

## BREAKFAST *Strictly till 11 am*

Bread choices: white/brown/stone  
ground white/40% rye sour dough

**Sunrise** 65

2 Slices back bacon rashers, one egg, fried tomato, one slice toast

**English Breakfast** 79

3 Slices back bacon rashers, two eggs, fresh tomato, grilled mushrooms, chips and 2 slices of toast

**Pomodoro Breakfast** 125

3 Slices of back bacon rashers, two eggs, fresh tomato, grilled mushrooms, sausage, beef fillet strips, chips and 2 slices of toast

**French Toast (2 slices)** 55  
with honey and mozzarella

with fig and blue cheese 75

**Toast (2 slices)** 35

with jam or bovril

Add extra cheese 25

**Health Breakfast** 75

Fresh fruit salad, muesli, yoghurt and honey served with toasted bread

**Capo Frittata** 79

A basic frittata topped with parmesan cheese and three toppings  
*Ask about selection*

## LIGHT MEALS *Till 5 pm*

**Tramezzinis**

Served with chips and a small salad

Tomato, mozzarella, herbs, alioli (garlic and herb mayo) 75

Fried mushrooms, roasted peppers, onion, tomato, mozzarella 85

Caramelised chicken strips, tomato, mozzarella 105

Caramelised chicken strips, bacon, cheddar cheese 105

Brie cheese, salami, olives 105

Parma ham, parmesan cheese, tomato, basil pesto 115

**Beef Burger Tramezzini** 120

Homemade beef patty served on a tramezzini with our special burger sauce served with chips and salad



# PRIMI

<b>Focaccia</b>	<b>79</b>
With garlic and herbs or feta and herbs or garlic, feta and herbs	
<b>Pomodoro Focaccia</b>	<b>100</b>
Garlic or feta focaccia with fresh tomato and basil pesto	
<b>Mozzarella Focaccia</b>	<b>90</b>
Garlic, mozzarella and herbs	
<b>Capo Focaccia</b>	<b>115</b>
Garlic or feta focaccia with gorgonzola and parma ham	
<b>Pomodoro Fillet Strips</b>	<b>95</b>
Fillet strips with garlic and chilli in a creamy tomato sauce served with small focaccia	
<b>Fegato</b>	<b>85</b>
Chicken livers with garlic and chilli in a creamy tomato sauce served with small focaccia	
<b>Smoked Salmon and Hake Fish Cakes</b>	
1 Fish Cake	<b>65</b>
2 Fish Cakes	<b>110</b>
Served with red pepper pesto, lemon and a green salad	
<b>Garlic Butter Snails</b>	<b>90</b>
<b>Gorgonzola Snails</b>	<b>95</b>





# PIZZA Available from 11am

*\*All pizza's contain mozzarella*

*Complimentary Chilli and Garlic. Salami and parma ham served fresh.*

*We use speciality Italian ingredients and Molino Grassi flour*

*Any pizza is also available in medium size, accompanied by a mixed salad with olives and feta at the same price.*

