

## Starters - Antipasti

**Oysters :-** When available.

Luderitz Oysters from Namibia.

SQ

Wild Oysters from Cape Town.

SQ

**Scallops :-** When available.

SQ

Prepared in a cream, vermouth and chive sauce, served with capellini pasta.

**Baked Camembert**

75

Served on a bed of rocket and topped with a homemade onion & balsamic marmalade, with a side of melba toast.

**Avocado Ritz**

70

Shelled prawns, avocado & Marie Rose dressing, all on a bed of exotic lettuce.

**Beef Carpaccio**

70

Served on a bed of rocket, topped with parmesan shavings.

**Open Melanzane**

65

Sliced, grilled brinjals & oven dried balsamic tomatoes on a light béchamel sauce topped with homemade basil pesto & parmesan cheese, finished under the grill.

**Shellfish Soup (Zuppa di Pesce)**

85/140

A signature dish with prawns, clams, calamari and mussels in a tomato & fish broth, with ginger, garlic & a hint of chilli. (Also available as a main).

**Calamari Greco**

75

Another Sophia's favourite: Tender Falkland's calamari flash grilled with our special sauce.

**Meze Platter (for two)**

150

Typically consisting of: Dolmades (stuffed vine leaves), Saganaki (fried halloumi), Calamari fritti (calamari heads), Souvlaki (grilled lamb, brinjals, halloumi and tomato). Two dips with pita bread. Platter may vary depending on availability.

**Calamari Fritti**

70

Lightly dusted in seasoned flour and deep fried, served with tartare sauce .

## Salads - Insalata

All our salads are prepared in single serving or to share

### **Sophia's Pear, Walnut & Gorgonzola**

70 / 105

A variety of exotic leaves topped with poached fresh pears, creamy Italian gorgonzola cheese and walnuts.

### **Italiana**

65 / 98

Green salad topped with egg, anchovy, robiola cheese & olives.

### **Greca**

65 / 98

Green salad topped with imported creamy feta cheese & olives.

### **Chefs**

65 / 98

Green salad topped with crumbled, creamy Italian gorgonzola cheese and walnuts.

### **Chicken**

70 / 105

Green salad topped with chicken strips & avocado.

### **Di Mare (Seafood)**

75 / 130

Green salad topped with freshly grilled shelled prawns & calamari.

### **Insalata Rucola**

55 / 85

A simple salad of rocket, cherry tomatoes & Grana Padano parmesan shavings.



Presents our lunch time pizza menu

Margherita Pizza 65

Consists of:

Pizza base

Homemade tomato sauce

Mozzarella cheese 65

Extras:

Anchovies 25

Avocado 20

Capers 10

Chicken 25

Garlic 10

Mushrooms 18

Onions 10

Artichokes 20

Beef mince 20

Cherry tomato 10

Chilli 10

Extra Mozzarella 30

Olives 15

Rocket 10

Our pizza base and sauce are made fresh in house daily

## Pasta

"All I am today I owe to spaghetti" - Sophia Loren

### **Spaghetti Marco Polo** 155

The idea for this recipe was stolen from Giuliano of the iconic original La Mama restaurant: Prawns out of the shell in coconut cream & Thai green curry topped with fresh coriander.

### **Linguine al Cartoccio** 155

Pasta steamed and served in a cellophane bag with calamari, prawns, mussels & a light tomato, herb & white wine sauce.

### **Ravioli Salmone** 120

Filled with smoked Norwegian salmon & mascarpone cheese, served in a Napolitana sauce with a touch of cream.

### **Spaghetti ala Carbonara** 120

A sauce of, pancetta, cream, parmesan and topped with an egg yolk.

### **Beef Lasagne** 120

Old style Bolognese ragu layered with handmade pasta sheets, cheeses & béchamel sauce.

### **Spaghetti Bella** 120

Anchovies, pine nuts and sun-dried tomatoes in a basil pesto sauce.

