

## PASTA & RISOTTO

**Pasta Options:** Spaghetti, fettuccine or penne

**Risotto Options:** Dishes that can be made as a risotto are marked with an (R)

**Extras:** +\$2 per item

### **BASIL CON PESTO** **\$22**

Pesto, cream, semi-dried tomato, pinenuts

### **BOLOGNESE** **\$24**

Traditional meat sauce

### **CHICKEN + MUSHROOM (R)** **\$26**

Onion, garlic, cream, chicken, mushroom

### **CHORIZO + PRAWN (R)** **\$27**

Napoli sauce, chorizo, prawns, goats cheese

### **CARBONARA** **\$23**

Onion, garlic, bacon, cream, free range egg yolk

### **NAPOLI** **\$19**

Onion, tomato, garlic, herbs

### **PRIMAVERA (R)** **\$23**

Napoli sauce, eggplant, roast pumpkin, mushroom, spinach, red capsicum

### **PUMPIN' IRON (R)** **\$23**

Onion, garlic, roast pumpkin, pinenuts, cream, spinach, fetta

### **SALAMI PUTTANESCA** **\$23**

Napoli sauce, onion, calabrese salami, olives, chilli flakes, anchovies, red capsicum

**Allergens/Gluten:** Many of our dishes contain traces of gluten, nuts, milk, eggs, fish and sulphites. We take care when preparing meals, however cannot guarantee your order to be 100% allergen free.

**Lactose Free/Vegan Options:** Most vegetarian meals can be adapted for a lactose free or vegan diet. Leave us an order note with your requirements.

## DESSERTS & DRINKS

Aurora Gelato/Sorbet (500ml) **\$9**

Coke Varieties (375ml) **\$3**

Coke Varieties (1.25L) **\$5**

Picnic Point Sparkling Apple Juice **\$4**

Charlie's Juice (Orange/Apple) **\$5**

Bundaberg Sparkling Varieties **\$5**

San Pellegrino (Chinotto/Rossa) **\$5**

San Pellegrino Mineral Water (250ml) **\$5**

San Pellegrino Mineral Water (500ml) **\$7**

## HOME DELIVERY

**Payment:** We accept credit card, PayPal or EFTPOS, which incur 1.65% processing fees, or cash

**Delivery Times:** Available 5pm to 8pm

**Minimum Order:** \$20 plus \$5 delivery fee

**Delivery Zones:** Bairnsdale, East Bairnsdale, Eastwood, Lucknow, Shannon Waters, West Bairnsdale, Wy Yung

## ONLINE OFFERS

- Want a FREE large pizza every third order? Spend \$25 and accrue points.
- Buy 3 large pizzas, get the 4th free - order online by scanning the QR code.
- Be sure to check our exclusive pizzas, available online or through the app.



