

Cappuccinos

PIZZERIA GRILL CAFÉ

Breakfasts

Served until 12 noon

Bread selection white, rye or low GI brown.

EVERYDAY BREAKFAST 37⁹⁰

Eggs with back bacon, grilled tomato & your choice of toast

SOUTH AFRICAN BREAKFAST 51⁹⁰

Eggs with back bacon, boerewors, grilled tomato, chips & your choice of toast

CAPPUCCINO'S BREAKFAST 69⁹⁰

Eggs with back bacon, mushrooms, grilled tomato, chips, toast & a choice of boerewors, cheese griller or Italian sausage

RISE & SHINE BREAKFAST 49⁹⁰

Eggs with beef patty, grilled tomato, hashbrowns & your choice of toast

THE ITALIAN BREAKFAST 49⁹⁰

Eggs with Italian sausage, grilled tomato, hashbrowns & your choice of toast

FRITTATA BREAKFAST 75⁹⁰

Open 3 egg omelette with potato, cheddar, chorizo, spring onion, feta cheese & fresh rocket

🌱 AMERICANO 119⁹⁰

Smoked salmon with American cream cheese & scrambled eggs served on low GI brown bread

🌱🌱 GRANOLA & YOGHURT 65⁹⁰

Home-made mix of dried fruit, nuts, seeds & oats served with fresh fruit & double cream yoghurt