### **Moussaka** 120

The favourite dish on the Greek Islands - Thin slices of grilled brinjals alternated with lamb, beef & herb sauce, all topped with a béchamel sauce & baked. Served with salad or potato wedges on request .

Gluten free pasta is available.  
Our pasta and gnocchi are handmade in-house (except the penne and gluten free).

## Meat & Poultry

### Veal

Gently fried and finished in your choice of sauce  
Limone: Lemon and bouillon sauce. 139

Marsala: Marsala wine, mushroom and cream sauce. 149

Vitello a la Sophia: Brinjal slices topped with veal, tomato & Emmental cheese finished under a hot grill 159

Pizzaiola: Capers & anchovies in a Napolitana sauce. 159

### Filetto

Finest beef fillet grilled. Always best medium rare but we will grill it the way you like it. 185

Choice of sauces: Mushroom or green pepper or Dijon mustard or garlic sauce. Add 20

### Stolen Lamb (Kleftiko)

195

A shank of lamb slow cooked in a sealed container with herbs until fall-off-the-bone tender. A house favourite.

### Chicken Paillard

120

Tender free range chicken breast fillet, grilled with a lemon parsley sauce. Served with fried potato wedges or a salad on request.

### Fegato Alla Veneziana (Calf liver)

135

Tender strips, grilled and served with a rich onion gravy freshened with lemon zest & a splash of balsamic vinegar. Served with mashed potato and vegetables.

### Souvlakia

120

Three grilled skewers of fillet, brinjals, tomato & halloumi. Served with potato wedges or salad on request.

### Roast Duckling

195

A signature dish, classically crisp roasted succulent duck served with a side of either orange or black cherry sauce

The above meat dishes are generally served with fried potato wedges and vegetables.  
Available with mashed potato or pasta on request.

## Seafood - Pesce

Due to strict restriction on fishing and weather constraints, certain fish items may be unavailable at times.

### **Scottish Salmon** 195

This prince of line fish is touched in polenta and grilled, remaining pink inside. Available plain, or with a creamy vermouth and chive sauce or with salsa verde (A tapenade of olive oil, coriander, mint and parsley). Also available lightly poached on request.

### **Calamari Greco** 140

Tender Falklands calamari, flash grilled with olive oil, lemon & our special seasoning.

### **Calamari Ripieni** 145

Baby calamari filled with rice, spinach, Ricotta cheese and herbs, pan fried & finished in a light tomato and white wine sauce.

### **Prawns a la Sophia** 190

Split and fried quickly on a flat grill with garlic, chilli, ginger and flash finished with white wine.

### **Grilled Sole** 155

West coast sole. A meal simply grilled, and topped with a parsley & lemon sauce.

### **Cape Whiting** 110

Fresh Fillet of this delicate white fleshed fish crumbed and deep fried (grilled on request). Served with potato wedges and vegetables or a salad on request.

### **Kingklip & Mussels** 195

Grilled and finished in a pan with a white wine, garlic & cream sauce.

All seafood is served with lentiled basmati rice and vegetables.  
Potato wedges or mashed potato available on request.

## The "95" Menu

Strictly lunch Monday - Friday only  
(excludes bank Holidays)

### **Fresh Hake & Chips**

Crumbed & fried in the Mediterranean style or grilled on request. Served with tartare sauce & hand cut potato wedges or with salad on request.

### **"Light" Sirloin Steak**

220g Prime Sirloin Steak grilled to order & served with hand cut potato wedges.  
Choice of sauces: Mushroom or green pepper or Dijon mustard or garlic sauce.

**Add R20**

### **Grilled Calamari**

Flash grilled with our special basting sauce.  
Served with hand cut potato wedges or salad on request.

### **Chicken Paillard**

Fresh, tender chicken breast grilled and served with a lemon, parsley & bouillon sauce.  
Served with hand cut potato wedges or salad on request.