SCAN ME

## CONTACT DETAILS

**Hours:** Wednesday to Saturday, 4pm to 8.30pm

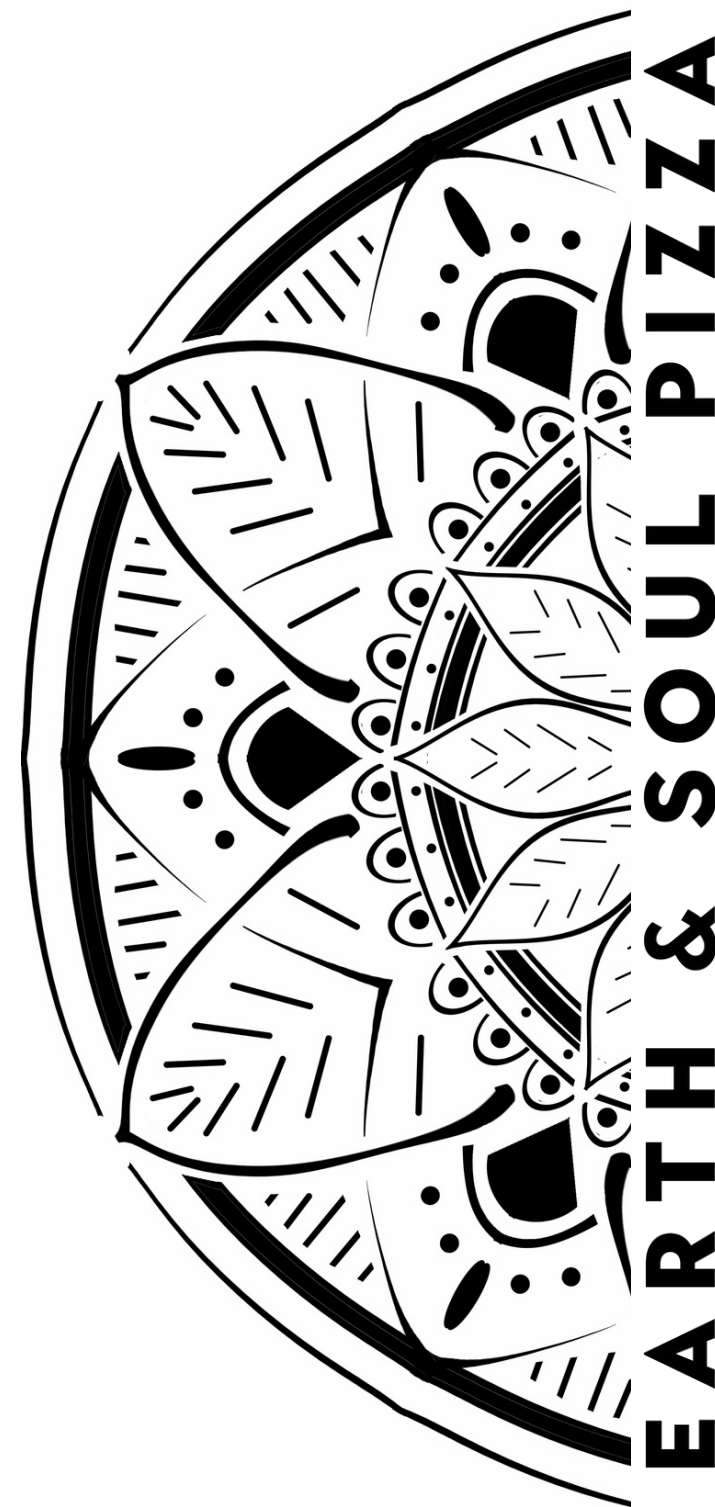
**Location:** 122 Main Street Bairnsdale Vic. 3875

**Order Online:** [www.earthandsoul.pizza](http://www.earthandsoul.pizza)

**Catering Enquiries:** [eat@earthandsoul.pizza](mailto:eat@earthandsoul.pizza)

**Telephone:** 03 5153 0555

**Facebook/Instagram:** @earthandsoul.pizza



## SOMETHING LIGHT

	S	L	F
<b>CHEEEESY GARLIC</b>	<b>\$10</b>	<b>\$14</b>	<b>\$19</b>
Garlic, olive oil, lashings of mozzarella			
<b>GALARITA</b>	<b>\$12</b>	<b>\$16</b>	<b>\$21</b>
Garlic, pizza sauce, Italian herbs, cashews			
<b>MARGHERITA</b>	<b>\$10</b>	<b>\$14</b>	<b>\$19</b>
Pizza sauce, Italian herbs			
<b>PESTO + FETTA</b>	<b>\$14</b>	<b>\$22</b>	<b>\$27</b>
Basil pesto, pinenuts, fetta, bocconcini			

## VEGETARIAN

	S	L	F
<b>ARTICHOKE</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
Garlic, spinach, tomato, artichoke hearts, olives			
<b>BASIC VEG</b>	<b>\$14</b>	<b>\$22</b>	<b>\$27</b>
Mushroom, onion, green capsicum			
<b>CAULI &amp; PINENUTS</b>	<b>\$16</b>	<b>\$25</b>	<b>\$30</b>
Garlic, currants, pinenuts, cauliflower, fetta, minted yoghurt			
<b>EURO VEG</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
Eggplant, red capsicum, semi-dried tomato, artichoke hearts, pesto, goats cheese			
<b>THE ISLANDER</b>	<b>\$16</b>	<b>\$25</b>	<b>\$30</b>
Garlic, spinach, pumpkin, red capsicum, fetta			
<b>VEG TANDOORI</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
Tandoori sauce, cashews, potato, onion, eggplant, roast pumpkin, red capsicum, minted yoghurt			
<b>VEG KORMA</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
Korma sauce, fried shallots, spinach, potato, cauliflower, almonds			

## SORRY, NO HALF/HALF PIZZAS

**Our Philosophy:** From the careful selection of delicious local ingredients, to the down-to-earth service that greets you, you'll leave Earth & Soul nourished from the inside.