FRENCH TOAST BREAKFAST 65⁹⁰

French toast with back bacon, cottage cheese, nuts & honey

CHICKEN LIVERS & POLENTA 75⁹⁰

Chicken livers cooked in a spicy sauce with eggs, spring onion & polenta

🌱 POACHED EGG & POLENTA 64⁹⁰

Grilled or fried polenta, poached egg, fresh rocket & hollandaise sauce

Add bacon 20⁹⁰

Add smoked salmon 45⁹⁰

🌱 HALOUMI BENEDICT 124⁹⁰

Haloumi pan fried or grilled with poached egg, smoked salmon & hollandaise sauce

Breakfast Extras

TOAST 6⁹⁰

HASHBROWNS 14⁹⁰

PERI-PERI CHICKEN LIVERS 18⁹⁰

POLENTA grilled or fried 20⁹⁰

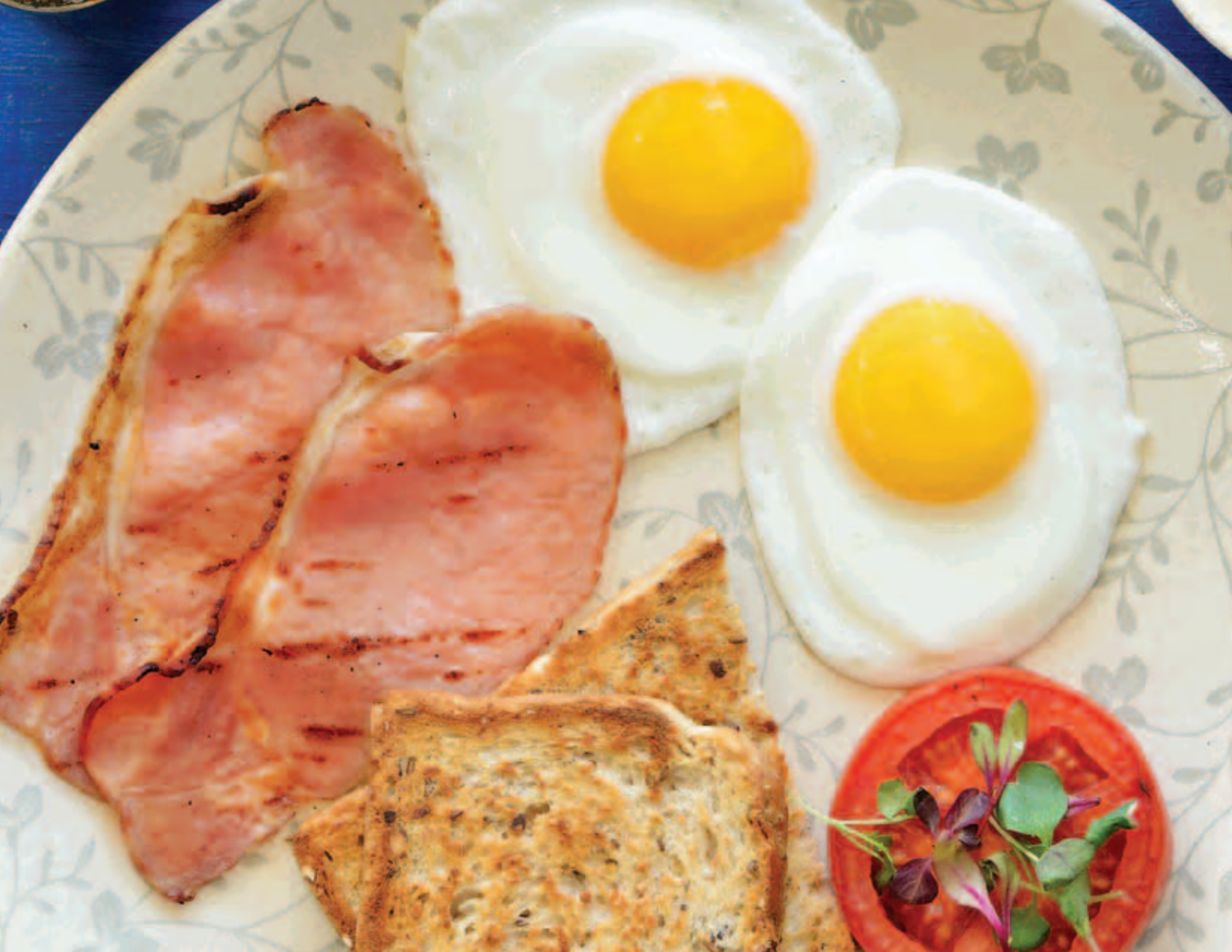
BACON 3 slices 20⁹⁰

CHEESEGRILLER / BOEREWORS / ITALIAN SAUSAGE 20⁹⁰

BEEF PATTY / HALOUMI / CHORIZO 20⁹⁰

SMOKED SALMON 45⁹⁰





Omelettes

Served until 12 noon.

Our omelettes are made with 3 eggs and served with white, rye or low GI brown bread.

OMELETTE WITH CHEESE 74⁹⁰

Add your choice of any 2 fillings

ADD FILLINGS

Ham, cajun chicken, feta cheese, American cream cheese 16⁹⁰
grated mozzarella, cheddar cheese, spinach, mushrooms or salami

Bacon, cheese griller, Italian sausage 20⁹⁰

Tomato, green pepper, onion or fresh basil 9⁹⁰

Freshly Baked

Our baked items are freshly prepared with no preservatives or artificial flavorings.

MUFFIN ONLY 25⁹⁰

Ask about our daily selection

MUFFIN WITH PRESERVES 38⁹⁰

Served with butter, preserves & cheddar cheese

QUICHE 62⁹⁰

Our home-made quiche is freshly baked & subject to change daily.
Served with a choice of bean sprout salad or bulgur wheat salad.
Ask about our daily selection.

You are always
★ **WELCOME**

Focaccia

Made in our wood-burning oven. Served from 11h00 daily
Available in gluten free add 20⁹⁰

✦ **CLASSIC FOCACCIA** 35⁹⁰
Tomato / Garlic / Herb / Fresh tomato

✦ **FOCACCIA CHEESE TRIO** 69⁹⁰
Mozzarella, cheddar, feta, garlic & parsley

✦ **FOCACCIA PRIMAVERA** 98⁹⁰
Fresh greens, avo (seasonal), cherry tomato, Parmesan shavings, caramelized nuts & balsamic reduction

Piada

Italian street food wrap.
Served with a side of chips, bean sprout salad or bulgar wheat salad.

