



BENVENUTI, WELCOME!

MENU CODE

GREEN: VEGAN

BLACK: VEGETERIAN

RED: MEAT DISHES

WE ARE OPEN:

Monday - Friday 10:00 - 21:00

Saturdays 08:30 - 21:00

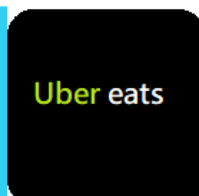
Sundays 08:30 - 20:00

**Please have a walk around, we have a fully stocked
Deli for your convenience**

We cater and do functions

Shop: 079 3258 486

Mirko: 072 759 7315





BREAKFAST
ONLY SERVED UNTIL 12

TOAST VEGANO – *Toasted panino with rocket, Vegan tomato pesto cheese, artichokes served with chips ^V*

R76

AVO TOAST – *2 Slices of toasted ciabatta topped with avo, cherry tomato & red onions served with a lemon herb dressing ^V*

R72

OMELETTE NAPOLI – *Omelette filled with mozzarella cheese & topped with Napoletana sauce served with toasted ciabatta bread and avo*

R87

OMELETTE RAGU – *Omelette filled with mozzarella cheese & topped with bolognese sauce served with toasted ciabatta bread and avo*

R100

MEET ITALY BREAKIE – *2 Poached eggs, mushrooms, bacon / macon, grilled Cherry tomato served with toasted ciabatta bread*

R100

PANINI
CIABATTA BREAD / OLIVE CIABATTA

VEGANO

Our homemade garlic herb cheese, rocket, grilled zucchini & tomato. ^V

R85

VERDE

Vegan tomato pesto mozzarella, avo, rocket, red onions e tomato. ^V

R85

CON MORTADELLA

Mortadella, basil pesto, olives and fontina cheese.

R90

CON SALAME

Salami, rocket, fontina cheese e basil pesto mayo

R90



STARTERS

BRUSCHETTA di PESTO MISTO – 3 slices of toasted ciabatta with artichoke pesto *V* pesto del sud & Basil pesto

R85

CAPRESE VEGANO – Layers of vegan mozzarella cheese and tomato slices, topped with glazed balsamic vinegar and basil pesto *V*

R100

MINISTRONE SOUP – Homemade mixed veggie soup

R75

TAGLAIRE MISTO VEGANO – Grilled zucchini, grilled aubergines, marinated olives, artichokes, tomato slices & garlic and herb nut sauce *V*

R100

ZUCCHINE CHIPS – Thin slices of zucchini lightly battered and fried *V*

R80

SALAD

CARCIOFI – Mixed greens topped with artichokes, red onions, cherry tomato, walnuts & vegan pesto mayo sauce *V*

R110

SALMONE – Mixed greens, salmon, rocket, avo, red onions, cherry tomato & cucumber

R130

ITALIANA – Mixed greens, artichokes, red onions, cherry tomato, black olives, carrots, cucumber & cherry mozzarella or vegan mozzarella cheese.

R100

ADD SALMON R120

ADD TUNA R110

ADD CHICKEN R110

CAPRESE

Layers of buffalo mozzarella and tomato slices, topped with glazed Balsamic vinegar and basil pesto.

R108

SIDES

ZUCCHINE FRIES – Gluten free zucchini chips battered and deep-fried *V*

R80

POTATOE FRIES *V* R55

MIXED VEGGIES – Baby marrow, mixed peppers, carrot strips, cherry tomato, red onions pan fried in olive oil *V* **R64**



PIZZA

GLUTEN FREE BASE AVAILABLE – ADD R 40

AGLIO e LE ERBE – Olive oil, garlic e Italian herbs *V*
R70

POMODORO – Tomato e vegan mozzarella cheese *V*
R108

VERDE – Basil pesto, vegan mozzarella, cherry tomato and rocket *V*
R120

FORESTA – Tomato, vegan mozzarella, olives, artichokes, vegan salami *V*
R120

VEGANO – Vegan ragu, vegan mozzarella, mixed peppers, garlic and chilli *V*
R129

TORINO – Tomato, red onions, baby spinach, olives e vegan mozzarella *V*
R120

MARGHERITA – Tomato, mozzarella cheese and herbs
R108

VEGETARIANA – Tomato, mozzarella cheese, mushroom, capers peppers,
onion e garlic
R132

REGINA – Tomato, mozzarella cheese, mushroom and ham
R128

CAPRESE - Tomato, mozzarella cheese, chicken,
sun-dried tomatoes, olives & origanum
R128

SICILIANA – Tomato, mozzarella cheese, anchovies,
capers & olives
R138

ISOLA–Tomato, mozzarella cheese, cotto ham & pineapple
R128

STREGA – Tomato, mozzarella cheese, bacon, salami, ham, onions
R138

MEXICANO – Ragu, Mozzarella cheese, mixed pepper,s garlic & chilli
R138

QUATTRO – Artichokes, olives, mushrooms, Ham
R140



VEGAN PASTA



SPAGHETTI NAPOLETANA

Italian tomato sauce and fresh basil and herbs

R100

PENNE ARRABBIATA

Napoletana sauce, Italian herbs and fresh chillies

R105

SPAGHETTI AGLIO e OLIO

Olive oil, garlic, parsley, chilli and fresh Italia herbs

R95

LINGUINE FUNGHI AGLIO e OLIO

Mushrooms, garlic, chilli, basil pesto, olive oil and white wine

R119

PENNE PESTO

Homemade pesto sauce

R119

LINGUINE PESTO DI CARCIOFI

Homemade artichoke pesto e olive oil sauce

R128

PENNE DEL SUD

Mixed grilled peppers, olives, garlic, capers and olive oil

R125

SPAGHETTI FIORMAGGIO

Grilled cherry tomato, baby spinach, olive oil e garlic herb cheese

R110

SPAGHETTI RAGU VEGANO.

