. **(Add Prosciutto SD 5.5)**

PARMA 6 CHEESE TOASTIE 10
Provolone, Cheddar, Mozzarella, Parmesan,
Pecorino, & Raclette. **(ADD SALAMI &
Truffle Oil + 4)**

POTATO BRAVAS 8.5
w Sour cream & Sweet Chilli

12 HOUR PULLED PORK 15
Charcoal Milk Bun, Apple, Cabbage, & Fennel
Slaw. **(ADD PATATA BRAVAS + 4)**

FLIP PAGE FOR MORE MENU ITEMS

INSTAGRAM : @PARMA_DARLINGHURST

SALADS

CAESAR 16

Poached Chicken, Crispy Prosciutto,
Poached Egg. Parmesan, & Baby Cos.

THE CALI 16

Smoked Salmon, Roquette, Avo, Pine nut,
Balsamic Vinegar, & Olive Oil.

MEDITERRANEAN 16

Quinoa, Kalamata Olives, Marinated Goats
Feta, Semi Dried Tomatos, Sliced Almonds,
Roquette, Lemon & Herbs.

(ADD POACHED CHICKEN + 3.5)

SPANISH CHORIZO 16

Chorizo, Roasted Pumpkin, Brown Rice,
Baby Spinach, Spring Onion, Dried
Cranberry, Lemon juice, & Olive Oil.

BRESAOLA PLATE

Roquette, Shaved Parmesan, Olive
Oil, Lemon, & Fresh Sourdough

\$22

PARMA JAFFLES

BOLOGNESE

CHEESEBURGER

MAC N CHEESE

8.5

Sourdough Toasties

SALAMI

Spinach
Tomato
Provolone
12.5

PROSCUITTO

Buffalo Mozzarella
Basil
Tomato
13.5

MORTADELLA

Sun Dried Tomato
Provolone
12.5

TUNA

Tomato
Baby Spinach
12.5

HALLOUMI

Pesto
Tomato
Roquette
12.5

FRESHLY SQUEEZED JUICES

THE O.G.

ORANGE, APPLE, BEETROOT, CARROT & GINGER

METABOLISM BOOSTER

APPLE, GRAPEFRUIT, & MINT

IMMUNITY

LEMON, GINGER, CARROT, CELERY, & KIWI FRUIT,

PURPLE HAZE

PINEAPPLE, BEETROOT, APPLE

7.5

COFFEE

(THE BLACK LAB)

Flat White, Cappuccino, Latte, Piccolo, Long Black

3.5 Reg/ 4 Lrg

Espresso, Ristretto, Macchiato

3

CHAI, MATCHA, OR TURMERIC LATTE

4.5

Iced Latte, or Long Black

4

Affogato

5.5

Extras: Extra Shot, Decaf, Soy (Bonsoy), Almond (Milk Lab). 0.5

Macamilk 1

ORGANIC TEAS

(LITTLE WILDLING CO.)

(English Breakfast, Dirty Dandy
chai, I Need A Moment, Wild Mr
Earl Grey, Peppermint Organic,
Sencha Green Organic)

4.5

SHAKES

Jaffa, Choc Mint, Coffee,
Banana, Chocolate, Strawberry,
Vanilla

7.5