

# DOLCE

## CRÈME BRÛLÉE 45

## VANILLA & YOGHURT

### PANNA COTTA 45

With rose scented berries

## AFFOGATO AL CAFE 50

Vanilla ice cream, toasted almonds, coffee liqueur & espresso

## BOMBOLONI (N) 48

Italian style doughnuts dusted in cinnamon sugar, with a cognac-chocolate sauce & vanilla ice cream

## NUTELLA FONDANT 60

With a salted caramel centre & ice cream

(Please allow 15 minutes)

Please enquire about our Grappa, brandy & whisky trolley

## BAKED

### CHEESECAKE (N) 60

On a cookie base topped with smashed honeycomb & vanilla ice cream

## A SELECTION OF ITALIAN

### CHEESES (N) 75

With dried fruit, chutney & toasted ciabatta

## DOM PEDRO 38

## JAMESON IRISH COFFEE 38

## KAHLUA COFFEE 35

## AMARULA COFFEE 35

# GELATO

25 PER SCOOP

Please enquire on our current available flavours

# QUARTINO'S

## BIANCO

FAIRVIEW LA CAPRA S/BLANC 'ON TAP' 35

KEN FORRESTER PETIT SEMI SWEET 40

KEN FORRESTER PETIT CHENIN BLANC 40

TERRA DEL CAPO PINOT GRIGIO 45

ANTHONIJ RUPERT PROTEA CHARDONNAY 45

ANTHONIJ RUPERT PROTEA ROSE 45

PAUL CLUVER S/BLANC 60

## ROSSO

FAIRVIEW LA CAPRA MERLOT 'ON TAP' 35

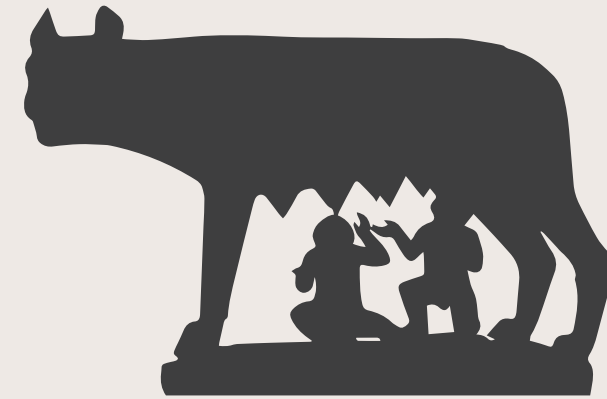
FAIRVIEW GOATS DO ROAM 40

KLEINE ZALZE CELLAR SELECTION MERLOT 50

HARTENBERG CAB/SHIRAZ 55

TERRA DEL CAPO SANGIOVESE 55

DIEMERSFONTEIN PINOTAGE 65



# L U P A

## OSTERIA



# BAMBINI

## 12 AND UNDER ONLY

## PENNE 35

With butter & Parmesan

## MARGHERITA PIZZA 40

## SPAGHETTI

BOLOGNAISE 45

## BOS ICED TEA 15



## PENNE ALFREDO 45

## HAWAIIAN PIZZA 45

## CHICKEN COSTOLLETA 45

With potato wedges

## A SCOOP OF ICE CREAM 15

In a cup or chocolate dipped cone



# L U P A

## OSTERIA



Certain pastas available in half portions at 70% of the price

Our kitchen uses tree nuts, traces of which may be found in certain dishes

We reserve the right to add a 10% service charge to tables of 8 or more.

No cheques accepted

RESERVE A TABLE ONLINE

[www.lupa.co.za](http://www.lupa.co.za)



@lupa\_osteria

@LupaOsteriaSouthAfrica



## THE LEGEND

Lupa is the immortal Roman wolf goddess who trained Roman Demi gods in the ways of their city. She stood over seven foot tall, with beautiful chocolate red fur and eyes as silver as the mist. Remus & Romulus were the twin sons of Mars & Rhea Silvia, who were thrown into the great Tiber river at the command of their evil great uncle - Amulius. They were saved by the great she-wolf who nurtured & raised them as her own young. Having grown strong under her guidance, the twins destroyed Amulius & established the city of Rome.