Vegan cauliflower & walnut ragu sauce

R128

LINGUINE STREGA

Mushrooms, sundried tomatoes, red onions, garlic, olive oil & herbs

R125

PENNE AURORA VEGANO

Napolitana & rich creamy cashew sauce

R118



MEAT PASTA

SPAGHETTI RAGU

Homemade pure 100% beef Bolognese

R140

LINGUINE POLLO

Chicken, mushrooms e cream

R140

PENNE LUCIA

Bolognese, bacon / Macon, mushrooms e cream

R158

SPAGHETTI PESCATORE

Mixed seafood in a red creamy garlic sauce or a white wine sauce

R168

SPAGETTI CARBONARA

Guanciale cubes in a rich egg and cheese sauce

R128

LINGUINI TONNO

Tuna, red onions and napolitana sauce

R128

PENNA AMATRICIANA

Bacon, onion in a rich tomato sauce

R124



OVENBAKES

Butternut Lasagna – *vegan butternut lasagna*

R122

Spinach Lasagna- *vegan spinach lasagna*

R122

Vegan Ragu Lasagna - *vegan bolognese lasagna*

R130

Melanzana Parmegiano *gluten free aubergine parmegiano*

R124

Melanzana Parmigiano – *Oven baked aubergines in a homemade napoletana sauce and topped with parmesan and mozzarella cheese*

R124

Cannelloni Ricotta spinach – *pasta tubes filled with spinach & ricotta with napolitana and béchamel sauce*

R124

Beef Lasagna – *homemade beef lasagna*

R138



MEAT DISHES

*Served with your choice of two sides:
Italian Salad / Chips / Stir-fry veg / Onion Rings*

Vitello Al Limone

Thinly sliced veal pan-fried +lemon butter sauce

R172

Vitello Alla Crema Di Funghi

Thinly sliced veal pan-fried topped with a creamy mushroom sauce

R192

Vitello Alla Milanese

Veal cutlet, crumbed and fried until golden brown

R187

Veal Marsala

*Veal cutlet, dry Marsala wine, mushrooms, chicken broth, butter and
lemon juice*

R187

Pollo Impanato

Crumbed Chicken Breasts

R135

Grilled Chicken Breast-	R129
Rump 200gr -	R165
T-Bone 350gr -	R184
Fillet Steak 200gr -	R198
Pork Ribs Half 400gr -	R180
Full – 600gr -	R225

Add cheese sauce/mushroom sauce – R37



SPECIALITIES DISHES

PENNE PRIMAVERA

Vegetables Melody of Mixed Peppers, Baby Marrows, Carrots, in a Cherry Tomatoes based Sauce

R128

PIZZA 4 FORMAGGI

Tomatoes, 4 Vegan Cheeses, Mushrooms, Olives, Artichokes

R135

PENNE 4 FORMAGGI

Creamy Cashew Nut Cream, Our 4 Vegan Cheeses, Spinach & Red Onions

R138

SPAGHETTI POLLINO

Vegan Chicken Pieces, Mushrooms, in a Creamy Napolitana Sauce

R135

PIZZA BIANCO CARCIOFI

Mozzarella, Artichokes, Olives, Red Onions and Rosemary

R125

VITELLO PARMIGIANA

Veal Topped with Napolitana Sauce, Mozzarella Cheese and Parmigiano Cheese, served With Chips or Veggies

R149

MEET ITALY PIZZA

Tomatoes, Mozzarella, Salami, Bacon, Cotto Ham, Chorizo, Mushrooms and Red Onions

R154

POLLO ACCIUGHE

Crumbed Chicken Breasts topped up with Napolitana Sauce, Anchovies, Mushrooms, Artichokes & Chillies

R167



DESSERTS

Tiramisu Ice Cream Cake

R65

Cappuccino Kisses

R58

Brownie *gluten free* with ice cream *V*

R68

Hazelnut Kisses

R58

Gelato 2 scoops

Chocolate, Vanilla, Strawberry, Chocolate Chip, Coconut

R55

Gelato 2 scoops VEGAN *V*

Lemon, Mixed Berries, Strawberry

R60

Tartufo Hazelnut or Caramello

R58

Homemade Ice Cream Cakes

R65



COLDRINKS

Appletizer	R33	Ice-Tea Peach / lemon	R33
Grapetizer	R33	Water 500ml	R30
Coke Light	R26	Water 1L	R40
Coke Zero	R26	Dry Lemon	R26
Coke	R26	Soda Water	R26
Can Sprite	R26	Tonic Water	R26

JUICES

Orange Juice **R40**

HOT DRINKS

Cappuccino	R38
Decaf Cappuccino	R42
Espresso Dbl	R30
Espresso Sgl	R24
Hot Chocolate	R35
Red Cappuccino	R32
Tea	R20
Vegan Cappuccino	R40
Vegan Macchiato	R38



Bambino Menu

PIZZA

Margherita -- Cheese & Tomato R58

Isola -- Cheese, Tomato, Ham, Pineapple R68

Pomodoro -- Vegan Cheese & Tomato ^V R64

PASTA

Spaghetti Ragù' – 100% Beef Bolognese R66

Penne Napolitana – Italian Tomato sauce ^V R55

Penne Pollino – Cream & Chicken strips R68

MEAT DISHES

Chicken Burger & Chips/Salad (Open Burger)

R57

Chicken Nuggets, Chips/Salad

R54

Fish Fingers & Chips/Salad

R54

Bambino Beef Lasagna

R68

Vienna & Chips

R49

SUNDAY LUNCH – MAX 3 KIDS PER TABLE EAT FREE