

DOLCE

GELATO 30 PER SCOOP

Chocolate/Pistachio/
Strawberry/Caramel

CRÈME BRÛLÉE 50

HOMEMADE CASSATA 55

TIRAMISU 65

BAKED

CHEESECAKE 65

With smashed honeycomb
& vanilla ice cream

CHOCOLATE & CARAMEL

FONDANT 65

With a salted caramel centre
& vanilla ice cream
(Please allow 15 minutes)

CREMINO AL

CIOCCOLATO 65

Nutella crème brûlée,
smashed Amaretti biscuits,
salted caramel gelato & Italian
meringue

QUARTINOS

QUARTINOS ARE SERVED IN A 250ML CARAFE

BIANCO

FAIRVIEW GOATS DO ROAM ROSÉ	45
FAIRVIEW LA CAPRA SAUVIGNON BLANC 'ON TAP'	38
BOEKENHOUTSKLOOF WOLFTRAP WHITE	40
KEN FORRESTER PETIT NATURAL SWEET	45
TERRA DEL CAPO PINOT GRIGIO	47
ANTONIJ RUPERT PROTEA CHARDONNAY	47
PAUL CLUVER SAUVIGNON BLANC	65

ROSSO

FAIRVIEW LA CAPRA MERLOT 'ON TAP'	38
BOEKENHOUTSKLOOF WOLFTRAP RED	40
JORDAN CHAMELEON CAB/MERLOT	50
KLEINE ZALZE CELLAR SELECTION MERLOT	60
HARTENBERG CAB/SHIRAZ	60
TERRA DEL CAPO SANGIOVESE	60
DIEMERSFONTEIN PINOTAGE	75

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 eight or more.

No cheques accepted

RESERVE A TABLE ONLINE

WWW.LUPA.CO.ZA

COCKTAILS

LUPA SANGRIA 40

Red wine, Schweppes® Lemonade & fruit

THE WOLF 52

Sipsmiths London Dry Gin, Limoncello & Schweppes® Tonic

JUNE BUG 52

Takamaka Coco Rum, Bols Melon & Banana Liqueurs, fresh lime
& pineapple juices. Shaken & served tall over ice

OLD FASHIONED 55

Jim Beam Kentucky Straight Bourbon, sugar, bitters & orange
peel

DESIGNER ELDERFLOWER &

CUCUMBER G&T 55

Sipsmiths London Dry Gin built tall over ice with Bols
Elderflower infusion, fresh lime, Schweppes® Tonic & cucumber

LUPA RED LIGHT NEGRONI 58

Galliano L'Aperitivo served over ice with equal parts Bols
Genever & Martini Rosso

LUPATINI 58

Absolut Vodka, Takamaka Rum, cranberry juice & fresh lime

CLASSIC MOJITO 60

Takamaka White Rum, mint syrup, fresh lime, fresh mint leaves,
sugar & Schweppes® Soda water

SINATRA'S ICED TEA 60

Rye Whiskey, Martini Bianco, Bols Cherry Liqueur & lemon

PORN STAR MARTINI 60

Passoã Passion Fruit Liqueur, Bols Vanilla & passion fruit purée.
Shaken cold, served straight up

MILANO MARGARITA 60

Tequila, Limoncello, Galliano Autentico & fresh lime

PIMMS CUP 63

Pimms, strawberries, cucumber, mint, lemon, orange &
Schweppes® Lemonade

SICILIAN SUNSET 65

Campari, Galliano Amaretto, fresh orange juice & Schweppes®
Soda water

APEROL SPRITZ 65

Aperol, Schweppes® Soda & Prosecco

SMOKED ROSEMARY & GRAPEFRUIT G&T 65

031 Durban Gin, smoked rosemary, fresh grapefruit juice, sugar
syrup & Schweppes® Tonic



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.