### **Roast Beef Burger**

Strips of tender roast beef fried with onions & served on an open burger bun with lettuce, tomato, pink sauce & hand cut potato wedges.

## Vegetarian

- Panzerotti di Zucca** 115  
Handmade pasta pouches filled with ricotta cheese, butternut & parmesan cheese in a cream and broccoli sauce.
- Ravioli Greco** 115  
Pasta pockets filled with Cypriot halloumi cheese & fresh mint in Napolitana sauce (tomato, herbs and basil).
- Gnocchi Gorgonzola** 105  
Handmade Gnocchi with dolce latte gorgonzola, cream, walnuts & garlic.  
Also available with a Napolitana sauce or Basil pesto.
- Wild Mushroom & Vegetable Lasagne** 125  
Handmade pasta layered with an assortment of wild mushrooms & vegetables covered in a creamy white sauce & topped with cheese melted under the grill.
- Filled Cannelloni** 120  
Handmade cannelloni filled with a spinach & Ricotta mix on a bed of Napolitana sauce & topped with a béchamel sauce & parmesan cheese.
- Vegetable Penne Arrabiata** 110  
An aromatic Napolitana sauce served with vegetables either spicy or just with the natural flavours of tomato & herbs over penne pasta.
- Meze Platter** 120  
Our vegetarian meze platter for sharing consists of Saganaki (fried halloumi), Dolmades, (stuffed vines leaves) brinjals, olives, mushrooms, 2 dips & bread. This dish may vary from time to time.
- Cannelloni Brie** 120  
Asparagus, lightly poached & wrapped in a delicate pancake with Brie cheese served on a base of Napolitan sauce & topped with béchamel sauce & cheese.

Gluten free pastas are available. Our pasta & gnocchi are handmade in-house (except the penne & gluten free.)



## Desserts - Dolce

<b>Crème Brulée</b>	55
Baked egg custard topped with caramelised sugar. Berries & biscuit on the side. Flamed at the table.	
<b>Tiramisu</b>	50
Mascarpone cheese & Marsala wine on savoardi biscuits soaked in espresso & brandy.	
<b>Gelato Hot Chocolate</b>	45
Real chocolate sauce with a hint of brandy.	
<b>Gelato Black Cherries</b>	55
With warm cherry sauce.	
<b>Crêpes Sophia</b>	55
Crepes with a mandarin orange and orange liqueur sauce. Served with Ice cream on the side.	
<b>Mousse Au Chocolat et Espresso</b>	55
The real thing - A chocolate explosion wickedly decadent.	
<b>Assorted Sorbets</b>	40
All are refreshing & light - Ask your waiter for available flavours	
<b>Sorbet with Berries &amp; Frangelico</b>	55
<b>Sorbet "Le Colonel"</b>	60
Lemon sorbet & vodka.	

All sorbets are free from any dairy products.

## Shiraz

**La Motte** 350

Intense perfume and rose petal aromas are backed up by cranberry fruit and aniseed spice. The palate shows a juicy entry with raspberry fruit, chalky tannin and a hint of fresh mint in the finish.

**Strandveld** 365

A full-bodied wine with cloves, cracked black pepper and spicy aromas. Layered with intense black berry fruit flavours. A rich palate with firm tannins, backed by well integrated oak.

**Diemersdal** 225

The wine has a complex nose with overtones of black and white pepper, pomegranate, cigar box, cloves and spice. On the palate there is vibrant red fruit, blackcurrant and dark chocolate flavours, under-pinned by well integrated oak with a long spicy finish.

## Pinotage

**Beyerskloof Reserve** 290

Bundles of dark cherries and sweet fruit upon entry with well integrated subtle spicy/sweet flavours from the oak. A wine with good structure, excellent balance and a long juicy finish. This wine will pair lovely with lamb cutlets, sweet and sour pork or a spicy Indian curry.