**Extras:** Charged per item. Small \$1, large & GF \$2, family \$3, vegan cheese \$2, GF base \$5

## SEAFOOD

	S	L	F
<b>CHILLI GARLIC PRAWN</b>	<b>\$21</b>	<b>\$30</b>	<b>\$35</b>
Garlic, prawns, chilli flakes, red capsicum, fetta			
<b>CHORIZO + PRAWN</b>	<b>\$21</b>	<b>\$30</b>	<b>\$35</b>
Basil pesto, hot chilli sauce, chorizo, prawns, goats cheese			
<b>MARINARA</b>	<b>\$21</b>	<b>\$30</b>	<b>\$35</b>
Seafood mix, prawns, anchovies, garlic			

## CHICKEN

	S	L	F
<b>BBQ CHICKEN</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
BBQ sauce, spanish onion, poached chicken breast, green capsicum			
<b>INCOGNITO</b>	<b>\$19</b>	<b>\$27</b>	<b>\$32</b>
Garlic, poached chicken breast, spanish onion, capsicum, jalapeños, chipotle mayo			
<b>PERI-PERI CHICKEN</b>	<b>\$19</b>	<b>\$27</b>	<b>\$32</b>
Garlic, peri-peri sauce, fried shallots, poached chicken breast, red capsicum, bocconcini			
<b>SCORPION</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
Spinach, poached chicken breast, chilli flakes, bacon, red capsicum			
<b>SATAY CHICKEN</b>	<b>\$19</b>	<b>\$27</b>	<b>\$32</b>
Satay sauce, spanish onion, poached chicken breast, cashews			
<b>TANDOORI CHICKEN</b>	<b>\$19</b>	<b>\$27</b>	<b>\$32</b>
Tandoori sauce, cashews, poached chicken breast, minted yoghurt			

## MEAT

	S	L	F
<b>AUSSIE</b>	<b>\$15</b>	<b>\$24</b>	<b>\$29</b>
Smoked leg ham, bacon, free range egg			
<b>BAA BAA</b>	<b>\$21</b>	<b>\$30</b>	<b>\$35</b>
Spinach, tomato, spanish onion, lamb steak, fetta, minted yoghurt			
<b>CAPRICCIOSA</b>	<b>\$16</b>	<b>\$25</b>	<b>\$30</b>
Mushroom, smoked leg ham, calabrese salami, kalamata olives, anchovies			
<b>HAWAIIAN</b>	<b>\$15</b>	<b>\$24</b>	<b>\$29</b>
Smoked leg ham, pineapple			
<b>KORMA LAMB</b>	<b>\$21</b>	<b>\$30</b>	<b>\$35</b>
Korma sauce, fried shallots, potato, lamb steak, almonds			
<b>LOT</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
Mushroom, smoked leg ham, hot salami, capsicum, onion, pineapple, kalamata olives			
<b>MEAT LOVERS</b>	<b>\$16</b>	<b>\$25</b>	<b>\$30</b>
Smoked leg ham, pepperoni, bacon, BBQ sauce			
<b>PEPPERONI</b>	<b>\$16</b>	<b>\$25</b>	<b>\$30</b>
Semi-dried tomato, pepperoni, bocconcini			
<b>POTATO PROSCIUTTO</b>	<b>\$19</b>	<b>\$27</b>	<b>\$32</b>
Garlic, potato, rosemary, prosciutto, goats cheese			
<b>PULLED PORK</b>	<b>\$19</b>	<b>\$27</b>	<b>\$32</b>
BBQ sauce, fried shallots, hot chilli sauce, pulled pork, slaw, chipotle mayo			
<b>RODRIGUEZ</b>	<b>\$19</b>	<b>\$27</b>	<b>\$32</b>
Pinenuts, roast pumpkin, spanish onion, chorizo, balsamic glaze, fetta			
<b>SERGEANT</b>	<b>\$17</b>	<b>\$26</b>	<b>\$31</b>
Hot chilli sauce, hot calabrese salami, jalapeños, spanish onion, fetta			
<b>SUPER SUPREME</b>	<b>\$21</b>	<b>\$30</b>	<b>\$35</b>
Mushroom, smoked leg ham, hot salami, bacon, onion, capsicum, pineapple, kalamata olives, prawns, anchovies			