DEEP FRIED CALAMARI 87⁹⁰
Crispy deep fried calamari, carrot, cucumber, onion, lettuce & cream cheese dressing

BEEF STRIPS 85⁹⁰
Grilled beef strips, smoky mayo coleslaw, emmenthaler cheese & onion rings

✦ **HALOUMI** 84⁹⁰
Deep fried haloumi, avo (seasonal), spring onion, cottage cheese, sweet chili & lettuce

CHICKEN, BACON & AVO 89⁹⁰
Grilled chicken, back bacon & avo (seasonal)

Tramezzini

Served with a side of chips, bean sprout salad or bulgur wheat salad.

HAM & CHEESE 69⁹⁰
Cheddar & emmenthaler cheese with ham in a toasted flat bread

ROAST CHICKEN MAYO 75⁹⁰
Oven-roasted chicken breast in a toasted flat bread with tangy mayonnaise

BACON & EGG 79⁹⁰
Back bacon with pan fried egg, cheddar cheese in a toasted flat bread

SWEET CHILLI CHICKEN 79⁹⁰
Chicken strips roasted with Chinese sweet chilli sauce, pineapple & mozzarella in a toasted flat bread

BACON & AVO 85⁹⁰
Back bacon with creamy avo & mozzarella in a toasted flat bread

Toasted

Served with a side of chips, bean sprout salad or bulgur wheat salad.
Bread selection white, rye or low GI brown.
On ciabatta roll add 9⁹⁰

✦ **ULTIMATE GRILLED CHEESE** 52⁹⁰
With cheddar & emmenthaler cheese

ADD FILLINGS
Ham, cajun chicken, feta cheese, American cream cheese 16⁹⁰
grated mozzarella, cheddar cheese, spinach, mushrooms or salami

Bacon, cheese griller, Italian sausage 20⁹⁰

Tomato, egg, green pepper, onion or fresh basil 9⁹⁰

ROAST CHICKEN MAYO 62⁹⁰
Roast chicken tossed in a tangy mayonnaise



Cappuccinos
PIZZERIA
GRILL
CAFE



Pizza

Served from 11h00 daily.

Made with a selection of particular authentic flours, a secret tomato base & baked in our wood-fire oven.

Gluten free pizza base add 20⁹⁰

✚ MARGHARITA 75⁹⁰

A classic tomato based pizza with mozzarella cheese & oregano

REGINA 92⁹⁰

Cooked ham with mushrooms & mozzarella cheese

TROPICANA 92⁹⁰

Cooked ham with pineapple & mozzarella cheese

✚ PRIMA 95⁹⁰

Fresh rocket with fresh tomato, fresh avo slices (seasonal) & Parmesan shavings

✚ VEGETARIAN 99⁹⁰

Mushrooms with black olives, artichokes, onion, green peppers, garlic & oregano

PEPPERONI SUPREMO 99⁹⁰

Pepperoni with chillies, garlic & feta cheese

PEPPERONI AMERICANO 99⁹⁰

A gracious handful of pepperoni & mozzarella cheese

MEXICAN 105⁹⁰

Our authentic bolognese sauce with peppers, onion, jalapeños & fresh avo slices (seasonal)

SICILIANA 105⁹⁰

Anchovies with capers, black olives, garlic, chillies & oregano

QUATTRO STAGIONI 105⁹⁰

Cooked ham with black olives, mushrooms, artichokes & mozzarella cheese

AL POLLO 109⁹⁰

Chicken breast with chillies, mushrooms & oregano

BBQ CHICKEN 109⁹⁰

Chicken breast cooked in our special BBQ sauce with peppers, onion & mozzarella cheese

ROMANO 114⁹⁰

Salami with chillies, onion, mushrooms, capers & green peppers

MARINARA 135⁹⁰

Baby prawns with calamari & mussels

MILANO 119⁹⁰

Back bacon with mozzarella & fresh avo slices (seasonal)

✚ GORGONOVA 105⁹⁰

Cremelat creamy blue cheese with rosemary, caramelized nuts, red onion marmalade & fresh rocket

