



# Cappuccinos

pizzeria grill café

*you are always welcome*

### fruit juice

fruit cocktail, orange, cranberry,  
mango, strawberry 35

coffee, americano 28

grande coffee 32

single espresso 25

double espresso 30

cappuccino 33

cremacchino 37

flat white 35

grande cappuccino 38

grande cremacchino 42

### chococcino

hot chocolate, a shot of espresso,  
topped with chocolate- whip,  
marshmallows & a flake 52

classic café latte 37

### hot favourites

café mocha, milo, hot chocolate,  
white chocolate, spice chai, caramel,  
milky bar, aero-peppermint 43

five roses, rooibos 30

lemon tea with a lemon wedge & honey 32

water with lemon wedges & honey 16

red® cappuccino 37

red® latte 39

any decaffeinated coffee add 4

### lactose free

substitute milk with almond milk add 11

iced tea 32

### toni glass iced tea

berry baobab, kiwi cucumber & mint 32

toni glass iced tea (sugar free)

litchi & lime, sweet apple gooseberry 32

mineral water (still or sparkling)

500ml 22

1l 32

### frullata

vanilla ice cream blended with fruit juice  
(choose from the fruit juice flavours) 44

### cappufrappé®

frozen coffee with a hint of condensed milk  
topped with whipped cream 42

available in: original, hazelnut, vanilla

sodas 27

tizers 35

cordials with lemonade or soda 30

rock shandy 42

### loaded milkshakes

strawberry-fun, chocolate-oreo delight,  
bubblegum-blues 56

### milkshakes

banana, vanilla, lime, strawberry, milo  
bubblegum, chocolate, coffee, oreo 45

### smoothies

fruit cocktail, orange, cranberry,  
mango, strawberry 45

### freezos

coffee, chocolate, white chocolate,  
spice chai, caramel, milky bar,  
aero-peppermint 48



drinks

# breakfasts

served until 12

## CLASSICS

classic breakfasts & omelettes are served with a slice of toast: white, whole-wheat, low GI or rye

### EVERYDAY BREAKFAST

2 eggs with 2 back bacon rashers & grilled tomato 49

### SOUTH AFRICAN BREAKFAST

2 eggs with 2 back bacon rashers, boerewors, grilled tomato, chips, 2 hashbrowns or pap & spicy relish 89

### CAPPOS BREAKFAST

2 eggs with 3 back bacon rashers, 125 sirloin, creamy mushrooms, grilled tomato, boerewors or cheese griller, chips, 2 hashbrowns, or pap & spicy relish 145

## OMELETTES

3 egg omelette with cheese & 2 fillings 99


### add fillings, top ups:

tomato, green pepper, onion, fresh basil 13


mushrooms 18

ham, salami, cajun chicken, feta, mozzarella, cheddar, creamed spinach 22

3 back bacon rashers, cheese griller, fresh avo\* 29

 vegetarian meals \* seasonal

 gluten free

 low carb



## OLD TIMERS

### EGGS BENNIE

english muffin, rocket, 2 poached eggs & hollandaise sauce

back bacon 83

back bacon & brie 101

spinach & feta 80

### BREAKFAST LIVERS

served mild or hot on an english muffin with rocket, crumbed feta & 2 fried eggs 72

### LOW CARBING

swop the english muffin for grilled black mushrooms 21

### CAPPOS-JACKS

4 stacked flapjacks topped with cream cheese & 2 back bacon rashers, drizzled with golden syrup 79

### STEAK, EGG & CHIPS

125g sirloin, grilled onion, topped with mozzarella, mushroom sauce & 1 fried egg, served with chips 99

### FRENCH TOAST




2 slices of french toast

classic - cinnamon & sugar 59

bacon & syrup - 3 back bacon rashers, caramelised nuts & seeds, topped with golden syrup 84