@lupa_osteria



@LupaOsteriaSouthAfrica

FOCACCIAS GARLIC 42
 NAPOLI & BASIL PESTO 50
 CARAMELISED ONION & FETA 55
 ANCHOVIES, GARLIC, CHILLI, CAPERS & PARMESAN 58

Please enquire about our vegan menu option

(V) VEGETARIAN

ANTIPASTI

TOMATO & BASIL SOUP (V) 53
 Served with toasted ciabatta

MELANZANE PARMIGIANA (V) 65
 Aubergine, Parmesan, mozzarella & Napoli

CHICKEN LIVERS 65
 With white wine, chorizo, chilli & garlic with a bruschetta

ITALIAN NACHOS (V) 68
 Crispy three cheese ravioli with a fiery Arrabbiata dipping sauce

GRILLED ARTICHOKE (V) 75
 With lemon aioli

MEATBALLS 75
 Pork & beef meatballs in a slow roasted tomato sauce

FALKLAND CALAMARI 75
 Pretzel dusted or grilled

FRESH SALDANHA BAY MUSSELS 'AL FORNO' 79
 With salsa calabrese & toasted ciabatta

WHOLE BAKED CAMEMBERT 88
 Wrapped in Parma Ham served with caramelised onions & toasted bruschetta

CARPACCIO DI MANZO 85
 Thinly sliced raw beef with Mr. Cipriani's dressing, sliced mushrooms & Parmesan

PARMA HAM 92
 With seasonal melon

PARMA HAM 110
 Buffalo Mozzarella

ANTIPASTO PLATTER
MEDIO best for two 100 | **GRANDE** best for three or four 185
 With cured meats, Parma Ham, cheese, zucchini fries, olives, marinated aubergine & a garlic focaccia
A SHARING PLATTER FOR FOUR 280
 Beef carpaccio with Parmesan, a Buffalo Mozzarella caprese salad, a double portion of grilled calamari with lemon butter & a garlic focaccia

INSALATE

MIXED LEAF (V) 55
 Cucumber, tomato & vinaigrette

CAPRESE (V) 90
 Buffalo Mozzarella, tomatoes, avocado, basil & balsamic glaze

PIZZA

WOOD FIRED AT 450 DEGREES CELSIUS USING ONLY IMPORTED ITALIAN '00' FLOUR, ITALIAN TOMATOES & THE FINEST MOZZARELLA.

REPLACE WITH BUFFALO MOZZARELLA ON ANY PIZZA FOR 25
 GLUTEN FREE PIZZA BASE AVAILABLE FOR 30

MARGHERITA (V) 75
 With fresh basil

THE SLOANE (V) 90
 Artichokes, olives, creamed leeks, feta, mushrooms & spinach

SICILIANA 98
 With olives, capers & anchovies

LINDSAY 98
 Ham & pineapple

THE AMY (V) 100
 Butternut, feta, caramelised pumpkin seeds & rocket

PARMA FUNGHI 115
 Free range egg, Parma Ham, mushrooms, fire roasted peppers & rocket

CARNE 120
 Lupa pork & beef bolognese, sundried tomatoes, Gorgonzola, Piquanté Peppers & rocket

SPAGO 120
 Avo, bacon & feta

SOPHIE BEAR 120
 Bacon, Gorgonzola, caramelised onions & rocket

THE NO.11 120
 Coriander pesto chicken, feta, toasted almonds & rocket

PICCANTE RUSTICA 125
 Salami, Spinata spicy salami, Piquanté Peppers, chilli, mushrooms, feta & rocket

HOT CHICK 125
 Peri-peri chicken, mushrooms, caramelised onions, garlic & feta

MEATBALLS 125
 Pork & beef meatballs with cherry tomatoes, feta, fresh basil, red onions & chipotle sauce

CAJUN CHICKEN 128
 Feta, avo, Piquanté Peppers & garlic

MEAT LOVERS 130
 Bacon, ham & salami

SPICY GAMBERI 145
 Prawns, chorizo, chilli & garlic

SARAH 140
 Parma Ham, Buffalo Mozzarella, cherry tomatoes

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

SMOKED CHICKEN & GREEN APPLE 105
 Mixed leaves, dried cranberries & pear, toasted pecans, Gorgonzola & poppy seed dressing

CHICKEN CAESAR 115
 With crumbed chicken breast, cos lettuce, croutons, a boiled egg, tomato & anchovy dressing