RUCOLA 109⁹⁰

Salami with sun-dried tomato, Parmesan shavings & fresh rocket

DI PARMA 130⁹⁰

Parma ham with fresh rocket, mozzarella cheese & oregano

SWEET-CHILLI BEEF 119⁹⁰

Beef strips cooked in a Chinese sweet chilli sauce with pineapple, peppers & mozzarella cheese

CAPPUCCINO'S SPECIALE 135⁹⁰

Beef sausage with salami, cooked ham, back bacon, black olives, mushrooms, green peppers, onion & mozzarella cheese

BALSAMIC BEEF 135⁹⁰

Beef strips with cherry tomato, Parmesan shavings, fresh rocket, balsamic reduction & olive oil

EXTRA TOPPINGS

Olives, pineapple, garlic, chillies, onion 9⁹⁰
rocket, fresh green pepper, basil

Jalapeños, sun-dried tomato, salami, ham, feta 16⁹⁰
pepperoni, chicken, anchovies, mozzarella,
cheddar, mushrooms, artichokes

Italian sausage, bacon, fresh avo (seasonal) 20⁹⁰

✚ Vegetarian meals ✚ Low GI meals ✚ Gluten free

Variations to a meal may result in delays

ITALIAN MONDAYS

ANY PIZZA OR PASTA

64⁰⁰



Cicchetti

Small starter sized dishes. Order a couple to share.

🍷 **CRISPY DEEP FRIED MUSHROOMS** 64⁹⁰

Button mushrooms crumbed & deep-fried until crisp, served with our home-made tartar sauce

PANKO CRUMBED PRAWNS 64⁹⁰

Prawns crumbed & deep-fried until crisp, served with Chinese sweet chilli mayonnaise

🍷 **HALOUMI CHEESE** 68⁹⁰

Haloumi cheese grilled or fried with Chinese sweet chilli sauce & lemon

🍷 **CAJUN SQUID HEADS** 57⁹⁰

Squid heads pan-fried & served with a spicy Cajun sauce

🍷 **SPICY CHICKEN LIVERS** 60⁹⁰

Chicken livers cooked in a secret spicy sauce

CALAMARI 65⁹⁰

Battered calamari fried & served with avo mayo

GARLIC & MOZZARELLA SNAILS 64⁹⁰

An indulgence of snails with luscious amount of garlic butter finished with grilled mozzarella

MUSSELS NAPOLITANA 65⁹⁰

Succulent mussels in a Napolitana sauce served with bread

BEEF CARPACCIO 76⁹⁰

Beef rolled in cracked black pepper sliced finely with spring onion, capers, red onion & rocket with a dressing of Dijon mustard, balsamic vinegar & olive oil served with bread

MIXED CICCETTI 219⁹⁰

Prawns, calamari, mussels, haloumi & crumbed mushrooms served in a tapas fashion (*serves 4*)

Salads

🍷 **GREEK SALAD** 69⁹⁰

Fresh greens, tomato, cucumber, feta, olives & Greek dressing

DEEP FRIED CALAMARI 94⁹⁰

Crispy calamari with fresh greens, onion, cucumber & a creamy avo jalapeño dressing

GRILLED CHICKEN, CORN & CHORIZO 96⁹⁰

Grilled chicken breast, grilled sweet corn, chorizo, Pearl barley, onion, celery, peppers, fresh greens in a peppadew & mustard dressing

🍷🍷 **GRILLED CHICKEN & FENNEL** 96⁹⁰

Grilled chicken breast with fresh greens, fresh fennel, radish, Parmesan shavings & a cream cheese dressing

🍷 **GRAPE, WHEAT & FETA** 89⁹⁰

Bulgur wheat, grapes, nuts, feta cheese, red onion, rocket with a dressing of balsamic, olive oil, lemon & honey

BACON, SHRIMP & BARLEY 109⁹⁰

Pearl barley with shrimp, crispy bacon, avo (seasonal), feta, cucumber, fresh greens, spring onion & a creamy dressing of tabasco, worcestershire, brandy & tomato

HALOUMI SALAD 99⁹⁰

Haloumi, caramelized nuts, avo (seasonal), fresh greens, mint, strawberries, onion & spicy yoghurt dressing

