



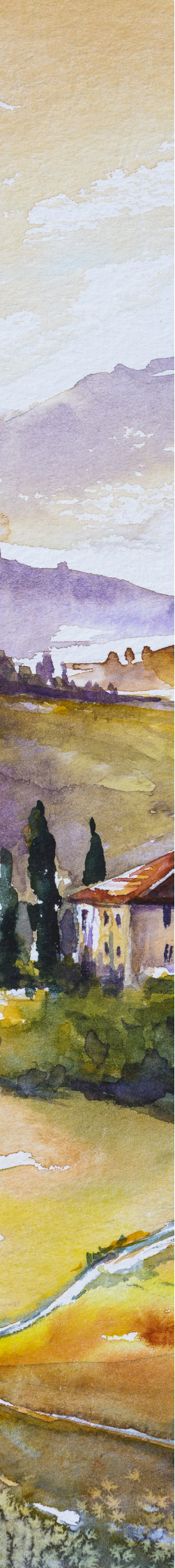
WELCOME TO LA CANTINA

Rich in simple yet elegant flavours, Italian cuisine is a celebration of quality produce and a source of regional pride. In fact the Italian regions were not officially united as a nation until the mid-19th century, retaining their signature dishes. Climate and natural landscape have shaped each areas specialities.

Creamy risottos predominate in the Northern regions, while fragrant olive oil and flavourful tomato-based recipes rule in the sunny South. Beef is best enjoyed as Florentine steaks in Tuscany. Luxurious truffles are unearthed in Alba and the surrounding areas of Piedmont through age-old methods.

With both the Mediterranean and the Adriatic seas hugging the coastline, fresh seafood is dominant. Italians are world-renowned for artisanal products such as wine, cured meats like prosciuttos, and hand-crafted cheeses such as buffalo mozzarella, salty Pecorino and Parmigiano Reggiano, each taking its place in the spotlight of traditional dishes.

So important is location to food in Italy, that laws exist to protect their authenticity. Modena Balsamic vinegar, for example, can only be crafted in Modena. Breads and pastas differ in size, texture and taste – chewy ciabatta loaves from Lake Como and the thin, crunch grissini breadsticks of Turin. Local cooks will argue for hours over the proper name, origin and preparation of traditional dishes. While it's simply impossible to sum up, we at La Cantina describe our menu as a celebration of local Italian flavours appreciated for their elegant simplicity and served with good friendship, family and fun.



Minestrone soup is one of the oldest dishes in Italian history dating back to before the Roman Empire. When economic growth flooded the market with a variety of new vegetables, Italians would gather ingredients from left-over meals and prepare this 'poor man's soup'. That's why even until today there is not an exact recipe for this soup. It is thick with a tomato base, and has all the rich flavours of comfort home-cooking at its best.

Lasagna, did not originate in Italy, as many would think. The origins of this famous pasta dish can be traced back to ancient Greece and is derived from the word 'laganon', which means layers of pasta and sauce. However, Italy can certainly be credited for perfecting this favourite - sheets of pasta with an unctuous bolognaise and layers of creamy bechamel sauce

A **Neapolitan** or 'napoli' sauce has its origin in Napoli. It's believed that the rich soil in Campania, specifically around the infamous volcano, Vesuvius, is extremely fertile. Legend has it that Neapolitan sailors first brought the seeds of the tomato from Peru and they grew robustly in the soil of Naples. Today the San Marzano reigns supreme for flavour and forms the base of a Napoli sauce, infused with garlic, olive oil and basil.

While some historians believe **spaghetti** originated in Italy, most are convinced that Marco Polo brought it back from an epic voyage to China. The earliest known pasta was made from rice flour and was common in the east. In Italy, spaghetti comes from the word 'spago', meaning thin string or twine. It's made from durum wheat with water and salt and is cooked just to al dente (which means 'to the tooth') to create a slightly chewy texture.

