

BREAKFAST

EGGS ON TOAST | 12.9

Eggs your way served with sourdough toast. [Add Bacon +5.9]
(See the extras on the menu below & build your own breakfast)

BIG-EST BREAKFAST | 28.9

Eggs your way, bacon, mushrooms, cherry tomatoes & a hash brown, served with sourdough toast

BREAKFAST ROLL | 13.9

Fried egg, crispy bacon & tomato relish in a brioche bun

EGGS BENEDICT | 20.9

Poached eggs & grilled ham on toasted sourdough & topped with hollandaise sauce

CHICKEN WAFFLE | 22.9

Parmesan Waffle topped with fried honey chicken, caramelised onions, whipped ricotta & hollandaise sauce

CHILLI CRAB | 22.9

Blue swimmer crab scrambled eggs with spicy nduja, onion, cherry tomatoes, parsley & sourdough toast

ITALIAN EGGS | 18.9

Your choice of fried or poached Eggs in Napoletana sauce & sourdough toast

OMELETTE | 22.9

Traditional Omelette served with sourdough toast, with any 4 of the following ingredients.
Ham | Cheese | Tomato | Bacon | Onion | Baby Spinach | Feta

SMASHED AVOCADO | 22.9

Poached eggs, smashed avocado, cherry tomatoes, haloumi, roasted tomato relish, balsamic glaze, sourdough toast

EGGS BOSCAIOLA | 20.9

Poached eggs, mushrooms & chopped bacon in a cream sauce, served on sourdough toast

GRANOLA | 17.9

House made biodynamic granola, Greek yogurt, fresh strawberries, honey

BELGIAN WAFFLE | 19.9

Waffle topped with strawberries your choice of Nutella & Vanilla Gelato or Honey & Vanilla Gelato



STAY LIGHT

TOAST | 6.9

Toasted Italian sourdough bread served with butter & your choice of;

VEGEMITE

STRAWBERRY JAM
BUTTER

NUTELLA

APRICOT JAM
PEANUT BUTTER

RAISIN TOAST | 7.9

Toasted Artisan sourdough fruit toast served with butter

CROISSANTS

Toasted croissants with your choice of fillings.

PLAIN - 7.9

CHEESE - 8.9

HAM & CHEESE - 9.9

HAM, CHEESE & TOMATO - 10.9

FRESH FRUIT SALAD | 12.9

Fresh fruit salad [Add Greek yoghurt +3.0]

EXTRAS

BACON (TWO RASHERS)	5.9
MUSHROOMS	3.9
HASH BROWN	4.9
CHERRY TOMATOES	3.9
HALOUMI	5.9
AVOCADO SMASH	4.9
GLUTEN FREE BREAD	2.9
EGG	2.9

Buongiorno!

BREAKFAST AVAILABLE MONDAY - FRIDAY FROM 7.00-11.30AM

SMOOTHIES

GO BANANAS

BANANA, OATS, HONEY, YOGURT & SOY MILK

COCO MANGO

MANGO, MANGO SORBET & COCONUT MILK

BERRY BLISS

MIXED BERRIES, OATS, YOUR CHOICE OF MILK

COLD PRESSED JUICES



GREEN WITH ENVY

APPLE, CELERY, KALE, PINEAPPLE,
CUCUMBER & GINGER

VITAMIN A+C BOOSTER

ORANGE, CARROT & GINGER

JUICE SPECIAL

ASK ABOUT OUR SEASONAL JUICE SPECIALS, SUBJECT TO
AVAILABILITY

MILKSHAKES & THICKSHAKES

Chocolate
Strawberry
Vanilla
Banana
Caramel
Coffee

COFFEES

Espresso	Chai Latte
Macchiato	Dirty Chai
Piccolo	Corretto
Caffe Latte	Espresso Martini
Cappuccino	Iced Latte
Flat White	Iced Long Black
Long Black	Vienna Chocolate
Mocha	Vienna Coffee
Hot Chocolate	Affogato
Italian Hot Chocolate	Frappe

COFFEE EXTRAS

MUG | CUP | Extra Shot | Decaf
Milks - Skim | Lactose Free | Soy | Almond | Oat
Flavoured Coffee - Vanilla | Hazelnut | Caramel
Whipped Cream

TEAS

CUP of Tea | MUG of Tea | POT of Tea for One

ENGLISH BREAKFAST | GREEN | CHAI | EARL GREY |
COCONUT | PEPPERMINT | CHAMOMILE | GLEW -
GINGER, LEMONGRASS, ECHINACEA + WHITE TEA

At Est Ovest our TEA of choice is

« TEA TONIC »

Australia's healthiest tea range, Australian owned
& made, Australian certified organic &
Unbleached tea bags

ICED DRINKS

Iced Chocolate
Iced Coffee
Iced Mocha
Iced Latte

"VICTORIA ARDUINO"

PER
CAFFÉ ESPRESSO



© 1972 VICTORIA ARDUINO S.p.A. - Milano - Italy

STARTERS

CAPRESE SALAD (GF) - 19.9

Fresh fior di latte, fresh tomatoes, EVO & fresh basil [Add house made Focaccia +5.9]