## MUFFINS

ask about our daily selection, served with butter & jam 39  
add cheddar 22

 vegetarian meals \* seasonal  
 gluten free  low carb

*breakfasts*  
served until 12

## THE BIG EASY

### LOW CARB BREAKFAST

2 poached eggs, 2 back bacon rashers, grilled haloumi, cherry tomatoes & fresh avo\* 99

### SCRAMBLED EGG & AVO

english muffin layered with rocket, fresh avo\*, topped with creamy scrambled eggs & finished off with balsamic glaze 74

add back bacon 29 | black mushrooms 21

### BREAKFAST WRAP

scrambled egg, back bacon, rocket, tomato & honey-mustard dressing, served with chips 84

### GRANOLA & FRUIT PARFAIT


granola served with fresh fruit, caramelised nuts & seeds, yoghurt & honey 69



# The bread box


## TOASTIES

made with your choice of bread: white, whole-wheat, low GI or rye, served with chips or side salad

- hickory ham, cheddar & tomato 86
- chicken mayo 76
- back bacon, creamy avo & mozzarella 87
- cheddar & tomato  66
- back bacon, egg & cheddar 86


## TRAMEZZINI

classic pita bread, filled & toasted, served with chips or side salad

- chicken mayo & mozzarella 118
- back bacon, egg & cheddar 118
- back bacon, creamy avo & mozzarella 121
- sweet-chilli chicken, pineapple & mozzarella 118
- creamed spinach, feta, kalamata olives & mozzarella  113

## WRAPS

plain or whole-wheat wrap, served with chips or side salad


**HALOUMI**   
grilled or deep-fried haloumi, fresh avo\*, spring onion, lettuce, cream cheese with sweet-chilli sauce 100

**CHICKEN, BACON & AVO**  
lettuce, tomato, roasted chicken, bacon, fresh avo\* with honey-mustard dressing 111

**CRUMBED CHICKEN**  
crispy chicken strips, lettuce, tomato, red onion & mayo, with spicy jalapeño dressing 111

## QUESADILLAS

served with crème-fraiche & salsa


**CHEESE & JALAPEÑO**   
mozzarella, cheddar, onion & jalapeño 106

add chicken 22

**CAJUN CHICKEN**  
cajun chicken strips, avo\*, red onion & cheddar 128

**MINCE & RED ONION**  
flavoured mince, cheddar & red onions 116



 vegetarian meals \* seasonal

# burgers

## BURGERS

a seeded brioche bun with either a 180g beef patty or chicken breast, garnished with grilled onions, pickles, lettuce, tomato, mayo & Cappos burger sauce, served with chips or side salad

### ORIGINAL BURGER 112

add a sauce, pepper, mushroom, cheese, gorgonzola, creamy garlic 29  
add back bacon 29  
add cheddar 22

### BIG CHEESE

double cheddar 121

### BACON & BRIE

back bacon, sliced brie & sticky onion marmalade 160

### BACON, EGG & CHEESE

back bacon, egg & cheddar 142

### CHILLI-CHEESE BURGER

fresh avo\* & jalapeño, smothered with diavola & cheese sauce 153

### CAPPOS BURGER


the big one, a double burger with cheddar, back bacon, egg & creamy avo 197

### LOW CARBING



black mushroom instead of the seeded brioche bun 21

MAKE IT A DOUBLE BURGER add 38

 vegetarian meals \* seasonal



# something light

## SOMETHING LIGHT

### BEEFY MUSHROOM

beef strips, napoletana & diavola in a grilled black mushroom, topped with melted mozzarella, served with bread 102

### BLACK MUSHROOMS & SPINACH

grilled black mushrooms layered with garlic, creamed spinach & peppadews™, topped with mozzarella & baked, served with bread 84

### TRINCHADO

tender steak strips in a creamy paprika, garlic sauce with olives & peppers, served with bread 92

### GRATINATI

crumbed chicken breast topped with creamed spinach, feta, mozzarella & baked to a golden brown, served with chips or side salad 97