The word **rigatoni** comes from the Italian word 'rigate', which means ridged, grooved or lined. This tube shaped pasta varies in length and is larger than penne or sedani. Many Italians believe the ridges make a better surface for sauces and grated cheese. Traditionally it's often made with heartier meat sauces and is often baked.

Geographically speaking Italy is positioned to strongly feature **seafood** in its cuisine. Fish dishes are found all over Italy, in soups and stews or prepared as antipasto. As with most Italian cuisine, seafood dishes are simply prepared with fish as the focal ingredient. At La Cantina we purchase our fish daily and pride ourselves on following the SASSI (South African Sustainable Initiative) guidelines

All our **meats** are locally sourced and matured at Fancourt's in-house butchery.



MINESTRE

SOUP

ZUPPA AL POMODORO (V, N) ● R90
Roasted tomato soup with mascarpone and basil pesto served with ciabatta bread

MINISTRONE DI VERDURE (V, VO, G) ● R75
A blend of seasonal chunky vegetable soup served with ciabatta bread

ANTIPASTI

STARTERS

BURRATA (V, N) ● R165
Fresh soft centred mozzarella cheese served with cherry tomato confit, basil pesto and balsamic glaze

ADD PARMA HAM (P) R45

CARPACCIO DI MANZO (G) ● R125
Organic raw beef fillet, wild rocket, caper berries, extra virgin olive oil and shaved parmesan cheese

TOMINO (P) R120
Mini Camembert cheese wrapped in Pancetta, pan fried and served on sliced ciabatta bread with micro herbs and glazed figs

CALAMARI FRITTI ● R110
Delicious deep fried Patagonia calamari served with aioli and micro herbs

INSALATA MISTA LA CANTINA (V, VO, G) ● R95
Mixed greens, cherry tomatoes, cucumber, parmesan shavings and balsamic dressing

INSALATA DI POMODORO (V, VO, G) ● R90
Ripe tomatoes, cucumber, peppers, red onions, pine nuts and oregano

BRUSCHETTONE ROMANO (V, VO) ● R75
Cherry tomatoes, garlic, olive oil, fresh basil and oregano

All ● dishes are prepared in a Halaal conscious manner using only the finest certified ingredients

(G) Gluten Free Option, (N) Contains Nuts,
(P) Contains Pork, (V) Vegetarian, (VO) Vegan Option

la cantina
MODERN HEALTHY ITALIAN

PRIMI

*Gluten free pasta available on request

SPAGHETTI WITH A CHOICE OF:

- ALL'ARAGOSTA** ● R 295
Napoletana, west coast crayfish and basil
- SCOGLIO** R 195
Seafood medley, garlic, white wine, fresh chili and fresh parsley
- AL RAGU** R 175
Homemade bolognese sauce
- AGLIO AND OLIO** (V) ● R 110
Garlic, fresh chili and Parmigiano

RIGATONI WITH A CHOICE OF:

- SALMONE** R 175
Creamy vodka sauce, salmon and lemon zest
- BOSCAIOLA** ● R 165
Chicken, mushroom, cream, parsley and Parmigiano
- ARRABIATA** (V) ● R 125
Tomato, basil and fresh chili
- NAPOLETANA** (V) ● R 125
Tomato, basil and olive oil

GNOCCHI WITH A CHOICE OF:

- AL RAGU** R 175
Homemade bolognese sauce
- AL GORGONZOLA** (V) ● R 175
Creamy gorgonzola sauce and Parmigiano
- GENOVESE** (V, N) ● R 165
Basil pesto and Parmigiano

SPECIALITA' SPECIALITIES

- RISOTTO AI FUNGHI PORCINI** (V) R 175
Arborio rice with fresh wild porcini mushrooms, fresh garden parsley, white truffle oil and Parmigiano
- LASAGNA AL FORNO** R 175
Homemade beef lasagne, slow cooked bolognese with red wine, mozzarella, béchamel sauce and Parmigiano
- CAPPELETTI RICOTTA E SPINACI** (V) ● R 168
Capeletti pasta filled with ricotta cheese and spinach tossed in a Neapolitan sauce with grilled eggplant and Parmigiano