ARANCINI AI FUNGHI (VEG) - 17.9

Mushroom medley, Provolone, onion & parmesan risotto balls coated with breadcrumbs & fried, topped with buffalo ricotta [3 per serve]

CALAMARI CON SEMOLA - 19.9

Australian baby squid dusted in semolina flour & pepper, served with homemade mayonnaise

POLENTA CHIPS (GF) (VEGAN) - 15.9

Deep fried polenta chips served with Napoletana dipping sauce
[Add Buffalo Ricotta +1.0]

CHIPS (VEGAN) - 11.5

Crispy golden chips served with tomato sauce

WEDGES (VEGAN) - 13.9

Crispy potato wedges served with sweet chilli sauce & sour cream

FOCACCIA (VEGAN) - 11.9

Pizza bread with Italian herbs, EVO, salt
ADD any of the following to your focaccia:
CHEESE + 2.5 | GARLIC + 1.0

PIZZA GRISSINI (VEGAN) - 11.9

Fried pizza sticks with sea salt & oregano, served with Napoletana sauce
[Add Marinated Olives +8.0]

TRICOLORE (VEG) - 20.9

Focaccia topped with fresh cherry tomatoes, stracciatella, balsamic glaze, basil, oregano, EVO, sea salt

SOUP OF THE DAY (GF) - 14.9

Please ask our friendly staff for today's soup of the day [Subject to availability]

SALADS

EOV SALAD (GF) - 25.9

Avocado, cherry tomatoes, caramelised onion, carrot, feta, baby cos lettuce, green goddess dressing and your choice of;

Grilled Chicken or Grilled Calamari

CAESAR SALAD - 22.5

Baby cos lettuce, bacon, shaved parmesan, croutons, poached egg, anchovies & Caesar dressing [Add Grilled Chicken +5.0]

ROCKET SALAD (GF) (VEG) - 15.9

Rocket, shaved parmesan, roasted walnuts, balsamic glaze, EVO [Add smoked salmon +5.9]

PUMPKIN SALAD (GF) (VEG) - 22.9

Roasted pumpkin, shaved parmesan, feta, walnuts, baby spinach, balsamic glaze, EVO

ADD THE FOLLOWING ITEMS TO YOUR SALAD (+6.5)

- + Grilled Chicken
- + Crumbed Chicken
- + Grilled Calamari
- + Fried Calamari
- + Smoked Salmon

BURGERS & CHIPS

CHEESEBURGER - 24.9

Pure Angus beef patties (x2), butter pickles, double cheese, caramelised onion, lettuce, homemade mayonnaise

CRISPY CHICKEN BURGER - 24.9

Southern style crispy chicken, bacon, tomato, lettuce, caramelised onion & spicy mayo

VEGANA BURGER - 25.9

Felafel patty, tomato, onion, beetroot relish, lettuce

STEAK SANDWICH - 24.9

Veal round, poached egg, spicy mayo, lettuce, caramelised onion, tomato

*All burgers are served with chips

GNOCCHERIA

OUR GNOCCHI are egg free and made fresh daily. Try them with one of the following sauces:

NAPOLI (VEGAN) - 28.9

Rich San Marzano tomato sauce, onion, basil

RAGU' - 31.9

12 hours slow cooked pork & beef sauce

SORRENTINA (VEG) - 31.9

San Marzano tomato sauce, onion, topped with fresh stracciatella and basil infused oil

FOUR CHEESES & HONEY (VEG) - 30.9

Provolone, ricotta, gorgonzola dolce topped with a drizzle of honey and crunchy parmesan crisps

PASTA

(GF available +2.9)

RIGATONI AL RAGU' - 29.9

Traditional rich slow cooked (12 hours) pork & beef ragu'

RIGATONI BOSCAIOLA - 28.9

Mushrooms medley, parsley, garlic, truffle oil & pork sausage in a light creamy sauce

SPAGHETTONI CARBONARA - 27.9

Crispy guanciale, egg yolk, pecorino & cracked pepper (no cream)

SPAGHETTONI AMATRICIANA - 27.9

Traditional Amatriciana sauce of San Marzano tomato, guanciale, onion & pecorino

RIGATONI AL GRANCHIO - 33.9

Crab meat, cherry tomatoes, garlic, nduja (spicy calabrese salame) & a dash of cream

SPAGHETTONI ALLA NORMA - 27.9

Eggplant, cherry tomatoes, basil, onion in a napoletana & fresh stracciatella sauce

PIZZA

(available in 9" or 13")

MARINARA - 14.0 / 18.9 (VEGAN)

San Marzano tomato, garlic, basil & oregano
(no seafood)

MARGHERITA - 15.9 / 21.9 (VEG)

San Marzano tomato, fior di latte, Grana Padano parmesan, basil
[Buffalo Mozzarella +6.9]

NORMA - 18.9 / 25.9 (VEG)

San Marzano tomato, fior di latte, fried eggplant, Grana Padano parmesan, buffalo ricotta & basil