### FLAME GRILLED CHICKEN BREAST

chicken breast grilled & prepared in a choice of home-made sauces, served with chips or side salad 90

mozambican peri-peri | classic bbq | lemon & herb



# salads

## SALAD

### CAJUN CHICKEN SALAD

cajun chicken, feta, grilled sweet corn, lettuce, carrot, cherry tomato, radish, cucumber & house dressing

HALF MEAL

64 113

### GREEK SALAD

lettuce, cherry tomato, cucumber, mint, feta, kalamata olives, red onion, peppers & house dressing

49 85

### HALOUMI SALAD

haloumi, caramelised nuts & seeds, fresh avo\*, lettuce, mint, strawberries, onion with cream cheese dressing

75 139

### SESAME CHICKEN SALAD

sesame chicken breast, pineapple, celery, lettuce, fresh basil, fresh avo\*, cherry tomato, onion with spicy yoghurt dressing

65 120

### BACON, AVO & FETA SALAD

crispy bacon, fresh avo\*, feta, lettuce, rocket, fennel, cherry tomato, onion, spring onion & house dressing


69 132

### GRILLED STEAK SALAD

grilled sliced steak, grilled sweetcorn, radish, lettuce, rocket, cherry tomato, cucumber & house dressing

65 120

add crispy bacon or fresh avo\* to any salad 29

 vegetarian meals \* seasonal



# Let's start

## LET'S START

### CAPPOS CHICKEN LIVERS

chicken livers, onions & green peppers cooked in our secret spicy sauce (mild or hot), served with bread 72

### CALAMARI

150g calamari & squid heads grilled or deep fried, with home-made tartar or lemon butter sauce 87

### HALOUMI

6 haloumi fingers served grilled or fried with sweet-chilli sauce 85

### CRUSTED CHICKEN STRIPS

chicken strips coated with parmesan & crumbs, deep fried with sweet-chilli or basil-mayo sauce 72

### GARLIC & MOZZARELLA SNAILS

6 snails with luscious amounts of garlic butter, finished with grilled mozzarella, served with bread 91

### CRISPY DEEP-FRIED MUSHROOMS

button mushrooms crumbed & deep fried until crisp, with home-made tartar or basil-mayo sauce 79

### WINGLETS & SPICY RELISH

10 flame grilled winglets served with a spicy relish 77

### SPRINGBOK CARPACCIO

thinly sliced smoked raw springbok slithers, topped with spring onion, capers, red onion, parmesan shavings & rocket, served on a dressing of dijon mustard, balsamic vinegar & olive oil, served with bread 109

## FOCACCIA

served from 11h00

### GARLIC & HERB

35

### TOMATO BASE

35

### CHILLI, GARLIC & TOMATO


44

### THREE CHEESE

mozzarella, feta & cheddar with garlic 95

### PRIMAVERA

rocket, parmesan, cherry tomatoes, caramelised nuts, fresh avo\* & balsamic reduction 110

 vegetarian meals \* seasonal

# favourites

served with your choice of any 2 sides

## FAVOURITES

### MEATY PLATTER FOR 2

300g short rib, 10 winglets, crumbed chicken strips, 2 boerewors, served with basil-pesto & a sauce of your choice 339

### SEAFOOD PLATTER FOR 2

hake, 6 king prawns, 300g calamari & squid heads, served with tartar sauce 429

### CALAMARI

300g calamari & squid heads grilled or deep fried, with home-made tartar sauce 189

### HAKE

hake fillet grilled or deep fried, with home-made tartar sauce 139

### PRAWNS

6 king prawns prepared with lemon & herb or mozambican style peri-peri 220

### CLASSIC SCHNITZEL

crumbed chicken breasts with cheese or mushroom sauce 139

### AVO & HAM CHEESE SCHNITZEL

crumbed chicken breasts topped with fresh avo\*, ham & mozzarella 162

### SWEET CHILLI-DEW SCHNITZEL

crumbed chicken breasts topped with bacon & a creamy sweet chilli, feta & peppadew™ sauce 159