CAJUN CHICKEN SALAD 106⁹⁰

Chicken breast cooked in cajun spices, fresh greens, bacon, green apple, celery, radish & honey-mustard dressing

SMOKED SALMON 109⁹⁰

Garden greens, rocket, cottage cheese, capers, smoked salmon, peppadew & avo (seasonal), drizzled with a bell pepper dressing

SESAME CHICKEN SALAD 99⁹⁰

Sesame chicken breast, pineapple, celery, fresh greens, avo (seasonal), cherry tomato, onion with a spicy yogurt dressing

BALSAMIC BEEF SALAD 105⁹⁰

Grilled beef strips, sun-dried tomato, Parmesan shavings, fresh greens, cherry tomato, onion with balsamic vinegar reduction & house dressing

Add bacon or avo to any salad 20⁹⁰

Please ask your waitron if you would prefer your dressing served separately

Burgers

Our locally sourced 100% beef burgers are made free from antibiotics & growth hormones. Basted & flame grilled to perfection.

	Regular	Double
THE BIG CHEESE Beef patty with double cheddar cheese, grilled onions, smoky mayo, pickles, lettuce & tomato	84 ⁹⁰	104 ⁹⁰
THE CAPPUCCINO'S CLASSIC Beef patty with double cheddar cheese, back bacon, grilled onions, smoky mayo, pickles, lettuce & tomato	89 ⁹⁰	109 ⁹⁰
THE GALO Peri-Peri or lemon & herb chicken breast flame grilled with mayonnaise, lettuce & tomato	84 ⁹⁰	104 ⁹⁰
THE BLUE SKY Beef patty, creamy blue cheese sauce, back bacon, fresh red onion, pickles, lettuce & tomato	89 ⁹⁰	109 ⁹⁰
THE SWISS Beef patty with double emmenthaler cheese, back bacon, red onion marmalade, smoky mayo, pickles, fresh rocket & tomato	95 ⁹⁰	115 ⁹⁰

★ UPGRADE
YOUR CHIPS TO
CHILLI-CHEESE ★
16⁹⁰



Seafood

All our seafood is sustainably sourced.

Served with one side order.

Your choice of chips, rice, creamed spinach, grilled vegetables, side salad or onion rings

PRAWNS 159⁹⁰

8 Queen sized prawns delicately cooked in their shell with lemon-garlic butter

PRAWNS MOZAMBIQUE 159⁹⁰

8 Queen sized prawns basted in peri-peri sauce & flame grilled to perfection

CALAMARI 137⁹⁰

Calamari delicately grilled or deep fried till crisp & served with our home-made tartar sauce

HAKE 98⁹⁰

Hake grilled or deep fried with our home-made tartar sauce

CALAMARI & PRAWNS 179⁹⁰

Our speciality of calamari grilled or fried with 6 queen sized prawns flame grilled with our home-made tartar sauce & lemon butter

HAKE & CALAMARI 149⁹⁰

A humble classic of calamari & hake deep fried or grilled served with tartar sauce

Chicken Dishes

Served with one side order.

Your choice of chips, rice, creamed spinach, grilled vegetables, side salad or onion rings

CHICKEN CORDON BLEU 134⁹⁰

Crumbed chicken breast with a filling of ham & cheese, topped with creamy cheese or mushroom sauce

LEMON & HERB CHICKEN BREAST 94⁹⁰

Our chicken breast basted in lemon & herbs & flame grilled

BBQ CHICKEN BREAST 94⁹⁰

Our chicken breast basted & flame grilled

CHICKEN GRATINATI 115⁹⁰

Pan fried Parmesan & lemon zest crumbed chicken breasts with spinach, feta & mozzarella

CHICKEN WINGS 98⁹⁰

8 Chicken wings flame grilled with our secret basting sauce

POLLO MOZAMBIQUE 118⁹⁰

Wood fired half chicken roasted with chilli, garlic & lemon sauce

HALF BABY CHICKEN BBQ 118⁹⁰

Wood fired half chicken roasted with BBQ sauce

Stir Fry

BEEF & MUSHROOM 118⁹⁰

Beef strips, mushrooms, stir fried vegetables & noodles with honey, ginger & soya sauce

CHICKEN & PINEAPPLE 109⁹⁰

Chicken strips, pineapple, stir fried vegetables & noodles with honey, ginger & soya sauce





La Carne

All our meat is locally sourced free from antibiotics & growth hormones.