PROSCIUTTO - 24.9 / 31.9

San Marzano tomato, stracciatella, Prosciutto di Parma (20 months), rocket, Grana Padano parmesan & EVO

CAPRICCIOSA - 20.9 / 27.9

San Marzano tomato, fior di latte, Italian ham, mushroom medley, olives

BOSCAIOLA - 19.9 / 27.9

Fior di latte, pork & fennel sausage, Grana Padano parmesan, mushrooms medley, truffle oil [Add Spicy Nduja +3.9]

HOT SALAME - 20.9 / 28.9

San Marzano tomato, fior di latte, chilli coated hot salame & olives
[Add spicy Nduja +3.0]
[Add Buffalo Mozzarella + Basil +6.9]

NINO'S - 20.9 / 28.9

San Marzano tomato, fior di latte, fried mortadella cubes, pork & fennel sausage & Italian ham

EST OVEST - 24.9 / 31.9

Mushrooms medley, fior di latte, buffalo ricotta, Prosciutto di Parma (20 months), stracciatella, parsley & truffle oil

PIZZA FRITTA MEATLOVER - 28.9

Pizza Fritta (fried calzone) filled with fior di latte, Italian ham, mushroom medley, mortadella, buffalo ricotta & topped with San Marzano & Grana Padano parmesan

PIZZA FRITTA VEGGIE LOVER (VEG) - 27.9

Pizza Fritta (fried calzone) filled with fior di latte, cherry tomatoes, roasted eggplant, roasted potatoes, mushrooms medley & topped with San Marzano & Grana Padano parmesan

ARTISAN 'GLUTEN FREE' PIZZA - 3.9 extra

EST OVEST makes its own gluten free bases in a 10" size. Simply select your favourite pizza variety above & ask for Gluten Free

* Pizza fritta is not available in a gluten free option and is one size only

* **Vegan Mozzarella** available **+2.9 FOR 9"**
+4.9 FOR 13"

MAINS

CALAMARI CON SEMOLA - 30.9

Australian baby trawl squid dusted in semolina flour, served with homemade mayonnaise & garden salad

SCALOPPINE AI FUNGHI - 32.9

Pan-fried tenderised veal topped with mushrooms in a red wine demi-glaze & a dash of cream and served with a side of garden salad

EGGPLANT PARMIGIANA (GF) (VEG) - 28.9

Baked layers of fried eggplant, Napoletana sauce, mozzarella, parmesan & basil

CHICKEN PARMIGIANA - 29.9

Deep fried chicken tenderloins topped with melted fior di latte and Napoletana sauce and served with chips and garden salad

MONTANARE

MONTANARE are Neapolitan fried pizza balls. Try them with one of the following toppings:

CLASSICA (VEG) - 15.9

Buffalo ricotta, parmesan, San Marzano tomato & fresh basil
[3 per serve]

MORTAZZA - 17.9

Mortadella, buffalo ricotta, EVO, crushed pistachio, black pepper
[3 per serve]

RAGUSA - 17.9

Pork & beef Ragu`, stracciatella, Grana Padano parmesan, parsley
[3 per serve]



SOFT DRINKS

PEPSI & SCHWEPES RANGE – 5.5

Pepsi – Pepsi Max – Sunkist – Solo – Ginger Ale -
Lemonade – Orange & Mango

FEVER TREE – 6.0

Ginger Beer – Mediterranean Tonic Water

SAN PELLEGRINO – 6.0

Chinotto – Aranciata Rossa - Limonata

SAN PELLEGRINO WATER

Sparkling Water	(250ml) 4.5	(1Ltr) 9.5
Aqua Panna Still Water	(500ml) 6.0	(1Ltr) 9.0

NIPPYS JUICES – 6.0

Orange – Apple – Pineapple

LIPTON ICE TEAS – 6.5

Lemon – Peach

COCKTAILS

APEROL SPRITZ - [18] [JUG 60]

Aperol, prosecco, soda

CAMPARI SPRITZ - [18] [JUG 60]

Campari, prosecco, soda

LIMONCELLO SPRITZ - [19] [JUG 62]

Limoncello, prosecco, soda

NEGRONI - [22]

Sweet Red Vermouth, Gin, Campari

ESPRESSO MARTINI - [22]

Vodka, Frangelico, Baileys, Espresso, sugar syrup

CELLOCOLADA - [20] [JUG 70]

Bacardi white rum, Malibu, coconut
milk, sugar syrup and your choice of Cello liqueur:

MINT | STRAWBERRY | MANGO | MELON

COFFEE

Espresso	Macchiato	Piccolo
Caffe Latte	Cappuccino	Mocha
Flat White	Long Black	Chai Latte
Hot Chocolate	Dirty Chai	Affogato
Vienna Coffee	Vienna Chocolate	
Corretto	Italian Hot Chocolate	

MILKSHAKES - 8.0 | THICKSHAKES - 9.0

Chocolate | Strawberry | Vanilla | Banana | Caramel |
Coffee

ICED DRINKS

Iced Chocolate | Iced Coffee | Iced Mocha

WHITE WINE

VAPORETTO PROSECCO DOC (SPARKLING)

