

ALL DAY BREAKFAST MENU

CLASSIC // \$12.90

2 Earth eggs (P/S/F) with grilled bacon served with toasted ciabatta.

GRANDE // \$20.90

2 Earth eggs (P/S/F) with grilled bacon, pork & fennel sausage, grilled tomato, roasted Swiss brown mushrooms & sautéed baby spinach served with toasted ciabatta..

Add grilled minute steak \$4.90

BENEDICT // \$17.90

2 poached Earth eggs with sautéed baby spinach & hollandaise sauce, served on toasted croissant with your choice of:

Harris smoked salmon // Crispy pancetta // San Daniele prosciutto

SMASHED AVO (VEG) // \$16.90

Toasted thick-cut rye topped with smashed avocado, Danish fetta, 2 poached eggs & pomegranate molasses.

FAGIOLI NAPOLITANA // \$16.90

Eggs baked with house made mixed beans, pearl tomatoes & Napolitana sauce, with grilled chorizo & toasted ciabatta.

BLT BURGER // \$12.90

Grilled bacon, cos lettuce, vine ripened tomato, smashed avocado & Dijon mustard in a toasted brioche bun.

Add fried egg \$2 // Add hollandaise sauce \$1

CORN FRITTER // \$17.90

House made sweet corn & potato fritter topped with chunky guacamole, tomato chutney, grilled chorizo & 2 poached eggs.

BREAKFAST BOWL (VEG) (GF) // \$16.90

Chia avocado, sautéed baby spinach, chilli, chick peas, pearl tomatoes, quinoa, tabouli & 2 poached eggs.

OMELETTE (VEG) // \$15.90

With a mixture of gourmet mushrooms, baby spinach, buffalo mozzarella and truffle oil served with toasted ciabatta.

Add turkey \$3.50 // Add San Daniele prosciutto \$3.50 // Add ham \$3.50

VEG: Vegetarian // V: Vegan // GF: Gluten Free

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ZEEA'S **TONY & MARK'S**
A FAMILY TRADITION

OPEN 7 DAYS FROM 7AM
TONYANDMARKS.COM.AU

All ingredients on this menu are available for purchase at Tony & Marks! Ask our friendly staff for details.
Please advise your friendly waiter of any allergies when ordering.

ALL DAY BREAKFAST MENU

SAN DANIELE // \$19.90

Toasted thick-cut rye topped with roasted Swiss brown mushrooms, grilled Taleggio cheese, 2 poached eggs & San Daniele prosciutto, drizzled with house made rocket & almond pesto & chilli oil.

T & M BOWL (VEG) // \$10.90

Mixture of seasonal fruit with Adelaide Select vanilla yoghurt, drizzled with Orange Blossom Honey.

MUESLI BOWL (VEG) // \$12.90

Whisk & Pin Berry Crunch muesli served with vanilla yoghurt, fresh berries & chia seeds, served with your choice of milk.

Ask our friendly staff about our lactose free milk & yoghurt options.

HEMP BOWL (VEG) // \$14.90

Berry hemp seed, Eco banana, baby spinach, toasted coconut flakes, avocado & almond milk.

♥ BRESSERT // \$16.90_{EA} ♥

SALTED CARAMEL BUTTERMILK PANCAKES (VEG)

Caramelised banana brulee, Misty's salted caramel sauce, Johnny's caramel popcorn & dark chocolate dust.

MAPLE BUTTERMILK PANCAKES (VEG)

Maple hemp seed, fresh strawberries, Canadian maple syrup & double cream.

BANANA BREAD (VEG)

2 slices of toasted banana bread filled with natural peanut butter, caramelised banana & whipped mascarpone.

[EXTRAS]

GRILLED BEEF // \$4.90

PANCETTA // \$3.90

BACON // \$3.50

HARRIS SMOKED SALMON // \$4.90

ITALIAN SAUSAGE // \$3.90

SWISS BROWN MUSHROOM // \$3.50

SAN DANIELE PROSCIUTTO // \$4.90

CHIA AVOCADO // \$3.90

SAUTÉED BABY SPINACH // \$3.50

HALLOUMI // \$4.90

EGGS (P/S/F) // \$3.50

GRILLED TOMATO // \$3.50

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LUNCH & DINNER MENU

★ MAKE YOUR OWN SALAD ★

YOU'RE THE CHEF // *Select your base, proteins, extras & dressings!*

STEP ONE ~ CHOOSE YOUR BASE:

GARDEN: Mixed lettuce, vine ripened cherry tomatoes, fresh cucumber & Spanish onion // \$8.50

COUSCOUS: Couscous, red capsicum, Spanish onion, cucumber, Danish fetta & pearl tomatoes // \$10.50

STEP TWO ~ CHOOSE YOUR PROTEINS:

Calamari // \$5.90

Rio Mare tuna // \$3.90

Crumbed chicken // \$4.90

Falafel // \$3.90

San Daniele prosciutto // \$4.90

Crispy bacon // \$3.50

Harris smoked salmon // \$4.90

Grilled chicken // \$4.90

Grilled beef // \$5.90

STEP THREE ~ CHOOSE YOUR EXTRAS:

Grilled halloumi // \$4

Poached egg // \$2

Roasted capsicum // \$1

Buffalo mozzarella // \$4

Sliced avocado // \$2.50

Toasted almonds // \$1.50

Danish fetta // \$2

Pearl tomatoes // \$1

Toasted pine nuts // \$1.50

Camembert cheese // \$2

Spanish onion // \$0.50

Walnut kernels // \$1.50

Swiss cheese // \$2

Grilled eggplant // \$1

Crisp celery // \$0.50

Roasted pumpkin // \$1

STEP FOUR ~ CHOOSE YOUR DRESSINGS:

Balsamic vinaigrette

Pomegranate molasses

Red wine vinaigrette



Honey mustard

Garlic & lemon aioli

Lemon & oregano vinaigrette

Basil pesto

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LUNCH / DINNER MENU

≡ ZEEA'S SALADS ≡

WARM CHICKEN SALAD // \$16.90

Grilled chicken breast, fresh avocado, mixed lettuce, Spanish onion, coloured tomatoes, toasted almonds & honey mustard dressing.

TUNA SALAD // \$14.90

Rio Mare tuna, organic red rice, pearl tomatoes, cucumber, Spanish onion, avocado & red wine vinaigrette.

★ PASTA & RISOTTO ★

Gluten Free pasta available upon request (no extra charge).

SPAGHETTI GRANCHIO // \$19.90

Blue swimmer crab meat, pearl tomatoes, chilli & garlic in a rose sauce with De Cecco spaghetti.

RIGATONI RAGU // \$17.90

Tender braised beef in a chilli, tomato & aromatic herb sauce with De Cecco Rigatoni, topped with parmigiano reggiano.

GNOCCHI NAPOLITANA (VEG) // \$16.90

Spanish onion, basil, pearl tomatoes, olive oil & Nonna Annita's Napolitana sauce with Mancini Potato Gnocchi, topped with parmigiano reggiano.

BEEF TORTELLINI // \$17.90

Mixed gourmet mushrooms, pancetta, spring onion, cream & white wine with Mancini beef tortellini, topped with shaved parmesan.

PENNE ARRABBIATTA // \$17.90

Green & black olives, capers, spicy pancetta, chilli, champignon mushrooms & Nonna Annita's Napolitana sauce with De Cecco penne.


MUSHROOM RISOTTO (VEG) (GF) // \$18.90

Arborio rice cooked with parmesan cheese, shiitake, enoki & oyster mushrooms.

CHICKEN & BROCCOLI RISOTTO (GF) // \$18.90

Arborio rice cooked with parmesan cheese, chicken breast, broccoli and rocket & almond pesto.

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LUNCH / DINNER MENU

⚡ MAINS ⚡

CHICKEN COTOLETTA // \$17.90

Crumbed chicken breast with Nonna's salad of cos lettuce, tomato, cucumber & Spanish onion, drizzled with a red wine vinaigrette.

FISH & CHIPS // \$19.90

Hake fillets covered in crispy, light beer batter, served with potato chips, garden salad and garlic & caper aioli.

[SIDES]

BOWL OF POTATO CHIPS // \$7.90

BOWL OF SWEET POTATO CHIPS // \$7.90

GARLIC BREAD // \$4.90

= PANE =

Choose your bread – Focaccia / Wholemeal bun / Wrap / Brioche bun / Gluten Free bun.

ROASTED CHICKEN BREAST // \$12.90

Vine ripened tomato, Spanish onion, Swiss cheese, smashed avocado, cos lettuce & whole egg mayonnaise.


VEGETARIAN (VEG) // \$12.90

Roasted pumpkin, roasted capsicum, grilled eggplant, Danish fetta, basil pesto & wild rocket.

BAROSSA SMOKED TURKEY // \$12.90

Roasted capsicum, camembert cheese, baby spinach & cranberry sauce.

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♥ PIZZA ♥

MARGHERITA (VEG) // \$16.90

Nonna Annita's Napolitana sauce, vine ripened tomatoes, basil, buffalo mozzarella & olive oil.

BBQ CHICKEN // \$16.90

Roasted chicken breast, Spanish onion, buffalo mozzarella & Beerenberg BBQ sauce.

THE SALAMI // \$16.90

Calabrese salami, leg ham, buffalo mozzarella & Napolitana sauce.

★ BURGERS ★

All served with your choice of potato chips or sweet potato chips.

Ask our friendly staff for Wholemeal or Gluten Free burger buns.

MICKY C'S // \$15.90

Zeea's house made beef patty topped with home style sliced gherkins, pickled baby onions, double cheese & Beerenberg tomato sauce in a toasted brioche bun.

THE BIG Z // \$17.90

Zeea's house made beef patty, mixed lettuce, Spanish onion, vine ripened tomato, double cheese, garlic aioli & Beerenberg tomato sauce in a toasted brioche bun.