PASTA

HOMEMADE SPAGHETTI (NO EGG)
 HOMEMADE FETTUCCINE (CONTAINS EGG)
 PENNE GRANORO DEDICATO

GNOCCHI OR GLUTEN FREE ADD 10

SPECIALTY PASTA

BUTTERNUT & RICOTTA RAVIOLI (V) 100
 Brown sage butter sauce

LASAGNE AL FORNO 110
 Served with a simple salad

PARMA HAM TORTELLINI 120
 With a bolognese ragu sauce

GNOCCHI FANTASIA 125
 Gorgonzola cream & bolognese ragu

PORCINI PANZEROTTI 135
 With spinach, Marsala mushrooms & crispy bacon

OUR FETTUCCINE & 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.

Si vive una volta sola
 You only live once

SECONDI

SELECTED SECONDI SERVED WITH A SIDE OF YOUR CHOICE

CHICKEN FRANCESE 110
 Pan roasted chicken breasts with thinly sliced garlic, sweet peas, bacon & parsley

CHICKEN MARSALA 135
 Crumbed & panned with Marsala wine, mushrooms, Gorgonzola & cream

POLLO ARROSTO 145
 Wood roasted chicken, chilli or lemon & herb

CHARGRILLED BEEF BURGER 98
 With Fontina cheese, bacon, caramelised onion & Parmesan fries

VEAL LIMONE 170
 Veal escalopes pan fried with lemon, butter & parsley. Served with spinach & Parmesan fries

VEAL MARSALA 180
 Crumbed veal escalopes with a mushroom, cream & Marsala wine sauce

VEAL SALTIMBOCCA 180
 With Parma Ham, white wine & sage butter served with Parmesan fries

BALSAMIC & AVO FILLET 185
 Fillet Escalopes topped with avo, rocket, roasted tomatoes, Parmesan & balsamic reduction. Served on a white wine risotto

MUSHROOM & PARMESAN FILLET 185
 Chargrilled fillet steak on Parmesan fries with wilted spinach, mushroom sauce & crispy Parmesan onion rings

SAUCES

LOULA (V) 75
 Tomato & basil

PUTTANESCA 98
 Olives, capers & anchovies

GARDIENERA (V) 98
 Grated zucchini, garlic, chilli, cream & crispy fried spinach balls

BOLOGNAISE 100
 Slow cooked beef & pork mince ragu & a touch of cream

ALFREDO 100
 Ham, Parmesan, mushrooms & cream

NORMA (V) 100
 Sautéed aubergine with chilli & garlic, a dash of tomato & cream, topped with ricotta & Parmesan

LUPA 115
 Chicken, cherry tomatoes, basil pesto, roasted peppers & cream

MEATBALLS 120
 Pork & beef meatballs with slow roasted tomato sauce & light cream

CON POLLO 130
 Chicken, cream, garlic, mushrooms, white wine & toasted pine nuts

MARICOSI 130
 Veal strips, bacon, mushrooms, peas, sundried tomatoes, garlic, white wine & cream

TRUFFLED CARBONARA 130
 With a truffled bacon & mushroom carbonara, served tableside in a Parmesan wheel & cream

SCAMORZA 135
 Prawns, smoked chicken, white wine & garlic in a mustard & parsley cream

PRAWN & ZUCCHINI 145
 With a creamy tomato sauce, zucchini, a hint of chilli, garlic & parsley

MARINARA 165
 Three prawns, calamari, three mussels, tomato, chilli & fennel cream

LAMB SHANK 220
 Wood roasted Roman style with white wine, rosemary & garlic

HAKE 105
 Wood roasted with spinach

FALKLAND CALAMARI 145
 Pretzel dusted & shallow fried or grilled & Parmesan fries

KINGKLIP 195
 Wood roasted with white wine, lemon & capers (add 4 x grilled prawns 100)

WOOD ROASTED PRAWNS 220
 Eight King prawns with garlic parsley butter & Parmesan fries

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

SIDES

33



WOOD ROASTED PORCHETTA SERVED EVERY FRIDAY NIGHT