Veneto, ITALY

Gls – 13 Btl - 55

MONTEVENTO PINOT GRIGIO DOC

Veneto, ITALY

Gls – 12 Carafe (450ml) – 35 Btl - 58

MITCHELL RIESLING

Clare Valley, SA

Gls – 13 Carafe (450ml) – 38 Btl - 62

SHAW & SMITH SAUVIGNON BLANC

Adelaide Hills, SA

Gls – 14 Carafe (450ml) – 40 Btl - 66

HESKETH MOSCATO

Adelaide Hills, SA

Gls – 12 Carafe (450ml) – 35 Btl - 58

ROSE

GUTHRIE 'SLEEPLESS NIGHT' ROSE'

Adelaide Hills, SA

Gls – 13 Carafe (450ml) – 38 Btl - 62

RED WINE

POGGIO ANIMA 'BELIAL' SANGIOVESE

Sicily, Italy

Gls – 13 Carafe (450ml) – 38 Btl - 62

HUGO SHIRAZ

McLaren Vale, SA

Gls – 13 Carafe (450ml) – 38 Btl - 62

SAINT & SCHOLAR PINOT NOIR

Adelaide Hills, SA

Gls – 14 Carafe (450ml) – 40 Btl - 66

ARARA CABERNET SAUVIGNON

Langhorne Creek, SA

Gls – 14 Carafe (450ml) – 40 Btl - 66

BEERS

MENABREA LAGER

Biella, ITA

12.0

PERONI LEGGERA (Light)