### LAMB SHANK

500g lamb shank slow cooked in the wood-fire oven 296



# combo meals

served with your choice of any 2 sides

## COMBO MEALS

### CAPPOS GRILL

chicken wings, boerewors, lamb chop & beef short rib 255

### RIBS & WINGS

chicken wings grilled with bbq, peri-peri or lemon & herb sauce & 400g pork ribs 239

### CHICKEN & SHORT RIB

2 pieces ¼ chicken grilled with bbq, peri-peri or lemon & herb sauce & beef short rib 196

### ¼ CHICKEN COMBO

¼ chicken (bbq, peri-peri or lemon & herb sauce), 400g pork ribs & boerewors 265

### CHICKEN & PRAWNS

½ chicken (bbq, peri-peri or lemon & herb sauce) & 3 king prawns, served with peri-peri or lemon & herb sauce 215

### T-BONE & WINGS

500g t-bone & chicken wings grilled with bbq, peri-peri or lemon & herb sauce 265

### SHORT RIB & CALAMARI

300g short rib & 150g calamari & squid heads grilled or deep fried, served with home-made tartar sauce 225

### SIRLOIN & PRAWNS

250g sirloin & 3 king prawns served with peri-peri or lemon & herb sauce 199

### HAKE & CALAMARI

hake fillet, 150g calamari & squid heads grilled or deep fried, served with home-made tartar sauce 199

### HAKE & PRAWNS

hake fillet grilled or deep fried & 3 king prawns served with home-made tartar sauce 225

### CALAMARI & PRAWNS

150g calamari & squid heads grilled or deep fried & 3 king prawns, served with home-made tartar sauce 225



# flame grills

served with your choice of any 2 sides

## FLAME GRILLS

FILLET 200g 185

SIRLOIN 250g 155

RUMP 300g 175

T-BONE 500g 225

BEEF SHORT RIB 600g 200

LAMB CHOPS 300g 250

SPARE RIBS 400g 199

SPARE RIBS 600g 279

### GRILLED CHICKEN

flame grilled with mozambican peri-peri, classic bbq or lemon & herb sauce

¼ CHICKEN 78

½ CHICKEN 144

### 1 Kg CHICKEN WINGS

flame grilled with mozambican peri-peri, classic bbq or lemon & herb sauce 187

## TOP-UP WINGLETS

add 5 winglets 39

add 10 winglets 69



# wood-fire oven roasted

served with your choice of any 2 sides



## WOOD-FIRE OVEN ROASTED

### 500g T-BONE

500g t-bone roasted in the wood-fire oven with Cappos spice 240

### LAMB CHOPS

600g lamb chops roasted in the wood-fire oven with rosemary, balsamic vinegar & Cappos spice 450

### ROASTED CHICKEN

wood-fire oven-roasted with mozambican peri-peri, classic bbq or lemon & herb sauce

¼ CHICKEN 78

½ CHICKEN 144


FULL CHICKEN 236

## CLASSIC SAUCES

pepper, mushroom, cheese, gorgonzola, creamy garlic 29

## SIDE ORDERS

chips, rice, pan-fried potatoes, creamed spinach, grilled vegetables, butternut, side salad, pap & spicy relish 29

 takes a little longer to prepare

*for the love of food*



# Cappos

*pizza & pasta*



**fire oven wood-fire oven wood-fire oven**

# classic pizzas

## FOCACCIA

served from 11h00

**GARLIC & HERB** 🌿 35

**TOMATO BASE** 🌿 35

**CHILLI, GARLIC & TOMATO** 🌿 44

**THREE CHEESE** 🌿

mozzarella, feta & cheddar with garlic 95

**PRIMAVERA** 🌿

rocket, parmesan, cherry tomatoes, caramelised nuts, fresh avo\* & balsamic reduction 110

