

DOLCE

CRÈME BRÛLÉE 50

BOMBOLONI 50
Italian style doughnuts dusted in cinnamon sugar, with a cognac-chocolate sauce & vanilla ice cream

AFFOGATO AL CAFÉ 50
Vanilla ice cream, toasted almonds, coffee liqueur & espresso

CHOCOLATE & CARAMEL FONDANT 65
With a salted caramel centre & ice cream
(Please allow 15 minutes)

BAKED CHEESECAKE 65
On a cookie base topped with smashed honeycomb & vanilla ice cream

NUTELLA CREPES (N) 65
With an orange & cointreau sauce

DOM PEDRO 38

JAMESON IRISH COFFEE 38

KAHLUA COFFEE 35

AMARULA COFFEE 35

GELATO

27 PER SCOOP

Chocolate / Strawberry
Pistacchio / Caramel /
Peanut Butter

Please enquire about our Grappa, brandy & whisky trolley

BAMBINI

12 AND UNDER ONLY

PENNE 35
With butter & Parmesan

MARGHERITA PIZZA 40

HAWAIIAN PIZZA 45

BOS ICED TEA 15



PENNE ALFREDO 45

SPAGHETTI BOLOGNAISE 45

BREADED CHICKEN ESCALOPE (N) 45
With potato wedges & napoli sauce

A SCOOP OF ICE CREAM 15

In a cup or chocolate dipped cone

QUARTINO'S

QUARTINO'S ARE SERVED IN A 250ML CARAFE

BIANCO

WOLFTRAP WHITE	30
Viognier / Chenin / Grenache	
WOLFTRAP ROSÉ	30
FAIRVIEW LA CAPRA S/BLANC 'ON TAP'	35 or 70(500ml)
KEN FORRESTER PETIT SEMI SWEET	40
TERRA DEL CAPO PINOT GRIGIO	45
ANTHONY RUPERT PROTEA CHARDONNAY	45
PAUL CLUVER S/BLANC	60

ROSSO

WOLFTRAP RED	30
Shiraz / Mouvedre / Viognier	
FAIRVIEW LA CAPRA MERLOT 'ON TAP'	35 or 70(500ml)
KLEINE ZALZE CELLAR SELECTION MERLOT	50
HARTENBERG CAB/SHIRAZ	55
TERRA DEL CAPO SANGIOVESE	55
DIEMERSFONTEIN PINOTAGE	65

FAMIGLIA DINING

ENQUIRE ABOUT OUR SET MENUS
MIN. TABLE OF TEN



LUPA

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

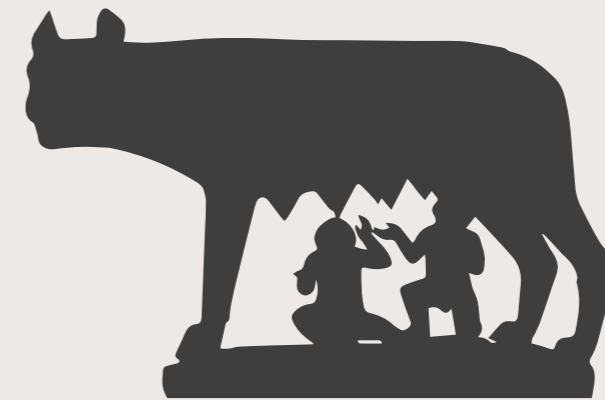
RESERVE A TABLE ONLINE

www.lupa.co.za



@lupa_osteria

@LupaOsteriaSouthAfrica



L U P A

OSTERIA



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 38
 NAPOLI AND BASIL PESTO 48
 CARAMELISED ONION & FETA 48
 TRUFFLE OIL, SUNDRIED TOMATO & PARMESAN (N) 70

(V) VEGETARIAN (N) NEW

ANTIPASTI

- TOMATO & BASIL SOUP (V) 50**
With toasted ciabatta
- ROTOLO OF SPINACH, RICOTTA & MUSHROOMS (N) 55**
With butter & Parmesan
- MELANZANE PARMIGIANA (V) 55**
Aubergine, mozzarella & napoli
- SPICY CHICKEN LIVERS 58**
With toasted ciabatta
- ITALIAN NACHOS (V) 65**
Crispy 3 cheese ravioli with a fiery arrabbiata dipping sauce
- MEATBALLS AL FORNO 65**
Beef & pork meatballs, in a slow roasted tomato sauce with toasted ciabatta
- BEEF CARPACCIO 75**
Just like Mr. Ciprianni used to make
- LUMACHE - WOOD ROASTED SNAILS 78**
Baked in the wood oven with Gorgonzola and parsley, served with toasted ciabatta
- FALKLAND CALAMARI 75**
Pretzel dusted or grilled
- FRESH SALDANHA BAY MUSSELS 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 aubergine & focaccia
MEDIO 90 | GRANDE 160

INSALATE

- MIXED LEAF (V) 50**
Cucumber, tomatoes & vinaigrette
- CAPRESE (V) 75**
With Buffalo Mozzarella

