

## LUPA SIGNATURE NEW COCKTAIL 89

**SGROPPINO**  
Lemon sorbet, St. Germain liqueur,  
lemon juice. Topped with sparkling wine.

## COCKTAILS

### STRAWBERRY BASIL SMASH

London Dry Gin, lemon juice, sugar syrup, fresh strawberries & basil leaves. 75

### ITALIAN JOB

White rum, pineapple juice, lemon juice, raspberry syrup & Fitch & Leedes ginger ale. 70

### SUMMER SPLASH

Rum, pineapple juice, raspberry syrup, lemon juice & Fitch & Leedes soda water. 70

### HIDDEN GARDEN

Silver tequila, sugar syrup, fresh strawberries, fresh lime & Fitch & Leedes soda water. 70

### BELLINI

Bubbly, peach syrup & lemon juice. 75

### HIBISCUS FIZZ NEW

Gin, Campari, lemon, grapefruit syrup & Fitch & Leedes lemonade. 90

### DISARONNO FIZZ

Italian almond liqueur with lemon juice & Fitch & Leedes soda water. 75

### APEROL SPRITZ

Bubbly, Aperol & Fitch & Leedes soda water. 80

### STRAWBERRY PASSION FRUIT NEGRONI NEW

Strawberry infused Campari, passion fruit infused gin & Martini Rosso. 85

## MOCKTAILS

### SUMMER FLING

Pineapple juice, lemon juice, raspberry syrup & Fitch & Leedes soda water. 60

### RAINFALL

Strawberry juice, lemon juice, sugar syrup, basil leaves & Fitch & Leedes soda water. 60

### ISLAND BREEZE

Orange juice, lemon juice, sugar syrup, fresh mint & Fitch & Leedes soda water. 60

### ITALIAN SUNSET

Orange juice, strawberry puree, elderflower syrup, lemon juice & Fitch & Leedes ginger ale. 60

## QUARTINOS

Served in a 250ml carafe

## ROSSO

FAIRVIEW LA CAPRA MERLOT 'ON TAP'. 45

DURBANVILLE HILLS MERLOT. 60

LUPA MERLOT. 75

HARTENBERG CABERNET SHIRAZ. 70

BEYERSKLOOF PINOTAGE. 70

## BIANCO

FAIRVIEW LA CAPRA SAUVIGNON BLANC 'ON TAP'. 45

LUPA SAUVIGNON BLANC. 70

PAUL CLUVER SAUVIGNON BLANC. 75

ANTHONIJ RUPERT PROTEA CHENIN BLANC. 55

KEN FORRESTER PETIT SEMI SWEET. 50

LUPA ROSÉ. 70

KLEINE ZALZE CELLAR SELECTION UNWOODED CHARDONNAY. 65

SIMONSIG KAAPSE VONKEL. 150ML 75

## GELATO MILKSHAKES

VANILLA. 65

STRAWBERRY. 65

CHOCOLATE. 65

DOUBLE TOFFEE. 65

PISTACHIO. 75

## CAFÉ (HOT BEVERAGES)

ESPRESSO. 26

CAPPUCCINO. 34

CAFÉ AMERICANO. 27

TEA. Please ask about our range

Terms and conditions apply. While stocks last. All prices include VAT. Ingredients may vary subject to availability and seasonality. Menu descriptions do not contain full list of ingredients. Some products may contain traces of nuts. All nutritional information is available on [www.lupa.co.za](http://www.lupa.co.za). If you require any allergen information prior to ordering, please ask a member of our team to assist. We use a lot of different ingredients and shared equipment in our kitchen, as well as some products that have been produced by suppliers. Due to this, we cannot guarantee that our food is completely free of allergens or traces of allergens. Portion weights are raw weights. Any change or addition to our original recipes will result in kilojoule count variations.

**#NO** aware!  
[www.aware.org.za](http://www.aware.org.za)  
NO ALCOHOL MAY BE SOLD TO PERSONS UNDER THE AGE OF 18.

OCTOBER 2022





LUPA  
OSTERIA



## ANTIPASTI (STARTERS)

**CHICKEN LIVERS**  
With white wine, chorizo, chilli, garlic & toasted ciabatta. 99

**ITALIAN NACHOS**   
Crispy three-cheese ravioli & arrabiata dipping sauce with a touch of chilli. 95

**FOCACCIA**  
- Garlic & extra virgin olive oil. 55  
- Caramelised onion & feta. 65  
- Three cheese: mozzarella, Gorgonzola, feta. 85 

**FALKLAND CALAMARI**  
Pretzel-dusted & shallow fried or grilled. 129

**PARMA HAM & BUFFALO MOZZARELLA**  
Parma ham topped with Italian salsa, Buffalo Mozzarella & served with bread sticks. 135