**FOCACCIAS** GARLIC 35  
 NAPOLI AND BASIL PESTO 45  
 CARAMELISED ONION & FETA 45  
 MOZZARELLA, CARAMELISED ONION & OREGANO 50

(V) VEGETARIAN (N) NEW

## ANTIPASTI

### TRIO OF BRUSCHETTAS (N) 45

• Tomato & mozzarella  
 • Chicken liver pâté with caramelised onions  
 • Roasted and pickled vegetables with feta

### TOMATO & BASIL SOUP (V) 50

With toasted ciabatta

### SPINACH, ROASTED ARTICHOKES, FETA & MOZZARELLA (N) 50

Blended into a creamy dip, baked in the wood oven and topped with diced fresh tomatoes. Served with crispy focaccia slices

### MELANZANE PARMIGIANA (V) (N) 50

Aubergine, mozzarella & napoli

### SPICY CHICKEN LIVERS 55

With toasted ciabatta

### POLPETTE AL FORNO 60

Beef & pork meatballs, in a slow roasted tomato sauce with toasted ciabatta

### ITALIAN NACHOS (V) 65

Crispy 3 cheese ravioli with a fiery arrabbiata dipping sauce

### BEEF CARPACCIO 70

Just like Mr. Ciprianni used to make

### SNAILS 75

Baked in the wood oven with gorgonzola and parsley, served with toasted ciabatta

### FALKLAND CALAMARI 75

Pretzel dusted or grilled

### FRESH SALDANHA BAY MUSSELS (N) 75

With white wine, tomato, chilli, garlic & parsley

### PARMA HAM 85

With seasonal melon

### PARMA HAM 95

With Fior Di Latte Buffalo Mozzarella

### ANTIPASTO PLATTER

With cured meats, Parma Ham, cheese, zucchini fries, olives, marinated brinjal & focaccia

MEDIA 80 | GRANDE 160

## INSALATE

### CHICKEN 95

Pan fried chicken breast with avocado, tomatoes, rocket, cos lettuce & red onion with a sweet mustard dressing

### HOUSE

**PANZANELLA (V) (N) 90**  
 With Buffalo Mozzarella, tomato, red onion, olives, roasted peppers & sourdough croutons

## PIZZA

WOOD FIRED AT 450 DEGREES CELSIUS USING ONLY IMPORTED ITALIAN 'OO' FLOUR, ITALIAN TOMATOES & THE FINEST MOZZARELLA.

REPLACE WITH BUFFALO MOZZARELLA ON ANY PIZZA FOR 25

GLUTEN FREE PIZZA BASE AVAILABLE FOR 25

### MARGHERITA (V) 75

With fresh basil

### REGINA 80

Ham & mushroom

### MR EGGPLANT (V) (N) 85

Marinated aubergine, chilli & ricotta

### MEXICANA 95

With bolognese, chilli & onion

### LINDSAY 95

Hickory ham, caramelised pineapple & jalapeños

### THE AMY (V) (N) 95

Butternut, feta, caramelised pumpkin seeds & rocket

### SPAGO 100

Bacon, avo & feta

### SOPHIE BEAR 105

Bacon, gorgonzola, caramelised onion & rocket

### HOT CHICK 110

Peri-peri chicken, mushrooms, caramelised onions, garlic & feta

### MIXED LEAF (V) (N) 50

Cucumber, tomatoes & a vinaigrette

### THE LUPA CHICKEN CAESAR (N) 95

Cos lettuce, Parmesan crusted chicken breast, bacon, tomato, hard boiled egg, spring onions, cucumber & a creamy Parmesan-anchovy dressing

### NO. 11 (N) 110

Coriander pesto, chicken, feta, toasted almonds & rocket

### QUATRO FORMAGGIO (V) (N) 110

Mozzarella, gorgonzola, Parmesan, provolone

### THE BABI (N) 110

Salami, gorgonzola & olives

### CAPRICCIOSSA (N) 110

Ham, artichokes, olives & mushrooms

### SARAH 125

Parma Ham, Buffalo Mozzarella, cherry tomatoes & rocket

### CALZONE DI LUPA (N) 125

A folded pizza with chicken, bacon, mushrooms, sweet roasted peppers, olives, napoli, mozzarella & Parmesan (Please allow 15 min)

### CAPRESE (V) (N)

With Buffalo Mozzarella FOR 1 90 | FOR 2 170

### SMOKED CHICKEN & GREEN APPLES (N) 98

With mixed leaves, dried cranberries and pear, toasted pecans, gorgonzola & poppy seed dressing

