



BENVENUTI, WELCOME!

MENU CODE

GREEN: VEGAN

BLACK: VEGETARIAN

RED: MEAT DISHES

BLUE: FISH

WE ARE OPEN:

Monday - Thursday 10:00 – 20:00pm

Friday - 10,00 – Until closure

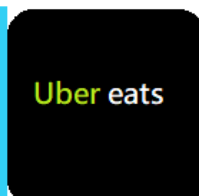
Saturdays 08:30 – Until closure

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: 079 325 8486





PANINI

CIABATTA BREAD / OLIVE CIABATTA/OMELETTES

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.

R99

CON SALAME

Salami, rocket, fontina cheese e basil pesto mayo

R110

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

R100

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

R100



MEET
Italy
STARTERS

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

R95

CARPACCIO – thinly sliced beef drizzled with olive oil capers & shaved parmesan
cheese

R115

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

R120

MINISTRONE SOUP – Homemade mixed veggies soup

R90

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

R120

ZUCCHINE CHIPS – Thin slices of zucchini lightly battered and fried (when in
season) V^o

R80

SALAD

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

R120

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

R150

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

R120

ADD SALMON R45

ADD TUNA R25

ADD CHICKEN R35

CAPRESE

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

R110

SIDES

POTATOE FRIES V^o R75

MIXED VEGGIES – Baby marrow, mixed peppers, carrot strips, cherry tomato, red
onions pan fried in olive oil V^o **R80**



PIZZA

GLUTEN FREE BASE AVAILABLE – ADD R 40

AGLIO e LE ERBE – Olive oil, garlic e Italian herbs 🌿

R90

POMODORO – Tomato e vegan mozzarella cheese 🌿

R135

VERDE – Basil pesto, vegan mozzarella, cherry tomato and rocket 🌿

R140

FORESTA – Tomato, vegan mozzarella, olives, artichokes, vegan salami 🌿

R155

VEGANO – Vegan ragu, vegan mozzarella, mixed peppers, garlic and chilli 🌿

R140

TORINO – Tomato, red onions, baby spinach, olives e vegan mozzarella 🌿

R120

PIZZA 4 FORMAGGI

Tomatoes, 4 Vegan Cheeses, Mushrooms, Olives, Artichokes

R150

MARGHERITA – Tomato, mozzarella cheese and herbs

R108

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

R140

MEET ITALY PIZZA – Tomatoes, Mozzarella, salami,bacon, Cotto Ham, Mushrooms and Red Onions

R199

REGINA – Tomato, mozzarella cheese, mushroom and ham

R128

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

R140

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

R155

ISOLA–Tomato, mozzarella cheese, cotto ham & pineapple

R128

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

R155

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

R138

QUATTRO – Artichokes, olives, mushrooms, Ham

R155



VEGETERIAN & VEGAN PASTA

SPAGHETTI NAPOLETANA

Italian tomato sauce and fresh basil and herbs

R100

SPAGHETTI POLLINO

Vegan Chicken Pieces, Mushrooms, in a Creamy Napolitana Sauce

R140

PENNE 4 FORMAGGI

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

R150

SPAGHETTI AGLIO e OLIO

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

R100

LINGUINE FUNCHI AGLIO E OLIO

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

R135

PENNE ARRABIATA

Napoletana sauce, Italian herbs & fresh chillies

R110

PENNE PESTO (SPECIALITY)

Homemade pesto sauce

R119

PENNE DEL SUD

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

R135

SPAGHETTI FORMAGGIO

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

R125

SPAGHETTI RAGU VEGANO.

Vegan cauliflower & walnut ragu sauce

R140

LINGUINE STREGA

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

R140

PENNE AURORA VEGANO

Napolitana & rich creamy cashew sauce

R135



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

R148

SPAGHETTI PESCATORE

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

R178

SPAGETTI CARBONARA (SPECIALITY)

Guanciale cubes in a rich egg and cheese sauce

R140

LINGUINI TONNO

Tuna, red onions and napolitana sauce

R128

PENNE MATRICIANA

Bacon, onion in rich tomato sauce

R140



OVENBAKES

Butternut Lasagna – *Vegan butternut lasagna*

R135

Spinach Lasagna- *Vegan spinach lasagna*

R135

Vegan Ragu Lasagna - *Vegan bolognese lasagna*

R140

Melanzana Parmigiano *gluten free Aubergine parmigiano*

R135

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

R124

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

R124

Beef Lasagna – *Homemade beef lasagna*

R138

GNOCCHI

Gnocchi Napoletana – *Pomodoro sauce, garlic ,basil ,parmesan*

R130

Gnocchi Pesto – *Pesto homemade sauce*

R135

Gnocchi Ragu – *Bolognese sauce*

R140



MEAT DISHES

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

Veal Parmigiana (Speciality)

Veal Topped with Napolitana Sauce, Mozzarella Cheese & Parmigiano cheese

Veal Al Limone

Thinly sliced veal pan-fried +lemon butter sauce

R190

Veal Alla Crema Di Funghi

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

R210

Veal Alla Milanese

Veal cutlet, crumbed and fried until golden brown

R200

Veal Marsala

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

R220

Pollo Impanato

Crumbed Chicken Breasts

R150

Pollo Acciughe

*Crumbed Chicken Breasts topped up with napoletana Sauce, Anchovies ,
mushrooms, Artichokes & Chillies*

R170

Grilled Chicken Breast- R160

Rump 200gr - R175

Fillet Steak 200gr - R198

Add cheese sauce/mushroom sauce – R45



DESSERTS

Tiramisu

R75

Brownie *gluten free* with ice cream *V*

R68

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

Frappe – served with hot choc sauce (Speciality)

R80



COLD DRINKS

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	R40
Red Cappuccino	R32
Tea	R20
Vegan Cappuccino	R40
Vegan Macchiato	R38



Bambino Menu

PIZZA

Margherita -- Cheese & Tomato R75

Isola -- Cheese, Tomato, Ham, Pineapple R70

Pomodoro -- Vegan Cheese & Tomato *V* R75

PASTA

Spaghetti Ragù – 100% Beef Bolognese R75

Penne Napolitana – Italian Tomato sauce *V* R65

Penne Pollino – Cream & Chicken strips R75

MEAT DISHES

Bambino Beef Lasagna

R75

Chicken nuggets, chips salad

R75