**OVEN-BAKED SNAILS & GORGONZOLA**  
Served with toasted ciabatta. 120

**CARPACCIO DI MANZO**  
Thinly sliced raw beef with Mr Cipriani's dressing, sliced mushrooms & Parmesan. 110

**PORK & BEEF MEATBALLS**  
In a slow-cooked Napoli sauce with toasted ciabatta. 90

**MELANZANE AL PARMIGIANO**   
Layers of aubergine, mozzarella, Parmesan & Napoli sauce. 95


**STARTER PLATTER TO SHARE (SERVES 2)**   
Selection of cured meat, cheese, marinated olives, roasted cherry tomato & garlic foccacia. 255

## INSALATE (SALADS)

**PEAR & GORGONZOLA SALAD**   
With candied pecan nuts & lemon vinaigrette. 120

**CRISPY ARTICHOKE SALAD**   
With rocket, mint, Parmesan shavings & balsamic dressing. 120

**GRILLED CHICKEN SALAD**  
With avo, feta, cherry tomatoes, croutons, olives & served with honey mustard dressing. 115

**CAPRESE SALAD**   
Slices of traditional mozzarella with ripe tomatoes drizzled with herb pesto & balsamic dressing, served with toasted ciabatta. 85

## LUNCH MENU 99

AVAILABLE MONDAY - FRIDAY UNTIL 4PM  
(Excluding public holidays)

**CALAMARI FRITTI**  
With lemon, rocket & olive salad, mild chilli mayo & Lupa herb oil.

**WOOD-ROASTED HAKE**  
With lemon-caper butter, slow-cooked spinach & fries.

**CHICKEN PARMESAN**  
With crumbed chicken, crushed tomatoes, mozzarella, basil & Parmesan penne.

**SPAGHETTI BOLOGNESE PICCANTE**  
With a touch of fresh cream & chopped chilli.

**REGINA PIZZA**  
Ham & mushrooms.

**200G SIRLOIN**  
Chargrilled & served on potato wedges with sautéed zucchini noodles.

*Add a brandied green peppercorn sauce for 25*

## PASTA

*Our homemade pasta is what sets Lupa apart from other Italian restaurants. Try it and you will taste the difference. The pasta is extruded through a bronze die to create a rougher surface texture which allows the pasta to hold more sauce. The result is a fuller and better flavour. Our fettuccine & spaghetti are **freshly made on site**, every day & with love!*

**Choose:** *Homemade spaghetti (no egg), homemade fettuccine (free-range egg) or penne pasta.*

*Grande - full portion | Regolare - half portion*

*Gnocchi: Grande add 15 | Regolare add 10 | Gluten-free add 20*

**LUPA**  
Chicken, cherry tomatoes, basil pesto, roasted peppers & cream. *Grande 145 | Regolare 100*

**ALFREDO**  
Ham, Parmesan, mushrooms, garlic & cream. *Grande 120 | Regolare 85*

**BOLOGNESE**  
Pork ragù & beef Bolognese & Napoli sauce, slow-cooked in wine. *Grande 105 | Regolare 75*


**ZINGARA**  
Bacon, mushrooms, Napoli sauce, cream, a touch of chilli & garlic. *Grande 125 | Regolare 90*

**PORK & BEEF MEATBALLS**  
Spaghetti with slow-braised meatballs, Napoli sauce, a touch of cream & Parmesan. *Grande 140 | Regolare 100*

**LOULA**   
Tomato & basil. *Grande 80 | Regolare 55*

**PENNE ORIENTAL**  
Spiced chicken breasts, tomato, light cream, Mrs Balls Chutney™ & fresh coriander. *Grande 130 | Regolare 90*

**THE FOLLOWING PASTA'S AVAILABLE ONLY IN GRANDE**


**PRAWN AGLIO E OLIO**   
Prawns, garlic, chilli, olive oil & parsley. 165

**MARINARA**  
Prawns, calamari, mussels, tomato, chilli & fennel cream. 215

**LASAGNE AL FORNO**  
Served with a simple salad. 140

**PORCINI PANZEROTTI**  
Spinach, Marsala mushrooms & crispy bacon. 145

**GARDIENERA**   
Grated zucchini, garlic, chilli, cream & crispy fried spinach balls. 120

**REMUS**   
Slow-braised lamb ragù, peas & rosemary. 150

**GNOCCHI DEL SOL**  
Chorizo sausage, prawns, white wine, chilli, Napoli sauce & a touch of cream. 180

**GNOCCHI FANTASIA**  
Gorgonzola cream & Bolognese ragù. 165

## LUPA SIGNATURE PASTA 215

**PARMESAN WHEEL FETTUCCINE CARBONARA**  
Fresh fettuccine with bacon & truffled mushrooms finished at your table side & served directly from a flamed Parmesan wheel.

## PIZZA & BEER 119

Choose any pizza & enjoy a glass of beer or wine on us.


Offer valid from **3pm Sunday until 9pm Monday.**

*Offer excludes Di Mare & Romulus*

## PIZZA

All pizzas are cooked in our **wood-fired pizza oven** to enhance taste & create a unique, smoky flavour.