Roma, ITA

10.0

PERONI ROSSA LAGER

Roma, ITA

11.0

BIRRA ICHNUSA

Sardegna, ITA

13.0

KBIRR CUOREDINAPOLI PALE ALE

Napoli, ITA

14.0

KBIRR NATAVOTA LAGER

Napoli, ITA

13.0



Barilla

PARMA

KIDS MENU

SMALL MARGHERITA PIZZA - 13.5

CRUMBED CHICKEN TENDERLOINS & CHIPS - 11.9

KIDS PENNE WITH NAPOLETANA SAUCE - 11.9

KIDS SPAGHETTI WITH BUTTER & PARMESAN - 11.9

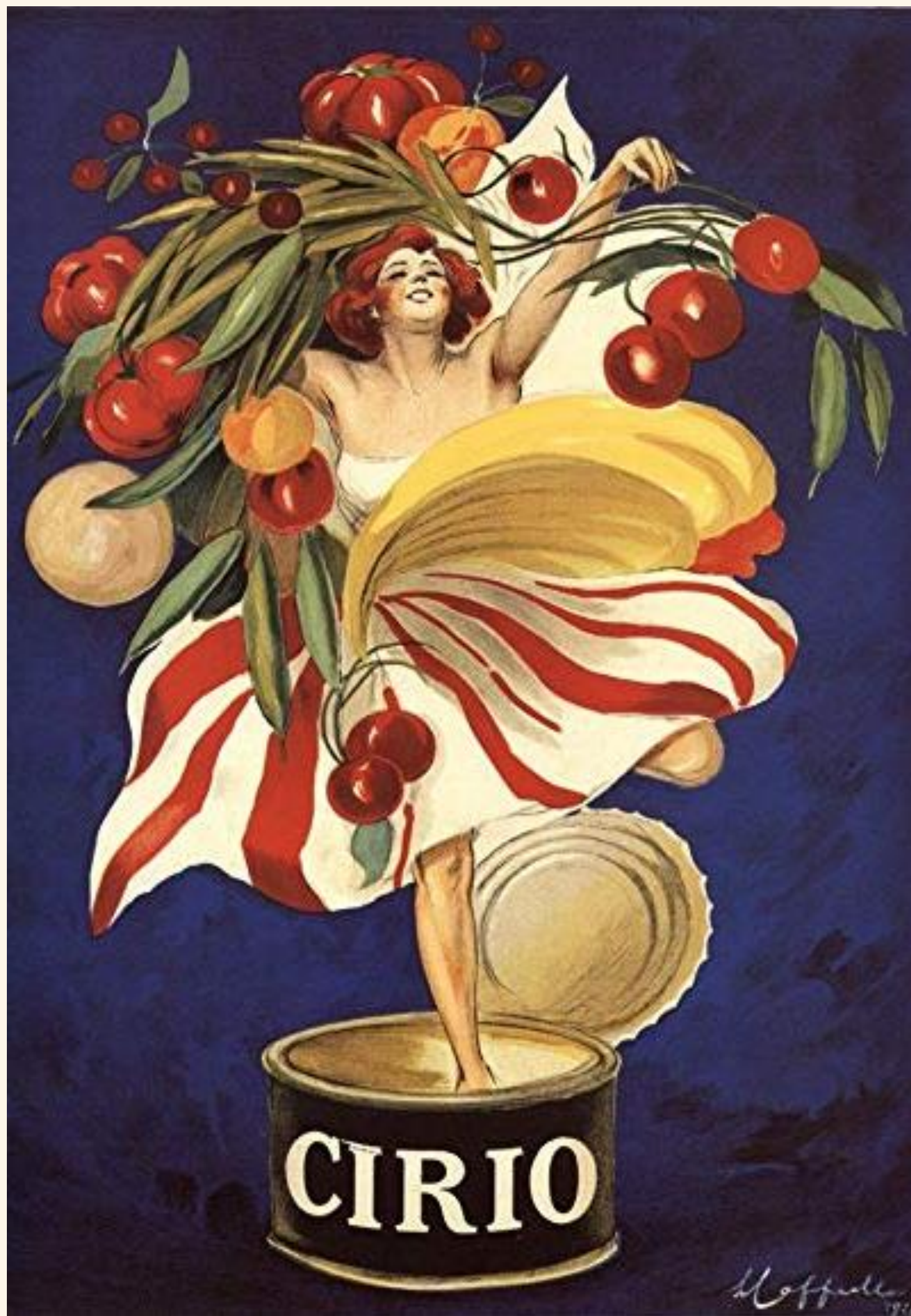
KIDS SPAGHETTI BOLOGNESE - 12.9

KIDS CHIPS - 7.0

STRICTLY FOR CHILDREN UNDER 15 YEARS OLD



PARMA



STARTERS

CAPRESE SALAD (VEG) (GF) - 19.9

Fresh fior di latte, fresh tomatoes, EVO & fresh basil + **HOUSE MADE FOCACCIA +5.9**

EST OVEST ANTIPASTO (GF) - 9.9 P/P

Italian style platter of cold cured meats, cheeses, olives & fried pizza strips

ARANCINI FUNGHI (VEG) - 5.9 each

Mushroom medley, Provolone, onion & parmesan risotto ball coated with breadcrumbs & fried, topped with buffalo ricotta and crispy parmesan

ARANCINI RAGU' - 5.9 each

Traditional Italian fried rice ball with a filling of peas, fior di latte & Ragu' sauce, coated with breadcrumb and topped with buffalo ricotta and crunchy prosciutto

CALAMARI CON SEMOLA (DF) - 19.9

South Australian baby squid dusted in semolina flour & pepper, served with Est Ovest mayo

EGGPLANT PARMIGIANA (GF) (VEG) - 19.9

Baked layers of fried eggplant, Napoletana sauce, mozzarella, parmesan & basil
(Main serve available + 7.0)

POLENTA CHIPS (VEGAN) - 15.9

Deep fried polenta chips served with Napoletana dipping sauce
+ **SWEET CHILLI SAUCE & SOUR CREAM +1.5**
+ **RICOTTA CREAM & HONEY +1.5**

TRICOLORE (VEG) - 20.9

Focaccia topped with cherry tomatoes, stracciatella, balsamic glaze, basil, oregano, EVO, sea salt

FOCACCIA (VEGAN) - 11.9

Pizza bread with Italian herbs, EVO, salt
ADD any of the following:

CHEESE + 2.5 | GARLIC + 1.0

PIZZA GRISSINI (VEGAN) - 11.9

Fried pizza sticks with sea salt & oregano, served with Napoletana dipping sauce
+ **MARINATED OLIVES +9.0**
+ **RICOTTA CREAM & HONEY +1.5**

MONTANARE

MONTANARE are Neapolitan fried pizza balls. Try them with one of the following toppings:

CLASSICA (VEG) - 5.9 each

Buffalo ricotta, parmesan, San Marzano tomato & fresh basil

MORTAZZA - 6.9 each

Mortadella, buffalo ricotta, EVO, black pepper

RAGUSA - 6.9 each

Pork & Beef Ragu', stracciatella, Grana Padano parmesan, parsley

Dear Customers...

Please note that team at EST OVEST takes great pride in every dish we prepare & places great importance on customer service. Each and every day we open our doors wearing our hearts on our sleeves and putting our reputation on the line, so please be courteous to our staff.

We operate in a high pressure environment and from time to time we can get things wrong. If a dish arrives at your table that is not what you ordered or there is an issue with your meal, please bring it to the attention of our staff immediately & we will rectify the problem. We will not replace or discount dishes that have been completely eaten with apparent issues brought to our attention at the completion of your meal.

We thank you for understanding

GNOCCHERIA

Our EGG FREE GNOCCHI are made fresh daily. Try them with one of the following sauces:

NAPOLI (VEGAN) - 28.9

Rich San Marzano tomato sauce, onion, basil

RAGU' (DF) - 31.9

12 hours slow cooked pork & beef sauce

AMATRICIANA - 31.9

Rich San Marzano tomato sauce, guanciale, black pepper, pecorino

BOSCAIOLA - 31.9

mushrooms medley, parsley, garlic, truffle oil & pork sausage in a light creamy sauce

FOUR CHEESES (VEG) - 30.9

Provolone, ricotta, gorgonzola dolce & crunchy parmesan crisps

+ **HONEY 1.0**



PASTA

GLUTEN FREE PENNE +2.9

RIGATONI AL RAGU` (DF) - 30.9

Traditional 12 hours slow cooked pork & beef sauce

SPAGHETTONI VONGOLE (DF) - 33.9

South Australian cockles sauteed in EVO, cherry tomatoes, garlic, chilli, parsley, white wine & topped with lemon toasted pangrattato