Served with one side order.

Your choice of chips, rice, creamed spinach, grilled vegetables, side salad, onion rings or polenta

FILLET 144⁹⁰

200g fillet of beef flame grilled

T-BONE 159⁹⁰

500g T-bone flame grilled

RUMP 129⁹⁰

300g beef rump flame grilled

LAMB CHOPS 159⁹⁰

300g lamb chops flame grilled

SPARE RIBS 179⁹⁰

600g pork spare ribs flame grilled & basted with our secret sticky sauce

SPARE RIBS 139⁹⁰

400g pork spare ribs flame grilled & basted with our secret sticky sauce

GORGONZOLA STEAK

Flame grilled steak with creamy blue cheese

GARLIC BUTTER STEAK

Flame grilled steak with garlic & parsley butter

WOOD FIRED T-BONE 164⁹⁰

500g T-bone roasted in the wood fire oven with garlic & black pepper

OVEN LAMB CHOPS 164⁹⁰

300g lamb chops roasted in the wood fire oven with rosemary, balsamic vinegar & black pepper

Rump
300g

Fillet
200g

145⁹⁰

164⁹⁰

139⁹⁰

154⁹⁰



Classic Sauces

Add to your grill extra sauces

Pepper, mushroom, cheese or creamy garlic 23⁹⁰

SIDE ORDERS

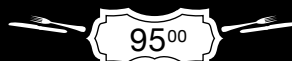
Polenta 20⁹⁰

Side salad 22⁹⁰

Chips, rice, creamed spinach, grilled vegetables or onion rings 25⁹⁰

SOUTH AFRICAN TUESDAYS

— CHICKEN & GRILLS —
OFFER INCLUDES ALL FROM
THE GRILL, CHICKEN DISHES
& FROM THE OVEN



*Spare ribs only available in 400g for this promotion

Pasta

PENNONI RIGATI POMODORO 84⁹⁰

Large pasta quills cooked in a Napoletana sauce, cherry tomato, basil, sun-dried tomato & Parmesan shavings

PENNONI RIGATI ARRABIATA 84⁹⁰

Large pasta quills cooked in a Napoletana sauce, cherry tomato, basil, chilli & Parmesan shavings

PENNONI RIGATI SUPREMO 104⁹⁰

Large pasta quills cooked in a sauce of feta, peppadews, chicken, sweet chilli & cream

LINGUINI PASTA AL FREDO 104⁹⁰

Long flat pasta cooked in a sauce with ham, mushrooms, Parmesan & cream

LINGUINI AL POLLO 106⁹⁰

Long flat pasta cooked in a sauce of chicken, mushrooms, Parmesan, paprika & cream

LINGUINI ALLA VERDE 104⁹⁰

Long flat pasta cooked in a sauce of broccoli, baby spinach, spring onion, zucchini, white wine, Parmesan & cream

Add chicken 16⁹⁰

PENNONI RIGATI WITH BACON & VODKA 104⁹⁰

Large pasta quills cooked in a sauce with bacon, garlic, vodka, tomato, Parmesan & cream

DEDIZIONE AL BOLOGNESE 102⁹⁰

A classic bolognese sauce with ground mince & tomato sauce

SPAGHETTI CARBONARA 85⁹⁰

Creamy carbonara sauce with bacon, Parmesan & black pepper

BEEF LASAGNE 89⁹⁰

Creamy layers of Bolognese, pasta & cheese

SPAGHETTI DEL MARE 129⁹⁰

Grilled calamari, baby prawns, mussels, Napoletana sauce, tomato, onion, garlic, parsley, white wine & Parmesan shavings