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SECONDI

*All mains are served with one side of your choice

STINCO D'AGNELLO (500g)	R295
Slow braised lamb shank in a hearty napoletana sauce and red wine	
COSTATA DI MANZO (300g) ●	R285
Grilled beef rib eye steak topped with a balsamic and rosemary butter and grilled plum tomato	
FILETTO DI MANZO (200g) ●	R265
Grilled beef fillet topped with a bone marrow butter and grilled plum tomato	
SALTINBOCCA ALLA ROMANA (P)	R245
Beef escalope topped with sage and Parma ham	
PETTI DI POLLO ALLA PARMIGIANA ●	R175
Crumbed chicken breast supreme with grilled eggplant, napoletana, mozzarella and Parmigiano	

PESCE

FISH

*All mains are served with one side of your choice

GAMBERONI ALLA DIAVOLA	
King prawns flambé in brandy, garlic butter, fresh lemon and chili	
FOR 12	R420
FOR 6	R250
TONNO ALLA MEDITERRANEA	R240
Seared fresh tuna steak with confit cherry tomatoes, olives, artichokes, garlic and white wine sauce	
PESCE DEL GIORNO AL FORNO ●	R210
Grilled line fish topped with capers, lemon butter sauce and fresh parsley	

CONTORNI

SIDE DISHES

SIDE DISHES (PER ADDITIONAL)	R35
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- Rustic cut chips
- Buttery mashed potato
- Green side salad
- Parmesan crusted potato
- Italian sautéed vegetables
- Butter fettucine

SAUCES (PER ADDITIONAL)	R35
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- DEL BOSCO - Creamy wild mushroom sauce
- AL PEPE - Green peppercorns, cream and brandy sauce
- AGLIO E LIMONE - Lemon and garlic butter sauce

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PIZZE

PIZZA

*Vegan cheese and gluten free base options available on request

PIZZA BURRATA (V) ●	R185
Tomato base, confit cherry tomato, basil and fresh Burrata mozzarella	
QUATTRO STAGIONI (P)	R165
Mozzarella, tomato, artichokes, ham, olives, mushrooms and oregano	
PIZZA AMERICANA (P)	R165
Mozzarella, tomato, chorizo sausage, salami and onions	
FRUTTI DI MARE ●	R155
Mozzarella, tomato, prawns, mussels, calamari, garlic, chili and oregano	
PIZZA PRIMAVERA (P)	R148
Mozzarella, tomato, bacon, spinach, feta and avocado	
PIZZA ARUGULA (P)	R148
Mozzarella, tomato, confit cherry tomato, bacon and rocket	
PIZZA LA CANTINA (V) ●	R145
Mozzarella, tomato, caramelized onion, Brie cheese, rocket and roasted sesame seeds	
PIZZA VEGANA (V,VO) ●	R135
Tomato base only, olives, grilled peppers, capers and oregano	
PROSCIUTTO COTTO E FUNGHI (P)	R135
Mozzarella, tomato, ham, mushrooms and oregano	
MARGHERITA (V,VO) ●	R110
Mozzarella, tomato and oregano	
FOCACCIA (V,VO) ●	R95
Garlic, olive oil, feta and oregano	

EXTRA TOPPINGS

PER EXTRA TOPPING

Pancetta prawns tuna Parma ham	R45
Bolognese salami bacon chicken calamari ham mussels avocado	R35
Mushrooms olives bananas artichokes peppadews pineapple feta cheese peppers onions rocket	R25

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DOLCE DESSERT

AFFOGATO LA CANTINA	R75
Vanilla ice cream drowned in espresso coffee and Italian amaretto liqueur	
CASSATA SICILIANA ●	R75
Traditional cake from Sicily. A sponge cake base with ice cream layers and candied fruits	
TIRAMISU	R65
Coffee and brandy drenched finger biscuits layered with mascarpone cheese and cocoa	
GELATO (Per Scoop) ●	R45
Artisan home made ice cream	

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