

COCKTAILS

STRAWBERRY BASIL SMASH

London Dry Gin, lemon juice, sugar syrup, fresh strawberries & basil leaves. 65

SPUMONI

Aperol, London Dry Gin, fresh grapefruit juice & Fitch & Leedes tonic. 70

ITALIAN JOB

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

SUMMER SPLASH

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

SAINTS SECRET

Bubbly, lemon juice, elderflower liqueur & sugar syrup. 70

ROSSINI

Bubbly, strawberry juice, lemon juice & sugar syrup. 70

HIDDEN GARDEN

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

BELLINI

Bubbly, peach syrup & lemon juice. 70

QUARTINOS

Served in a 250ml carafe

BIANCO

FAIRVIEW LA CAPRA SAUVIGNON BLANC 'ON TAP'. 45

LUPA SAUVIGNON BLANC. 65

PAUL CLUVER SAUVIGNON BLANC. 75

ANTHONIJ RUPERT PROTEA CHENIN BLANC. 55

KEN FORRESTER PETIT SEMI SWEET. 50

FAIRVIEW GOATS DO ROAM ROSÉ. 55

KLEINE ZALZE CELLAR SELECTION UNWOODED CHARDONNAY. 65

SIMONSIG KAAPSE VONKEL. 150ML 75

DISARONNO FIZZ NEW

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

APEROL SPRITZ

Bubbly, Aperol & Fitch & Leedes soda. 75

NEGRONI

London Dry Gin, Martini Rosso Vermouth & Campari. 70

CRIMSON TIDE

Rum, pineapple juice, lemon juice, sugar syrup, Sangiovese & bitters. 75

MOCKTAILS

SUMMER FLING

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

RAINFALL

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

ISLAND BREEZE

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

ITALIAN SUNSET

Orange juice, strawberry puree, elderflower syrup, lemon juice & Fitch & Leedes ginger ale. 65

ROSSO

FAIRVIEW LA CAPRA MERLOT 'ON TAP'. 45

DURBANVILLE HILLS MERLOT. 60

LUPA MERLOT. 70

HARTENBERG CABERNET SHIRAZ. 70

BEYERSKLOOF PINOTAGE. 70

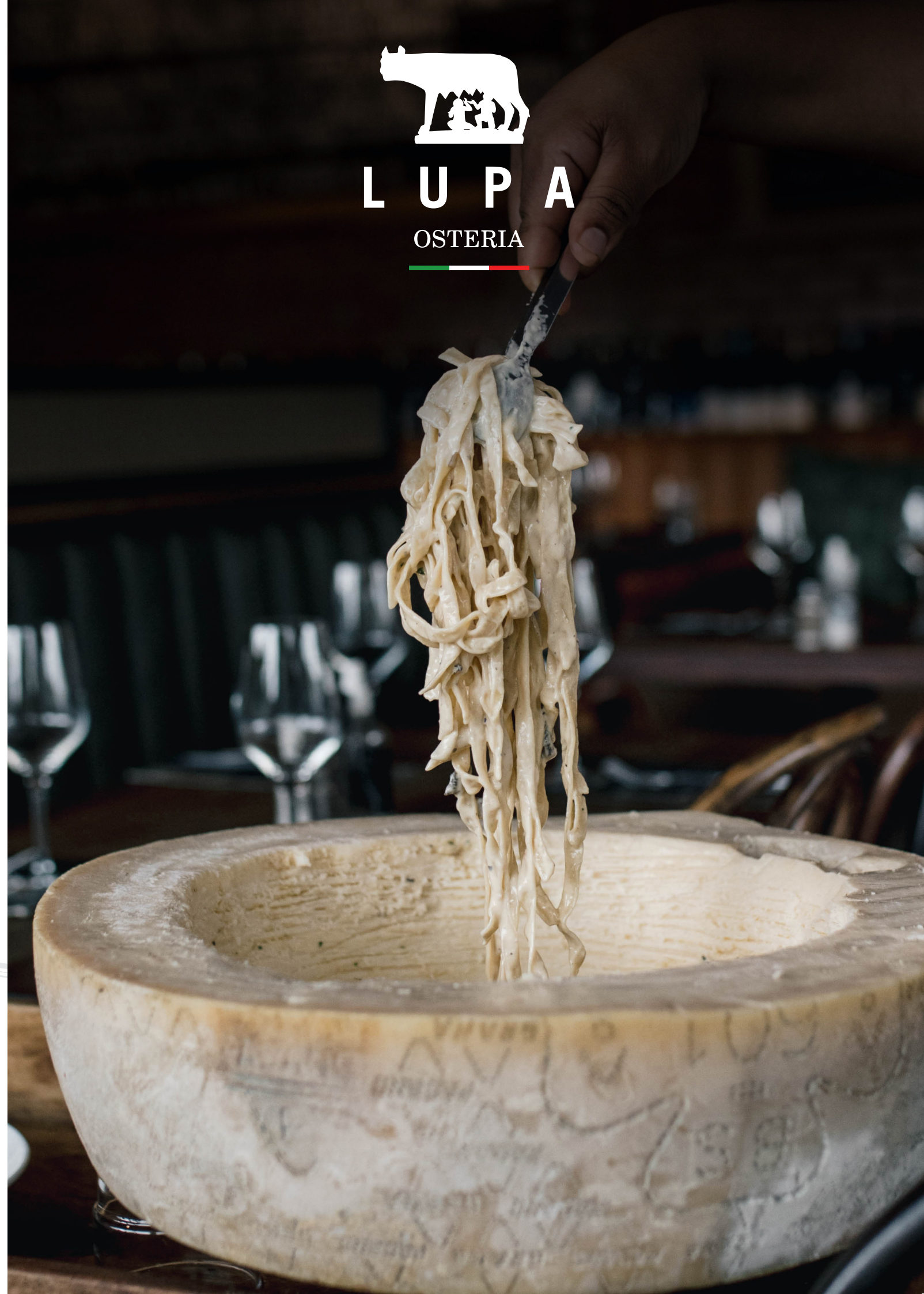
#NO aware!org
www.aware.org.za
NO ALCOHOL MAY BE SOLD TO PERSONS UNDER THE AGE OF 18.