SPAGHETTI POLLO PICCANTE 106⁹⁰

Grilled chicken breast, chilli, garlic butter, parsley, sun-dried tomato & Parmesan shavings

TOMATO & BASIL RAVIOLI 94⁹⁰

Tomato & basil filled pasta in a creamy peppadew & feta sauce

SPINACH & RICOTTO RAVIOLI 94⁹⁰

Spinach & ricotta filled pasta in a creamy mushroom, garlic & fresh parsley sauce

Add side salad 22⁹⁰





Desserts

ELDERFLOWER PANNA COTTA 59⁹⁰

A classic light cream set dessert with floral flavor of Elderflower served with our extract of berry

AFFOGATO 59⁹⁰

Vanilla ice cream, Espresso & Frangelico

MALVA PUDDING 47⁹⁰

Baked Malva pudding served hot with silky custard

PEPPERMINT CRISP DESSERT 47⁹⁰

Creamy caramel, biscuit crumbs & crushed peppermint chocolate

PEDROS 39⁹⁰

Kahlua, Frangelico, Amarula

Cakes

Ask your waitron for today's selection from 34⁹⁰
All cakes are baked daily on the premises

Cold Beverages

BOS ICE TEAS 26⁹⁰

Lemon, Peach, Berry, Apple

MINERAL WATER 19⁹⁰

500ml Still or Sparkling

FRUIT JUICE

Fruit cocktail, Orange, Cranberry, Mango, Strawberry

Small 23⁹⁰

Large 24⁹⁰

FRULLATA 39⁹⁰

Choose from the above fruit juice flavours

CAPPUFRAPPÉ® 36⁹⁰

Frozen coffee topped with whipped cream.

Available in Original, Hazelnut, Mocha, Vanilla

SODAS 22⁹⁰

TIZERS 26⁹⁰

Appetizer, red & white Grapetizer

CORDIALS With lemonade or soda 26⁹⁰

Passion fruit, Kola tonic, Lime cordial, Elderflower

ROCK SHANDY 35⁹⁰

MILKSHAKES 34⁹⁰

Banana, Vanilla, Lime, Strawberry, Bubblegum, Chocolate, Coffee, Milo

SMOOTHIES 36⁹⁰

Available juice flavours

Coffee, Coffee chocolate, White chocolate

FREEZO 34⁹⁰

Available juice flavours. No Dairy

Coffee, Coffee chocolate, White chocolate

Beers & Ciders

LOCAL BEERS

Castle Lager, Carling Black Label, Hansa Pilsener 26⁹⁰

Castle Lite 27⁹⁰

Flying Fish 28⁹⁰

INTERNATIONAL BEERS

Amstel, Amstel Lite, Miller Genuine Draft, 27⁹⁰

Windhoek Lager/Light 28⁹⁰

Heineken, Sol 28⁹⁰

CIDERS

Hunters Gold/Dry 27⁹⁰

Savanna Light/Dry 28⁹⁰

Hot Beverages

COFFEES

Coffee 19⁹⁰

Decaffeinated 19⁹⁰

Grande coffee 27⁹⁰

ESPRESSOS

Single 16⁹⁰

Double 20⁹⁰

CLASSIC CAPPUCCINOS

Regular Cappuccino with foam 24⁹⁰

Double Shot Cappuccino with foam 28⁹⁰

Cremaccino with cream 26⁹⁰

Double Shot Cremaccino with cream 30⁹⁰

Grande Cappuccino with foam 30⁹⁰

Grande Cremaccino with cream 32⁹⁰

GOURMET CAPPUCCINOS Regular with foam

Hazelnut 28⁹⁰

Vanilla 28⁹⁰

FAVOURITES

Café Latte 26⁹⁰

Café Mocha 29⁹⁰

Milo 26⁹⁰

Hot Chocolate 32⁹⁰

TEAS

Five Roses 19⁹⁰

Rooibos / Lemon Tea Served with slices of lemon & honey 19⁹⁰

Chamomile/ Earl Grey 19⁹⁰