*(Gluten free add R20, comes with salad, please note smaller size)*

*\*in season*

<b>Margherita</b> cheese and tomato	95
<b>Regina</b> ham and mushroom	110
<b>Hawaiian</b> ham and pineapple	110
<b>Romana</b> salami, green pepper and garlic	110
<b>Peppe</b> salami, mushrooms and feta	110
<b>Alla Mama</b> bacon, banana, onion, chilli and garlic	115
<b>Gondola</b> caramelised onions, salami, olives and feta (no tomato base)	120
<b>La Nonna</b> caramelised chicken strips, mushrooms and roasted peppers	135
<b>Legumi</b> roasted peppers, sun-dried tomatoes, butternut, feta and rocket	135
<b>Amore</b> bacon, feta and *avo	145
<b>Vegetariano</b> basil pesto base, spinach, onion, garlic, tomato, feta cheese and toasted seeds	150
<b>Pollo</b> caramelised chicken strips, peppadew, feta	145
<b>Siciliana</b> anchovies, olives and capers (for the salt lovers)	165
<b>Del Cuoco</b> salami, parma ham and olives	165
<b>Mexicana</b> beef mince, chilli, green peppers, cream cheese and *avo	175
<b>Neptune</b> mussels, prawns, hake and clams (mussels, clams and prawns in shell for taste)	175
<b>Parma</b> parma ham, feta and fresh rocket	165
<b>Prezzo</b> parma ham, mushrooms and artichokes	170
<b>Quattro Stagioni</b> parma ham, mushrooms, olives and asparagus	170
<b>Miss Piggy</b> salami, bacon and caramelised chicken strips	170
<b>Calzone folded</b> tomato sauce, parma ham, artichokes, olives, mozzarella and herbs	175
<b>Sorpreso</b> beef fillet strips, roasted peppers, tomato, chilli, mushroom, caramelised onion and garlic	175
<b>Fico</b> parma ham, preserved green figs and brie cheese (no tomato base)	175

## EXTRA TOPPINGS & FILLINGS

<b>Banana, Butternut, Fresh Tomato, Green Pepper, Onion</b>	30
Asparagus, Capers, Feta, Mushrooms, Olives, Peppadew, Pineapple, Rocket Leaves, Spinach	32
<b>Artichokes, Bacon, Cream Cheese, Ham, Roasted Peppers, Sun-Dried Tomatoes, Imported Mozzarella</b>	38
<b>*Avo, Brie, Gorgonzola, Parmesan</b>	
Basil Pesto, Caramelised Chicken, Prawn Meat, Preserved Figs, Red Pepper Pesto, Salami	45
<b>Bolognese, Parma Ham, Anchovies</b>	55
Seafood Mix, Fillet Strips	85



# PASTA

*Imported Italian durum wheat semolina pasta (grano duro)  
Gluten free add R20 (when available)*

		Light	Main
Pomodoro	Tomato, garlic, herbs and lots of patience	85	100
Arrabiata	Tomato, herbs and chilli	85	100
Boscaiola	Mushrooms, artichokes and chickpeas in a creamy tomato sauce	105	135
Zucca	Roasted butternut, basil pesto and caramelised onion in a cream and herb sauce	105	135
Pesto	Basil, garlic, nuts, parmesan and olive oil sauce	105	135
Alfredo	Bacon and mushrooms in a creamy sauce	105	135
Chicken Liver	Chicken livers, garlic, sage, onion and chilli in a creamy tomato sauce	105	135
Bolognese	Traditional minced beef in a tomato, herbs and red wine sauce	120	145
Puttanesca	Anchovies, garlic, chilli, capers, tomato and olives (for the salt lover)	120	145
Gorgonzola	Bacon, creamy italian blue cheese sauce topped with pangrattata	120	145
Brandied Prawns	Prawn meat out of the shell, spring onions and basil pesto in a brandy, white wine and tomato sauce		160
Pollo	Caramelised chicken strips, roasted peppers, mushrooms in our pomodoro sauce	120	145
Filetto Sorpreso	Beef fillet, caramelised onion, mushroom, garlic, herbs, roasted peppers, pomodoro sauce, white sauce and chilli	125	155
Frutti Di Mare	Mussels, prawns, clams and hake - in a creamy tomato and white wine sauce (mussels, clams and prawns in shell for taste)		175





## INSALATE

	Single	Table
<b>Mixed Italian Salad</b> Tomato, peppers, onion, cucumber, carrot, olives, parmesan and salad greens	85	115
<b>Apple Salad</b> Apple, gorgonzola, toasted nuts and rocket	110	145
<b>Pomodoro Salad</b> Tomato, cucumber, artichokes, capers, *avo, chickpeas, toasted seeds and chopped lettuce	100	135
<b>Caramelised Chicken Salad</b> Balsamic and caramel syrup chicken strips with artichokes, feta, *avo, rocket, toasted seeds, sun-dried tomatoes and salad greens	110	145
<b>Filetto Sorpresa</b> Beef fillet strips with caramelised onion, tomato, chilli, cucumber, artichokes, chickpeas, toasted seeds and chopped lettuce	135	160