RIGATONI BOSCAIOLA - 28.9

Mushrooms medley, parsley, garlic, truffle oil & pork sausage in a light creamy sauce

SPAGHETTONI CARBONARA - 29.9

Crispy guanciale, egg yolk, pecorino & cracked pepper (no cream as per tradition)

RIGATONI GRANCHIO - 34.9

Crab meat, cherry tomatoes, garlic, nduja (*spicy spreadable salame*) in a creamy sauce

RIGATONI NORMA (VEG) - 28.9

Fried eggplant, cherry tomatoes, basil, onion in a napoletana sauce, topped with fresh stracciatella

SPAGHETTONI ALLO SCOGLIO (DF) - 37.9

Fresh seafood including cockles, mussels, scallops, prawns & squid cooked with garlic, EVO, chilli, hint of napoletana sauce & topped with seasoned toasted pangrattato

MAINS

FRITTO MISTO CON SEMOLA (DF) - 37.9

South Australian baby trawl squid, scallops & prawns dusted in semolina flour, served with a side of spicy mayo, chips & garden salad

COTOLETTA MUCCA PAZZA - P.O.A.

Traditional Italian style Veal rib-eye schnitzel coated in seasoned breadcrumb, fried & topped with caprese salad

GRIGLIATA DI PESCE (DF) (GF) - 49.9

Grilled Australian King Prawns, baby trawl squid, scallops & prawn cutlets & served with a side of garden salad & wedges

POLENTA RAGU' & SALSICCIA (GF) - 31.9

Creamy Polenta topped with slow cooked pork & beef ragu' and traditional Italian roasted pork & fennel sausage

** (GF) (DF) (VEG) denotes that dish is either Gluten Free, Dairy Free or Vegetarian or can be prepared Gluten Free, Dairy Free or Vegetarian*

PIZZA

MARINARA - 18.9 (VEGAN)

San Marzano tomato, garlic, basil & oregano
+ **SEAFOOD & ROCKET +12.0**

MARGHERITA - 21.9 (VEG)

San Marzano tomato, fior di latte, Grana Padano parmesan, basil
+ **BUFALA MOZZARELLA +5.9**

NORMA - 25.9 (VEG)

San Marzano tomato, fior di latte, fried eggplant, Grana Padano parmesan, buffalo ricotta & basil

PIZZA FRITTA CAMPAGNOLA - 27.9 (VEG)

Pizza Fritta (Fried Calzone) filled with fior di latte, cherry tomatoes, roasted eggplant, mushrooms medley & topped with San Marzano & parmesan

PROSCIUTTO - 31.9

San Marzano tomato, stracciatella, prosciutto (20 months), rocket, Grana Padano parmesan & EVO

BOSCAIOLA - 27.9

Fior di latte, pork & fennel sausage, Grana Padano parmesan, mushrooms medley, truffle oil
+ **SPICY NDUJA +2.9**

CAPRICCIOSA - 27.9

San Marzano tomato, fior di latte, smoked Italian ham, mushrooms medley, olives

HOT SALAME - 28.9

San Marzano tomato, fior di latte, chilli coated hot salame & olives
+ **SPICY NDUJA +2.9**
+ **BUFALA MOZZARELLA & BASIL + 5.9**

NINO'S - 28.9

San Marzano tomato, fior di latte, pork & fennel sausage & smoked Italian ham
+ **SPICY NDUJA +2.9**

EST OVEST - 31.9

Mushrooms medley, fior di latte, buffalo ricotta, Prosciutto (20 months), stracciatella, parsley & truffle oil

PIZZA FRITTA RUSTICA - 28.9

Pizza fritta (Fried Calzone) filled with fior di latte, Italian ham, pork & fennel sausage, mortadella, buffalo ricotta & topped with San Marzano & Grana Padano parmesan
+ **SPICY NDUJA +2.9**

ARTISAN 'GLUTEN FREE' PIZZA - 3.9 extra

EST OVEST makes its own gluten free bases in a 10" size. Simply select your favourite pizza variety above & ask for Gluten Free

*** Vegan Mozzarella available +4.9**



*Est Ovest is now ranked
in the Top 50 Pizzas
in the Asia Pacific region*



*Awarded Best Pizza in
Australia 2022*

SIDE DISHES

CHIPS (VEGAN) - 10.9

Crispy golden chips served with tomato sauce

SEASONAL VEGETABLES* (VEGAN) - 13.9

Sautee seasonal vegetables served with an Italian dressing of balsamic vinegar & EVO
*ask staff for seasonal availability

WEDGES (VEGAN) - 13.9

Crispy potato wedges served with sour cream and sweet chilli

PANZANELLA SALAD (VEGAN) - 14.9

Croutons, fresh tomatoes, cucumber, Italian salad mix, red onion, baby capers & EVO