## CLASSIC PIZZAS

served from 11h00

**MARGHERITA** 🌿

a classic tomato-based pizza with oregano & mozzarella 89

**THREE CHEESE** 🌿

mozzarella, feta & cheddar with garlic 95

**TROPICANA**

ham, pineapple & mozzarella 103

**REGINA**

ham, mushrooms & mozzarella 105

**QUATTRO FORMAGGI** 🌿

cheddar, feta, gorgonzola & mozzarella 114

**ROMANO**

salami, chillies, onion, mushrooms, capers, green peppers & mozzarella 114

**PEPPERONI AMERICANO**

a gracious handful of pepperoni & mozzarella 114

**MEXICANA**

our authentic bolognese sauce, peppers, onion, jalapeños, fresh avo\* & mozzarella 130

**ITALIAN CHICKEN & MUSHROOM**

mozzarella, chicken strips, mushrooms, garlic, rosemary & feta 130

**RUCOLA**

salami, sun-dried tomato, parmesan shavings, fresh rocket & mozzarella 130

**QUATTRO STAGIONI**

ham, kalamata olives, mushrooms, artichokes & mozzarella 130

**ATHENA** 🌿

creamed spinach, feta & kalamata olives on a margherita base 114

**VEGETARIAN** 🌿

mushrooms, kalamata olives, artichokes, onion, green peppers, garlic, mozzarella & oregano 114

## STROMBOLI

served from 11h00

folded pizza served with a side salad

**SWEET-CHILLI CHICKEN**

chicken, mushrooms & sweet-chilli sauce 105

**DIAVOLA**

chicken, jalapeños, feta, peri-peri sauce & rocket 105

**MEXICAN**

bolognese, peppers, onion, jalapeños & fresh avo\* 110

🌿 vegetarian meals \* seasonal



# *gourmet pizzas*

## **GOURMET PIZZAS**

served from 11h00

### **CAPPOS SPECIALE**

beef sausage, salami, ham, bacon, kalamata olives, mushrooms, green peppers, onion & mozzarella 154

### **CAJUN CHICKEN & SUN-DRIED TOMATOES**

cajun chicken breasts, sun-dried tomato, feta, fresh basil & mozzarella 135

### **MILANO**

back bacon, mozzarella & fresh avo\* 144

### **PEPPERONI SUPREMO**

pepperoni, chillies, garlic, feta & mozzarella 135

### **SWEET-CHILLI BEEF**

beef strips cooked in a sweet-chilli sauce, pineapple, peppers & mozzarella 149

### **BALSAMIC BEEF**

beef strips, mozzarella, cherry tomato, parmesan shavings, fresh rocket & balsamic reduction 154

### **BBQ CHICKEN**

chicken breast cooked in our special bbq sauce, peppers, onion & mozzarella 135

## **MORE TOPPINGS**

kalamata olives, onion, pineapple, green pepper, fresh rocket, fresh basil, artichokes, jalapeños, sun-dried tomato 13  
mushrooms 18  
cheddar, mozzarella, feta, haloumi, salami, pepperoni, ham, chicken 22  
bacon, fresh avo\* 29

## **GLUTEN-FREE PIZZA BASE**

add 30



# pasta

## PASTA

### GOURMET MAC & CHEESE

penne cooked in a creamy blend of parmesan, cheddar, mozzarella & bacon, topped with bread crumbs, baked to a golden brown & finished with spring onions 105

### BEEF LASAGNE

creamy layers of pasta sheets, classic bolognaise sauce & cheese 119

### SPAGHETTI POLLO PICCANTE

grilled chicken breast, in a creamy chilli, garlic & sun-dried tomato sauce topped with parmesan shavings 119

### BASIL-PESTO CHICKEN

chicken breasts, bacon & artichoke leaves in a creamy basil-pesto sauce served with penne 125

### CHICKEN SUPREMO

penne cooked in a sweet-chilli sauce with feta, peppadew™, chicken & cream 125

### SPAGHETTI AL PAELLA

grilled calamari, chicken, chorizo, cherry tomato, jalapeño, garlic, parsley, white wine & lemon butter sauce 145