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) 90**
Marinated aubergine, chilli & ricotta
- MEXICANA 95**
With bolognese, chilli & onion
- LINDSAY 95**
Hickory ham, caramelised pineapple & jalapeños
- THE AMY (V) 95**
Butternut, feta, caramelised pumpkin seeds & rocket
- SPAGO 105**
Bacon, avo & feta
- SOPHIE BEAR 105**
Bacon, Gorgonzola, caramelised onion & rocket
- HOT CHICK 110**
Peri-peri chicken, mushrooms, caramelised onions, garlic & feta
- NO. 11 110**
Coriander pesto, chicken, feta, toasted almonds & rocket
- CAJUN CHICKEN (N) 120**
With feta, avo, Peppadews and garlic
- CAPRICCIOSSA 110**
Ham, artichokes, olives & mushrooms
- SARAH 135**
Parma Ham, Buffalo Mozzarella, cherry tomatoes & rocket
- CALZONE DI LUPA 125**
A folded pizza with chicken, bacon, mushrooms, sweet roasted peppers, olives, napoli, mozzarella & Parmesan (Please allow 15 min)
- OLIVIA (N) 150**
With calamari, prawns, mussels, chilli, garlic & parsley

SMOKED CHICKEN & GREEN APPLES 98
 With mixed leaves, dried cranberries & pear, toasted pecans, Gorgonzola & poppy seed dressing

THE LUPA CHICKEN CAESAR 95
 Cos lettuce, Parmesan crusted chicken breast, bacon, tomato, hard boiled egg, spring onions, cucumber & a creamy Parmesan-anchovy dressing

PASTA

SPAGHETTI | PENNE | FETTUCCINE

Gnocchi or Gluten Free ADD 20

- PENNE ARRABBIATA (V) 65**
Homemade tomato sauce with fresh basil & chilli
- PENNE AMATRICIANA (N) 75**
Napoli, onion & bacon
- FETTUCCINE FORRESTIERA (V) (N) 85**
Mushrooms, cream, a hint of brandy & Parmesan
- FETTUCCINE BOLOGNAISE 95**
Beef & pork mince ragu, tomato, herbs & light cream
- PENNE ALFREDO 100**
Ham, Parmesan, mushrooms & cream
- SPAGHETTI MEATBALLS 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

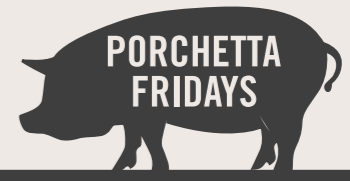
SELECTED SECONDI SERVED WITH A SIDE OF YOUR CHOICE

- BALSAMIC AVO FILLET 175**
Fillet escalopes topped with avo, rocket, roasted tomatoes, Parmesan & balsamic reduction. Served on a white wine risotto. No side
- MUSHROOM & PARMESAN FILLET 175**
Chargrilled fillet of beef on potato wedges with wilted spinach, mushroom sauce & crispy Parmesan onion rings. No side
- FILLETO DI LUPA 180**
Stuffed with Gorgonzola & caramelised onions, wrapped in Parma Ham & served with a sticky red wine sauce
- CRISPY VEAL ESCALOPES 170**
With a Parmesan & Parma Ham crust, wilted spinach & truffle cream
- VEAL SALTIMBOCCA 170**
With white wine and sage, topped with mozzarella & Parma Ham
- VEAL LIMONE (N) 160**
Veal escalopes pan fried with lemon & butter, served with spinach and Parmesan fries
- VEAL MARSALA (N) 170**
Crumbed veal escalopes with mushroom, cream & Marsala wine sauce
- CHICKEN ST ANNA 125**
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

- PENNE GARDIENERA (V) 95**
Grated zucchini, garlic, chilli, cream & crispy fried spinach balls
- PENNE FEGATINI 95**
Chicken livers, onions, napoli, cream & Parmesan
- PENNE LUPA 105**
Chicken, cherry tomatoes, basil pesto, roasted peppers & cream
- LASAGNE AL FORNO 115**
- GNOCCHI FANTASIA 120**
Gorgonzola cream & bolognese sauce
- FETTUCCINE CON POLLO 120**
Chicken & a mix of mushrooms, light cream, garlic, white wine & toasted pine nuts
- PENNE SCAMORZA 130**
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

FILLED PASTA | RISOTTO

- SPINACH & RICOTTA TORTELLINI (V) 110**
With napoli, Parmesan & basil
- WILD MUSHROOM RISOTTO (V) (N) 110**
With Parmesan
- PORCINI PANZEROTTI (N) 125**
With spinach, Marsala mushrooms & crispy bacon
- ASPARAGUS & RICOTTA RAVIOLI (V) (N) 110**
With baby marrow & spring onions



WOOD ROASTED PORCHETTA SERVED EVERY FRIDAY NIGHT

- POLLO ARROSTO 145**
Wood roasted chicken, chilli or lemon & herb
- FALKLAND CALAMARI 145**
Pretzel dusted & shallow fried or grilled
- KINGKLIP 175**
Wood roasted with white wine, lemon & capers
- DAILY LINEFISH S.Q**
Please enquire
- WOOD ROASTED PRAWNS (N) R195**
8 King prawns with garlic parsley butter & Parmesan fries
- WOOD ROASTED LAMB SHANK 215**
With vegetables
- TRIPLE ROASTED DUCK 205**
With an orange Campari glaze, Parmesan fries & spinach. No side

Parmesan fries | Zucchini fries
 Wood roasted vegetables
 Side green salad | Penne Napolitana
 Wilted spinach with butter & Parmesan

SIDES
30

A tavola non si invecchia
 One does not grow old at the table