Our kitchen uses tree nuts, traces of which may be found in certain dishes | We reserve the right to add a 10% service charge to tables of eight or more | Please note that not all our meals are suitable for those who are lactose intolerant. For a detailed analysis of the allergens present in each dish, please refer to the allergens report on our website.

APRIL 2022



LUPA
OSTERIA



ANTIPASTI

CHICKEN LIVERS

With white wine, chorizo, chilli, garlic & bruschetta. 85

ITALIAN NACHOS

Crispy three-cheese ravioli & arrabbiata dipping sauce with a touch of chilli. 90

FOCACCIA

- Garlic & extra virgin olive oil. 55
- Caramelised onion & feta. 65

FALKLAND CALAMARI

Pretzel-dusted & shallow fried or grilled. 110

PARMA HAM WRAPPED BUFFALO MOZZARELLA

On a bed of Italian salsa & served with bread sticks. 125

OVEN-BAKED SNAILS & GORGONZOLA

Served with toasted ciabatta. 110

CARPACCIO DI MANZO

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

PORK & BEEF MEATBALLS

In a slow-cooked Lupa Napoli sauce with toasted ciabatta. 85

MELANZANE AL PARMIGIANO

Layers of aubergine, mozzarella, Parmesan & Lupa Napoli sauce. 85

TOMATO BASIL SOUP

Traditional Italian tomato soup with a hint of basil pesto & served with bruschetta. 55

INSALATE

PEAR & GORGONZOLA SALAD

With candied pecans & lemon vinaigrette. 110

CRISPY ARTICHOKE SALAD

With rocket, mint, Parmesan shavings & balsamic dressing. 115

GRILLED CHICKEN SALAD

With avo, feta, cherry tomatoes, croutons, olives & honey mustard dressing. 115

CAPRESE SALAD

Buffalo Mozzarella, cherry tomatoes, herb pesto, ciabatta bread croutons & balsamic dressing. 115

LUNCH MENU 95

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.

PIZZA

Ham & mushrooms.

200G SIRLOIN

Chargrilled & served on potato wedges with sautéed zucchini noodles.

Add a brandied green peppercorn sauce for 25

PASTA

*Our fettuccine & spaghetti are **freshly made on site**, every day & with love!*

The pasta is extruded through a bronze die cutter to create a rougher surface texture which allows the pasta to hold more sauce. The result is a fuller and better flavour.

***Our homemade pasta** is what sets Lupa apart from other Italian osterias. Try it and you will taste the difference.*

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

Gnocchi (add 15)

Gluten-free (add 15)

LUPA

Chicken, cherry tomatoes, basil pesto, roasted peppers & cream. 145

ALFREDO

Ham, Parmesan, mushrooms, garlic & cream. 105

BOLOGNESE

Slow-cooked beef & pork mince ragù & a touch of cream. 90

ZINGARA

Bacon, mushrooms, Napoli, cream, a touch of chilli & garlic. 105

MARINARA

Prawns, calamari, mussels, tomato, chilli & fennel cream. 195

GNOCCHI DEL SOL

Chorizo sausage, prawns, white wine, chilli, Napoli & a touch of cream. 155

PENNE ORIENTAL

With mildly spiced chicken breasts, tomato, light cream, Mrs Balls Chutney™ & fresh coriander. 125