THE HEN // \$16.90

Marinated grilled chicken breast, cos lettuce, Swiss cheese, vine ripened tomato & garlic aioli in a toasted brioche bun.

CLEAN B (VEG) (V) // \$17.90

Spiced spinach & quinoa patty with Birky's beetroot relish, roasted sweet potato, vegan tasty cheese, vine ripened tomato & mixed lettuce in a toasted brioche bun.

[EXTRAS]

FRIED EGG // \$2

CRISPY BACON // \$3


CRISPY PANCETTA // \$3

AVOCADO // \$3

GRILLED PINEAPPLE // \$3

BEEF PATTY // \$4

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DRINKS MENU

❄️ SMOOTHIES ❄️

CHOCOLATE PEANUT BUTTER (DAIRY FREE) // \$7.90

Natural crunchy peanut butter, banana, organic dark cocoa, vanilla & almond milk.

TUTTI FRUTTI // \$7.90

Mixed berries, banana, pineapple, orange juice & Adelaide Select vanilla yoghurt.

ACAI PROTEIN (DAIRY FREE) // \$9.90

Sambazon acai berry, Happy Way vanilla protein, rolled oats, banana, raspberries, blueberries, flax seeds & almond milk.

MANGO // \$7.90

Mango, Adelaide Select vanilla yoghurt, vanilla ice cream, honey & Tweedvale milk.

GREEN MATCHA (DAIRY FREE) // \$8.90

Matcha green tea powder, baby spinach, mango, banana & coconut milk.

BANANA // \$7.90

Banana, Adelaide Select vanilla yoghurt, vanilla ice cream, honey & Tweedvale full cream milk.

❄️ MILKSHAKES & FRAPPES ❄️

CHOICE OF // \$5.50 EACH

| | |
|----------------|------------|
| Chocolate | Banana |
| Coffee | Strawberry |
| Mocha | Lime |
| Caramel | Vanilla |
| Salted Caramel | Chai |

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DRINKS MENU

❄️ COLD PRESSED JUICES ❄️

Made from 100% freshly squeezed fruit & vegetables from Tony & Mark's!

SINGLE ~ CHOICE OF ONE // \$5.90 each

Orange // Watermelon // Apple // Pineapple // Carrot

1 litre jug with fruit pieces \$10.90

COMBO // \$7.90

Make your own juice combo. 1 litre jug \$14.90.

REFRESH // \$7.90

Carrot, orange, lemon, apple, ginger & pepper. 1 litre jug \$14.90.

TROPICALE / \$8.90

Kiwifruit, orange, strawberry, pineapple & watermelon. 1 litre jug \$14.90.

BOOSTER // \$7.90

Beetroot, carrot, apple, spinach, kiwi, strawberries & coconut water. 1 litre jug \$14.90.

IL VERDE // \$8.90

Apple, ginger, lemon, celery, kale, cucumber & spinach. 1 litre jug \$14.90.

❄️ CARBONATED ❄️

LURISIA CHINOTTO 330ml // \$4 750ml // \$6.90

LURISIA ARANCIATA 330ml // \$4 750ml // \$6.90

LURISIA GAZZOSA 330ml // \$4 750ml // \$6.90

MOJO TONIC PINEAPPLE COCONUT 330ml // \$4.90

MOJO TONIC COLA 330ml // \$4.90

MOJO KOMBUCHA STRAWBERRY HIBISCUS 330ml // \$4.90

MOJO KOMBUCHA TURMERIC TRIO 330ml // \$4.90

COKE / NO SUGAR COKE 330ml // \$4

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DRINKS MENU

❄️ ICED DRINKS ❄️

ICED CHOCOLATE // \$6.90

Chocolate gelato & whipped chocolate Tweedvale milk topped with shaved chocolate pieces.

ICED COFFEE // \$6.90

Vanilla gelato with double espresso, Tweedvale milk & a dash of vanilla.

❄️ WATER ❄️

LURISIA STILLE 330ml // \$4 750ml // \$5.90

LURISIA BOLLE (SPARKLING) 330ml // \$4 750ml // \$5.90

☕ COFFEE ☕

ESPRESSO // \$3.30 LATTE // \$3.80

MACCHIATO // \$3.50 ICED LATTE // \$3.80

HALF LATTE // \$3.50 MOCHA // \$4.50

FLAT WHITE // \$3.80 ORGANIC CHAI LATTE // \$5.50

LONG BLACK // \$3.80 ORGANIC HOT CHOCOLATE // \$5.50

CAPPUCCINO // \$3.80 AFFOGATO // \$5.50

☕ TEAS ☕

BREWED IN TEA POTS // all \$4.50 each

CHAMOMILE

FRENCH EARL GREY

COCONUT

PEPPERMINT

GREEN

DARK CHOCOLATE

CHAI

BERRY GREEN

G.L.E.W

ENGLISH BREAKFAST

APPLE TREE

(Ginger, Lemongrass,
Echinacea, White)

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