### LOW CARBING

choose baby marrow ribbons instead of pasta add 24

## CHOOSE YOUR PASTA CHOOSE YOUR SAUCE


penne, spaghetti, fettuccine or gnocchi




alfredo - ham, mushrooms, parmesan & cream 115

pomodoro  - napoletana sauce, cherry tomato, basil, sun-dried tomato & parmesan shavings 99

bolognaise - classic bolognaise sauce with carrots, celery, sautéed onion, beef mince, a touch of tomato & parmesan shavings 125

al pollo - chicken with mushrooms, parmesan, rosemary & cream 125

vegetarian  - broccoli, baby spinach, spring onion, baby marrow, white wine & parmesan cooked in a cream sauce 105

 vegetarian meals \* seasonal  
 gluten free  low carb



# dessert

## DESSERT

### PEPPERMINT CRISP

creamy caramel, biscuit crumbs & crushed peppermint chocolate 76

### ICE CREAM & BAR-ONE CHOCOLATE SAUCE

vanilla ice cream, topped with crushed oreo biscuits, bar-one chocolate sauce & a flake 69

### CHOC BROWNIE FUN

chocolate brownie topped with ice cream, served with caramel popcorn, fresh berries & chocolate sauce 69

### MALVA PUDDING

baked malva pudding served with custard 70

### WAFFLES

cream or ice cream with syrup 51

nutella & strawberries 62

fresh fruit salad with cream or ice cream 61

flake, oreo & chocolate syrup with cream or ice cream 67

### HOME-MADE CAKES

ask your waitron about today's selection: from 50

### AFTER DINNER DRINKS

#### MILKSHAKES

banana, vanilla, lime, strawberry, bubblegum, chocolate, coffee, milo, oreo 45

#### LOADED MILKSHAKES

strawberry-fun, chocolate-oreo delight, bubblegum-blues 56

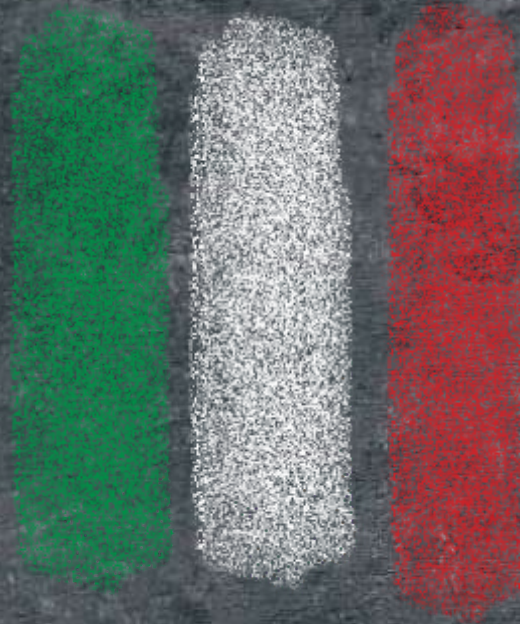
#### PEDROS

kahlua, frangelico, amarula 48

#### IRISH COFFEE

whiskey, frangelico, kahlua 50

[www.cappuccinos.co.za](http://www.cappuccinos.co.za)



Cappuccinos is a proud supporter of the Devon Vergne Memorial Fund. To learn more please visit <http://devonvergnemf.org/>

This menu is the property of Cappuccino's Holdings (Pty) Ltd.

This menu replaces all previous menus.

All masses refer to approximate mass uncooked and all photos are for descriptive purposes only.

Substitutions will be charged for.

All prices are inclusive of VAT.

Cappuccino's Holdings (Pty) Ltd reserves the right to change the menu or prices at any time.

A service charge of 10% may be added for tables of 8 or more.

E & OE. Food items may contain traces of sesame seeds, nuts or tree nuts.

Should you have any food allergies, please enquire about our ingredients and preparation methods.

follow us on:



Cappuccinos Italian Grill



Cappuccinos Italian Grill