ITALIAN GARDEN SALAD (VEGAN) - 14.9

Italian style garden salad with white balsamic dressing

ROCKET SALAD - 15.9

Rocket, crunchy parmesan, balsamic glaze

* All side dishes are Gluten Free

KIDS MENU

SMALL MARGHERITA PIZZA - 14.9

Add Ham + 2.0

CRUMBED CHICKEN & CHIPS - 15.9

CALAMARI & CHIPS (DF) - 16.9

KIDS PENNE NAPOLETANA SAUCE (DF) - 14.9

KIDS PENNE BUTTER & PARMESAN - 12.9

KIDS PENNE BOLOGNESE (DF) - 15.9

CHIPS (GF)(DF) - 10.0

* This menu is strictly for children under 12 years of age

Allergens

Est Ovest offers Gluten free options, however we are not a gluten free kitchen. Therefore cross-contamination can occur. We are unable to guarantee 100% that items will be completely allergen free. Please inform our staff of all intolerances & allergies.

Split Bills

We will accommodate dividing the bill by the number of people on the table, but we are unable to individualise items for each person

DESSERT

TIRAMISÚ - 17.9

Our house made Tiramisú changes frequently, ask one of our staff about todays flavour

AFFOGATO (GF) - 18.9

Vanilla ice cream topped with amaretto crumble and served with a shot of espresso & frangelico hazelnut liqueur

BABA` - 15.9

House made traditional Neapolitan sponge cake soaked in rum and topped with Italian custard, whipped cream & fresh fruit

PANNA COTTA (GF) - 14.9

Vanilla flavoured Panna Cotta served with your choice of the following toppings:
Nutella - Mix Berries - Caramel - Passionfruit

CANNOLI SICILIANI - 7.5 Large | 4.5 Mini

Traditional Sicilian ricotta cannoli garnished with pistachio & candied orange

NUTELLA PIZZA - 17.9

Nutella, strawberries, crushed white chocolate & dusted with icing sugar

COPPA PRIMAVERA - 14.9

Fresh strawberries dressed with sugar & lemon juice, vanilla ice cream & whipped cream

ZEPPOLINE - 15.9

Deep fried mini pizza balls coated with sugar & topped with drizzled with Nutella & your choice of topping:

- crushed white chocolate
- caramel & toasted nuts

BANQUETS

MINIMUM TWO (2) PEOPLE & ABOVE

Mamma is Cooking

\$55

Antipasti	(select 2)
Pizza	(select 1)
Pasta	(select 1)
Sides	(select 1)

Nonna is Cooking

\$70

Antipasti	(select 2)
Pizza	(select 1)
Pasta	(select 1)
Mains	(select 1)

* Food quantities based on 2 guests

* Banquet is compulsory for all groups 8+

* All mains come with a side

Nizzoli



"CAMPARI,"

l'aperitivo

DAVIDE CAMPARI & C. - MILANO

SPARKLING

- VAPORETTO PROSECCO DOC**
Veneto, ITA
- BISOL PROSECCO 'MOLERA' DOCG**
Veneto, ITA
- FERRARI MAXIMUM BRUT ROSE'**
Trento, ITA

GLASS	BOTTLE
13	55



WHITE WINE

- MONTEVENTO PINOT GRIGIO DOC**
Veneto, ITA
- MITCHELL RIESLING**
Clare Valley, South Australia
- SAINT & SCHOLAR SAUVIGNON BLANC**
Adelaide Hills, South Australia
- VARNEY WINES FIANO**
Fleurieu, South Australia
- LUNANERA FALANGHINA**
Benevento, ITA

GLASS	450ml	BOTTLE
12	35	58
13	38	62
13	38	62
		62
		60



ROSE'

- GUTHRIE 'SLEEPLESS NIGHT' ROSE**
Adelaide Hills, SA

GLASS	450ml	BOTTLE
13	38	62

MOSCATO

- HESKETH MOSCATO**
Adelaide Hills, SA

GLASS	450ml	BOTTLE
12	35	58

RED WINE

- POGGIO ANIMA SANGIOVESE**
Sicily, ITA
- HUGO SHIRAZ**
McLaren Vale, SA
- LA VALENTINA MONTEPULCIANO**
Abruzzo, ITA
- ARARA CABERNET SAUVIGNON**
Langhorne Creek, SA
- CHIANTI BELLANTONIO**
Toscana, ITA
- LA PROVA NERO D'AVOLA**
Adelaide Hills, SA
- SAINT & SCHOLAR PINOT NOIR**
Adelaide Hills, SA
- BRUNO ROCCA BARBARESCO DOCG**
Piemonte, ITA
- BERA LANGHE NEBBIOLO 'MIO VINO'**
Piemonte, ITA

GLASS	450ml	BOTTLE
13	38	62
14	40	64
13	38	62
14	40	64
14	40	64
		62
		66
		145
		89

BEERS

MENABREA LAGER Biella, ITA	12.0
PERONI LEGGERA (Light) Roma, ITA	10.0
PERONI ROSSO LAGER Roma, ITA	11.0
BIRRA ICHNUSA Sardegna, ITA	13.0
CORONA Mexico	10.0
KBIRR NATAVOTA LAGER Napoli, ITA	13.0
KBIRR CUOREDINAPOLI APA Napoli, ITA	14.0
KBIRR PULLICENHELL PALE ALE Napoli, ITA	14.0
THE HILLS APPLE CIDER South Australia	11.5