**Spice Route** 270

Intense ruby red colour. Rich blackcurrant and cherries on the nose. Intense dark fruit flavours on the palate that combines well with sweet vanilla oak aromas.

## Pinot Noir

**Paul Cluver** 480

This wine has a lovely luminosity – the colour is bright plum skin. The nose has delicate earthy almond aromas combined with cranberry, pomegranate and raspberries. On the palate these characteristics follow through combining with interesting seaweed, umami savory flavours.

## White Blends

Carafe 250ml

### Footprint

40 100

An equal blend of Chenin Blanc and Semillon with pale colour and green tints. Grassy overtones with tropical fruit and a touch of heather. Voluptuous palate of peach, apricot and juicy citrus fruit. Medium weight with clean, crisp persistent finish.

### Pierre Jourdan Tranquille

65 170

As the Pinot Noir is the predominant cultivar here, it's no surprise that we have such a lovely salmon colour. The palate is a mouth full of tiny berries with amazing flavours which challenges any dish, however it surprises one as it has such an elegant nose.

### Haute Cabrière Chardonnay Pinot Noir

75 210

This enticing blend of Chardonnay and Pinot Noir shows elegant fruit underlined by firm acidity. You will find an abundance of zesty fruit - most notably white peach, lychee and red fruit - with a delectable full mouth feel and balance.

### Mulderbosch Faithful Hound

335

The full bodied, waxy Semillon core of this wine is highlighted by zesty Sauvignon Blanc flavours that fill and uplift the palate. Whilst not obvious, the oak contribution provides a biscuity, fine texture, and ensures the finish is both lasting and ever so slightly savoury.

## Rosé

### De Grendel

55 140

The wine has an attractive strawberry pink colour. Ample fruit reminds of red berries, strawberries and watermelon. The wine has a crisp, dry finish with a very well-structured natural acidity. We aim to get the Rose in the bottle with an alcohol of 13 to ensure one can enjoy it all day long.

### Stone Town Atlantic Coral

150

Inspired by the pastel pink coral that rings the coastal reef of this historical town, our quest for the most aromatic grape varieties has transported us to the Cape coast, where vines enjoy the cool Atlantic breeze to produce fresh, fruit forward cultivars such as Grenache - a variety that lends itself beautifully to this crisp and refreshing style of rosé.

## Sangiovese

Carafe 250ml

### Terra del Capo

190

Graphite and ink vie with blueberries and plum on the nose. Texture is the first impression - a touch chalky but then the tangy blue and black berry fruit and rich red plum spice take over. It is deliciously succulent and juicy in the mouth.

## Red Blends

### Leopard's Leap Cabernet Sauvignon Merlot

130

Intriguing aromas of blueberry, chocolate and cassis, supported by soft undertones of wildflowers and soft fruit scents. Full-round dark fruit characteristics join subtle oak flavours to create a silky and elegant palate experience.

### Hartenberg Cabernet Sauvignon Shiraz

65 170

Peppery and spicy with rich berry aromas. The wine has richness and elegant fruit flavours, the fruit / oak balance is stylish and has soft, smooth, silky "drink me" finish, with good structure and length.

### La Bri Affinity

95 265

Geissorhiza is a large genus of small to medium corm bearing plants in the Iridaceae family. Geissorhiza radians is one of the most sought after having very attractive deep blue flowers with red centres. The Wine cup is our core flower representing the core-wine of our range The Affinity Blend.

### Rupert & Rothschild Classique

360

Inviting cranberry and raspberry aromas with an earthy, mineral focus and a lingering cinnamon and walnut finish.

### Cape of Good Hope Southern Slopes

465

Succulent red and black berry fruit vibrance in the mouth, along with spicy tobacco and turned earth notes. Deep and plush, yet structured with a defined oak backbone.

## Dessert Wine

### Pierre Jordan Ratafia

45 Per Glass

Ratafia is a fun drink, packed with rich honey flavours. The taste is delicate and enticing. The nose a melange of tropical flavours.