## PASTA

### PENNE ARRABBIATA (V) 75

Homemade tomato sauce with fresh basil & chilli

### FETTUCCINE BOLOGNAISE 95

Meat ragu (beef & pork), tomato, herbs & light cream

### PENNE GARDIENERA (V) 95

With grated zucchini, garlic, chilli & crispy fried spinach balls

### SPAGHETTI POLPETTE 95

Beef & pork meatballs, in a slow roasted tomato sauce

OUR FETTUCCINE, PENNE AND SPAGHETTI ARE MADE HERE, ON SITE, EVERY DAY, WITH LOVE! THE PASTA IS EXTRUDED THROUGH A DIE CUTTER MADE FROM BRONZE CREATING A ROUGHER TEXTURE ON THE SURFACE, ALLOWING THE PASTA TO GRIP MORE SAUCE, RESULTING IN A FULLER FLAVOUR.

## SECONDI

SELECTED SECONDI SERVED WITH A SIDE OF YOUR CHOICE

### CHICKEN ST ANNA (N) 120

sautéed crumbed chicken breasts served with a creamy fettuccine tossed with mushrooms, artichokes & cherry tomatoes. No side

### CHICKEN ESCALOPES CRUMBED & PANNED WITH

• A light cream, white wine & lemon sauce 120  
 • Mushrooms, Marsala wine & gorgonzola 130

### FALKLAND CALAMARI 140

Pretzel dusted & shallow fried or grilled

### POLLO ARROSTO 145

Wood roasted chicken, chilli or lemon & herb

### SLOW BRAISED VEAL OSSO BUCO (N) 165

With thyme, orange zest & red wine, served with parsley mash. No side

### KINGKLIP 165

Wood roasted with white wine, lemon & capers

### BALSAMIC AVO FILLET 170

Fillet escalopes topped with avo, rocket, roasted tomatoes, Parmesan & balsamic reduction. Served on a white wine risotto. No side

### MUSHROOM & PARMESAN FILLET (N) 170

Chargrilled fillet of beef on potato wedges with wilted spinach, mushroom sauce & crispy Parmesan onion rings. No side

### CRISPY VEAL ESCALOPES (N) 170

With a Parmesan & Parma Ham crust, wilted spinach & truffle cream

### COSTOLETTA OF VEAL 170

With mushroom Marsala sauce

### PENNE ALFREDO 95

Ham, Parmesan, mushrooms & cream

### PENNE LUPA 95

Chicken, cherry tomatoes, basil pesto, roasted peppers & cream

### PENNE FEGATINI (N) 95

Chicken livers, onions, napoli, cream & Parmesan

### SPINACH & RICOTTA TORTELLINI (V) (N) 110

With napoli, Parmesan & basil

### GNOCCHI FANTASIA 115

With gorgonzola cream & bolognese sauce

### LASAGNE AL FORNO (N) 115

### FETTUCCINE CON POLLO 115

With chicken & a mix of mushrooms, light cream, garlic, white wine & toasted pine nuts

### PENNE SCAMORZA (N) 120

With tiger prawn tails, smoked chicken, white wine & garlic in a mustard & parsley cream

### SPAGHETTI AGLIO OLIO PEPPERONCINO 125

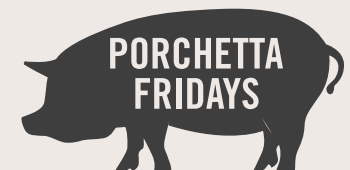
6 prawns, lemon, olive oil, parsley & chilli

### FETTUCCINE MARINARA 150

3 prawns, calamari, 3 mussels, tomato, chilli & fennel cream

SPAGHETTI | PENNE | FETTUCCINE

Gnocchi or Gluten Free ADD 20



WOOD ROASTED PORCHETTA SERVED EVERY FRIDAY NIGHT

### VEAL SALTIMBOCCA 170

With white wine and sage, topped with mozzarella & Parma Ham

### FILLETO DI LUPA (N) 170

Stuffed with gorgonzola & caramelised onions, wrapped in Parma Ham & served with a sticky red wine sauce

### TRIPLE ROASTED DUCK (N) 195

With an orange campari glaze, smashed potatoes & spinach. No side

### WOOD ROASTED LAMB SHANK 215

With vegetables

### DAILY LINEFISH (N) S.Q

Please enquire

Parmesan fries | Zucchini fries

Wood roasted vegetables

Side green salad | Penne napolitana

Wilted spinach with butter & Parmesan

## SIDES

28

*A tavola non si invecchia*

One does not grow old at the table