MOCKTAILS

- PINKY MOCKTAIL - [13] [JUG 45]**
Elderflower syrup, fresh lemon Juice, cranberry juice, soda, sugar syrup
- VIRGIN MOJITO - [13] [JUG 45]**
Soda water, fresh lime juice, fresh mint, sugar syrup
- SUMMER FLING - [13] [JUG 45]**
Passionfruit syrup, orange juice, pineapple juice, soda water

SPIRITS

We have an extensive list of spirits and cocktails. Please ask one of our friendly staff for your favourite cocktail or for a suggestion. Our bartender will do their best to accommodate your request...

COCKTAILS

SPRITZ

- APEROL SPRITZ - [18] [JUG 60]**
Aperol, prosecco, soda
- CAMPARI SPRITZ - [18] [JUG 60]**
Campari, prosecco, soda
- LIMONCELLO SPRITZ - [19] [JUG 62]**
Limoncello, prosecco, soda
- HUGO SPRITZ - [20] [JUG 65]**
Vodka, elderflower liqueur, elderflower syrup, prosecco, soda, fresh lime, mint

SOURS

- Fresh citrus juice, egg white, sugar syrup and your choice of spirit:
- WHISKEY [19]**
AMARETTO [20]
PASSIONFRUIT [19]
STRAWBERRY [20]
SLOE GIN [20]

COLADAS

- PINACOLADA - [19] [JUG 65]**
Bacardi white rum, Cello Coconut liqueur, pineapple juice, coconut milk, sugar syrup
- CELLOCOLADA - [20] [JUG 70]**
Bacardi white rum, Malibu, coconut milk, sugar syrup and your choice of Cello liqueur:
MINT | STRAWBERRY | MANGO | MELON

EST OVEST CLASSICS

- CAPRI ICED TEA - [22] [JUG 70]**
Gin, Aperol, Averna, Braulio, Montenegro, fresh lime juice, tonic
- ANGELO AZZURRO - [19] [JUG 60]**
Gin, Blue Curacao, triple sec, fresh lime juice, sugar syrup
- THE ITALIAN JOB - [19] [JUG 65]**
Campari, Red Vermouth, Vodka, orange juice, sugar syrup
- LA DOLCE VITA - [19] [JUG 60]**
Amaretto, Limoncello, Galliano Vanilla, fresh lime juice, sugar syrup
- TROPEA - [19] [JUG 60]**
Tequila, pineapple juice, fresh lime juice, sugar syrup, sage
- ESPRESSO MARTINI - [22]**
Vodka, Frangelico, Baileys, Cello Coffee liqueur, Espresso, Sugar Syrup



SOFT DRINKS

PEPSI & SCHWEPPE'S RANGE (330ML) - 5.5

Pepsi - Pepsi Max - Sunkist - Ginger Ale -
Lemonade - Orange & Mango - Solo

FEVER TREE (200ML) - 6.0

Ginger Beer - Mediterranean Tonic Water

SAN PELLEGRINO RANGE - 6.0

Chinotto - Aranciata Rossa - Limonata

SAN PELLEGRINO WATER

Sparkling Water (250ml - 4.5)
(1000ml - 9.5)
Aqua Panna Still Water (500ml - 6.0)
(1000ml - 9.0)

NIPPYS JUICES - 6.0

Orange - Apple - Pineapple - Apple & Guava -
Apple & Blackcurrant

LIPTON ICE TEAS - 6.5

Lemon - Peach

Trading Hours

Monday to Friday 6.45am - 4.30pm
Wednesday, Friday & Saturday 5.00pm - 9.00pm

Kitchen open for Breakfast & Lunch

Monday - Friday 7.00am - 2.30pm

Kitchen open for Dinner

Wednesday, Friday & Saturday 5.00pm - 8.30pm

COFFEE

Espresso

Caffe Latte

Flat White

Hot Chocolate

Vienna Coffee

Corretto

Macchiato

Cappuccino

Long Black

Dirty Chai

Vienna Chocolate

Italian Hot Chocolate

Piccolo

Mocha

Chai Latte

Affogato

MILKSHAKES - 8.0 | THICKSHAKES - 9.0

Chocolate | Strawberry | Vanilla | Banana | Caramel |
Coffee

ICED DRINKS

Iced Chocolate | Iced Coffee | Iced Mocha

TEA TONIC TEA

Cup of Tea | Mug of Tea | Pot of Tea for One

TEA VARIETIES

English Breakfast | Earl Grey | Coconut |
Chai | Green | Peppermint | Chamomile |
G.L.E.W. (Ginger, Lemongrass Echinacea & White tea)

Est Ovest's tea of choice is

Australian owned & made

Australian certified organic - unbleached tea bags

tea tonic

Cin Cin!