## Sauvignon Blanc

Carafe 250ml

### **Sophie te' Blanche**

70 190

Floral notes with a complex medley of tropical fruits, mingled with subtle lime and gooseberry undertones. The palate is balanced and rich, showing cut green apples with great minerality and texture.

### **La Motte**

180

The wine has a greeny straw colour. On the nose, gooseberry is the first impression, followed by pineapple, lime and wild grass. With low alcohol, acid and residual sugar, one would expect a thin wine; with this wine it is not the case, though. The palate is well balanced, well polished and medium-round, with a clean, dry and refreshing finish.

### **Buitenverwachting**

215

The wine has a pale lemon yellow colour and a bouquet reminiscent of green figs with hints of gooseberries and an intrusion of green peppers. The wine is dry, full bodied and has a long lingering finish.

### **Cederberg**

240

An aromatic Sauvignon Blanc with grassy notes, white asparagus undertones and strong hints of capsicum, gooseberries and lemon zest. A refreshing, crisp acidity finishes off the initial sensation of creaminess on the mid-palate.

### **First Sighting**

175

Expressive tropical and citrus fruit on the nose. Full yet fresh on the palate with typical notes of buchu and minerality.

## Wine Special

*Available while stocks last*

Carafe 250ml

### Bubbles

Zonin Prosecco Extra Dry 355

Zonin Prosecco Extra Dry 200ml 115

### White

The Fishwives Club Sauvignon Blanc 65 180

The Fishwives Club Chardonnay 70 185

### Rosé

The Fishwives Club Eros Blanc de Noir 65 180

### Red

La Bri Cabernet Sauvignon Limited Release 2012 395

Boekenhoutskloof The Chocolate Block 2013 455

Meerlust Merlot 2013 650

Blue Grove Hill 2010 210

The Fishwives Club Merlot 75 200

## Beer list

Amstel	22
Black Label	22
Castle Lager	22
Castle Lite	22
Hansa	22
Windhoek Lager	22
Windhoek Light	22
Windhoek Draft	27
Heineken	25
Millers Draft	25
Peroni	25
Savannah Dry	27
Savannah Light	27
Becks Non Alcholique	30

## Champagne

375ml 750ml

### **Moët & Chandon Brut Impérial NV**

700 1255

Moët Impérial is the House's iconic champagne. Created in 1869, it embodies Moët & Chandon's unique style, a style distinguished by its bright fruitiness, its seductive palate and its elegant maturity.

### **Veuve Clicquot Yellow Label**

1450

The predominance of Pinot Noir provides the structure that is so typically Clicquot, while a touch of Pinot Meunier rounds out the blend. Chardonnay adds the elegance and finesse essential in a perfectly balanced wine.

## Cap Classique

### **Pongrácz Brut**

295

Composed in the classic French tradition of two noble varieties, Pinot Noir and Chardonnay, this magnificent Cap Classique evokes an air of style and sophistication, a tribute to the genius to whom we owe its name.

### **Graham Beck Brut**

165 310

This benchmark bubbly is a beautiful harmony of lengthy Chardonnay and fragrant Pinot Noir. It's perfectly woven with leesy warmth and gentle ripe grape flavours. Light yeasty aromas, good fruit on the nose, and rich creamy complexity on the palate. Fine mousse gives freshness and finesse.

### **Simonsig Kaapse Vonkel Brut**

270

On the palate the refined acidity captures the aromas of secondary yeast flavours with a twist of berry and apple flavours. A top class sparkling wine that resembles elegance and finesse.

### **Simonsig Kaapse Vonkel Brut Rosé**

270

A celebration of refreshing flavours tantalise the palate while the subtle yet crisp acidity causes an array of lingering high notes. This vibrant sparkling rosé reflects elegance, style and finesse.

Some wines are also served in a 250ml carafe,  
which is the equivalent of one glass