*Buffalo Mozzarella on any pizza add 65  
Gluten-free pizza bases add 30*

**MARGHERITA**   
With fresh basil. 90

**SPAGO**  
Avo, bacon & feta. 155

**MEAT LOVERS**  
Bacon, ham & salami. 160

**THE POPOLARE**  
BBQ chicken, mushrooms & feta. 125

**CAJUN CHICKEN**  
Feta, avo, Peppadew® piquanté peppers & garlic. 150


**THE MASSIMO CALZONE**  
A folded pizza with tomato, mozzarella, ham, mushrooms, feta, caramelised onions & Parmesan, brushed with garlic butter & served with sliced avo. 155

**TROPICALE**  
Ham & pineapple. 125

**THE NACHO LIBRE**  
Spiced chicken, avo, tomato salsa, jalapeño, sour cream, coriander & crushed nachos. 155

**THE NEW YORKER**  
Tomato, mozzarella & spicy pepperoni. 110

**ROMULUS**   
Slow-braised lamb ragù with mushrooms, rocket & cucumber mint yoghurt. 160

**THE AMY**   
Roasted butternut, feta, caramelised onion, pumpkin seeds & rocket. 95

**THE SARAH**  
Mozzarella, Parma ham, rocket & cherry tomatoes. 155

**THE DI MARE**  
Prawns, calamari & mussels, parsley-garlic salsa & chilli. 225

**POPEYE & OLIVE**  
Salami, olives, spinach, feta & sundried tomatoes. 125

**ROMA**  
Salami, Gorgonzola cheese, olives, garlic oil & topped with parsley. 125

## BAMBINI (KIDS)

**KIDS 12 & UNDER ONLY**

**PENNE**   
With a Parmesan cream. 65

**MARGHERITA PIZZA.**  65

**HAWAIIAN PIZZA.** 65

**PENNE ALFREDO**  
With cream. 70

**SPAGHETTI BOLOGNESE.** 65

**BREADED CHICKEN STRIPS**  
With Parmesan fries & Napoli sauce. 75

**SPAGHETTI & MEATBALLS**  
Pork & beef meatballs with slow-cooked Napoli sauce. 80

**VEGETARIAN FRIENDLY** 

## SECONDI (MAINS)

All **wood-roasted dishes** are cooked in our pizza oven, enhancing taste & creating a unique smoky flavour.

**MUSHROOM & PARMESAN FILLET**  
Chargrilled fillet steak on Parmesan fries with wilted spinach, mushroom sauce & crispy Parmesan onion rings. 230

**BALSAMIC & AVO FILLET**  
Fillet escalopes topped with avo, rocket, roasted tomatoes, Parmesan & balsamic reduction. Served on a white wine risotto. 255

**CHARGRILLED SIRLOIN**  
With porcini mushroom risotto, wilted spinach, truffled butter & onion rings. 225

**POLLO ARROSTO**  
Wood-roasted chicken served with a side of your choice. Lemon & herb or peri-peri. 195

**WOOD-ROASTED PRAWNS**  
8 Queen prawns roasted in our wood-fired pizza oven & served with spicy garlic butter sauce. 290

**CHICKEN MARSALA**  
Crumbed & panned with Marsala wine, mushrooms, Gorgonzola & cream. 180

**VEAL MARSALA**  
Crumbed veal escalopes with cream, mushroom & Marsala wine sauce. 215

**VEAL PICCATA**  
Served with capers, white wine, lemon, rosemary potatoes & slow-cooked spinach. 215

**HAKE**  
Wood-roasted with spinach & side of your choice. 150

**KINGKLIP**  
Wood-roasted with white wine, lemon, capers & side of your choice. 255  
*Add four grilled large prawns. 120*

**FALKLAND CALAMARI**  
Pretzel-dusted & shallow fried or grilled & side of your choice. 220

**CHARGRILLED BURGER**  
Beef burger with Fontina cheese, bacon, caramelised onion & fries. 150

**VEGGIE BURGER**   
100% plant based vegan friendly patty, grilled aubergine, avo, tomato, lettuce, gherkin & served with fries. 165

## SIDE OF YOUR CHOICE 45

Parmesan fries. Zucchini fries. Wood-roasted vegetables.

Side green salad. Wilted spinach with butter & Parmesan.

*Where not included in Secondi*


## DOLCE (DESSERTS)


**GELATO PER SCOOP**  
Chocolate/Pistachio/Strawberry/Vanilla/Double Toffee. 37

**CREMINO AL CIOCCOLATO**  
Nutella crème brûlée, smashed Amaretti biscuits, salted caramel gelato & Italian meringue. 75

**CRÈME BRÛLÉE.** 65

**NUTELLA STUFFED CRÊPES**  
With a Cointreau orange sauce & vanilla ice cream. 70

**PAVLOVA**   
Meringue nest, vanilla custard, whipped cream, fresh berries & berry coulis. 69

**TIRAMISU**   
Layers of ladyfingers, mascarpone mousse, espresso & sweet Marsala wine. 89