## SPECIALITY DISHES (HAND MADE)

	Main
<b>Porcini Ravioli (Subject to availability)</b> Mushroom and ricotta ravioli with creamy garlic and parsley sauce	175
<b>Spinach and Ricotta Ravioli (Subject to availability)</b> with creamy basil pesto and cherry tomato sauce	175
<b>Beef Lasagna</b> A classic Italian dish made with layers of pasta sheets, bolognese, white sauce and cheese	175
<b>Gnocchi</b> with creamy Gorgonzola or Bolognese sauce	170

## PIATTI DI PESCE

*All fish dishes are served with grilled polenta or potato wedges or mashed potatoes & seasonal vegetables*

<b>Gamberi Siciliana</b> Succulent pan-fried prawns in a fennel, garlic and caper butter sauce	195
<b>Hake Erbette</b> Fillet of hake baked with parsley, lemon, garlic and parmesan crusting	165



# PIATTI DI CARNE

*All meat dishes are served with grilled polenta or potato wedges or mashed potatoes and seasonal vegetables*

<b>Chicken Ripiene</b>	<b>165</b>
Filled chicken breast with mozzarella, pesto and fresh tomato or	
Parma ham, figs & brie cheese	<b>190</b>
<b>Cotoletta di Pollo</b>	<b>155</b>
Crumbed chicken fillet served with a lemon wedge	
<b>Cotoletta al Funghi</b>	<b>195</b>
Crumbed chicken fillet topped with sliced, grilled mushrooms served on a mushroom and sherry sauce	
<b>Saltimbocca alla Romana</b>	<b>210</b>
Veal escalopes dusted in flour topped with parma ham and sage in a butter & white wine sauce	
<b>Bistecca alla Fiorentina</b>	<b>240</b>
500g T-bone grilled to perfection. Topped with garlic, fennel and caper butter	
<b>Lamb Shank Arrosto*</b>	<b>265</b>
Slow roasted in our pizza oven in red wine with its succulent cooking juices	
<b>Grilled Beef Fillet</b>	<b>200g 235      300g 255</b>
Served with back bacon, grilled brie cheese and *avo	
<b>Grilled Beef Fillet</b>	<b>200g 235      300g 255</b>
Served with creamy Madagascan green peppercorn, bacon & mushroom sauce	

# SAUCES

<b>Mushroom &amp; sherry / black pepper &amp; brandy / garlic butter / gorgonzola / madagascan green peppercorn sauce</b>	<b>35</b>
All sauces made fresh with cream	



**\*Subject to availability**



# BAMBINO

## PASTA

Bolognaise	65
Alfredo	65
Pomodoro	65
Pesto	65
Gluten free	20

## PIZZA

Margarita	65
Hawaian	65
Regina	65
Tropical	65
Gluten free	20

Crumbed chicken strips with chips	65
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## DOLCI

Gelato Italiano	65
Ask your waitron for flavours of the day	
Two scoops in a cup	

Affogato	60
One scoop of Gelato with a shot of hot espresso	

Panna Cotta al limoncello	75
Decadent cooked cream dessert with home-made lemon liqueur	

Waffle	75
with syrup and 1 scoop of Gelato of ice cream	

Tiramisu 'Pick me up'	80
Decadent Italian classic	

Chocolate Semifreddo	75
A truly indulgent chocolate and toasted nut frozen dessert	

Dom Pedro or Irish Coffee	
Single	60
or	
Double	80
Amarula, Kahlua, Whisky, Frangelico or Limoncello	

Torta al Cioccolato (Chocolate Torta)	60
Flourless, silky smooth and sinfully chocolaty	





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