LASAGNE AL FORNO

Served with a simple salad. 135

PORCINI PANZEROTTI

With spinach, Marsala mushrooms & crispy bacon. 145

GNOCCHI FANTASIA

Gorgonzola cream & Bolognese ragù. 155

GARDIENERA

Grated zucchini, garlic, chilli, cream & crispy fried spinach balls. 115

TRIO OF STUFFED PASTAS

Porcini panzerotti, butternut ravioli, spinach & ricotta tortellini served with sage butter sauce & Parmesan. 125

LOULA

Tomato & basil. 75

PORK & BEEF MEATBALLS

Spaghetti with slow-braised meatballs, Napoli, a touch of cream & Parmesan. 130

LA DOLCE VITA

Spinach & ricotta tortellini served with 6 prawn tails in our Lupa brandy Napoli sauce. 195

LUPA SIGNATURE PASTA 195

PARMESAN WHEEL FETTUCCINE CARBONARA

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

PIZZA & BIRRA 115

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

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

Offer excludes Di Mare, Yoga Bunny & Carne pizza

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. 80

SPAGO

Avo, bacon & feta. 145

MEAT LOVERS

Bacon, ham & salami. 155

THE POPOLARE

BBQ chicken, mushrooms & feta. 115

CAJUN CHICKEN

Feta, avo, Peppadew® piquanté peppers & garlic. 140

THE MASSIMO CALZONE

A folded pizza with tomato, mozzarella, ham, mushrooms, feta, caramelised onions & Parmesan, brushed with garlic butter & served with sliced avo. 150

LINDSAY

Ham & pineapple. 115

THE NACHO LIBRE

Spiced chicken, avo, tomato salsa, sour cream, coriander & crushed nachos. 155

THE NEW YORKER

Tomato, mozzarella & spicy pepperoni. 100

YOGA BUNNY

Napoletana sauce, vegan mozzarella, roasted butternut, Peppadew® piquanté peppers, vegan basil pesto, avo & rocket. 180

THE AMY

Roasted butternut, feta, caramelised onion, pumpkin seeds & rocket. 85

THE SARAH

Mozzarella, Parma ham, rocket & cherry tomatoes. 145

THE DI MARE

Prawns, calamari & mussels, parsley-garlic salsa & chilli. 190

POPEYE & OLIVE

Salami, olives, spinach, feta & sundried tomatoes. 115

CARNE

200g BBQ Sirloin, caramelized onions, feta, Grana Padano cheese & topped with fresh coriander. 190

ROMA

Salami, gorgonzola cheese, olives, garlic oil & topped with parsley. 110

BAMBINI

KIDS 12 & UNDER ONLY

PENNE

With a Parmesan cream. 55

MARGHERITA PIZZA. 55

HAWAIIAN PIZZA. 55

PENNE ALFREDO

With cream. 55

SPAGHETTI BOLOGNESE. 55

BREADED CHICKEN ESCALOPE

With Parmesan fries & Napoli sauce. 75

SPAGHETTI & MEATBALLS

Pork & beef meatballs with slow-cooked Lupa Napoli sauce. 75

SECONDI

*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. 220

BALSAMIC & AVO FILLET

Fillet escalopes topped with avo, rocket, roasted tomatoes, Parmesan & balsamic reduction. Served on a white wine risotto. 245

CHARGRILLED SIRLOIN

With porcini mushroom risotto, wilted spinach, truffled butter & onion rings. 215

POLLO ARROSTO

Wood-roasted chicken served with side of your choice.

Lemon & herb or peri-peri. 185

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. 165

VEAL MARSALA

Crumbed veal escalopes with cream, mushroom & Marsala wine sauce. 195

VEAL PICCATA

Served with capers, white wine, lemon, rosemary potatoes & slow-cooked spinach. 195

HAKE

Wood-roasted with spinach & side of your choice. 135

KINGKLIP

Wood-roasted with white wine, lemon, capers & side of your choice. 245

Add four grilled Queen prawns. 120

FALKLAND CALAMARI

Pretzel-dusted & shallow fried or grilled & side of your choice. 210

CHARGRILLED BURGER

Prime beef burger with Fontina cheese, bacon, caramelised onion & fries. 150

BEYOND MEAT® VEGGIE BURGER

100% plant based Beyond Meat® patty, grilled aubergine, avo, tomato, lettuce, gherkin & served with fries. 165

SIDE OF YOUR CHOICE

Add 45 where not included in Secondi

Parmesan fries

Zucchini fries

Wood-roasted vegetables

Side green salad

Wilted spinach with butter & Parmesan

DOLCE

GELATO PER SCOOP

Chocolate/Pistachio/Strawberry/Double Caramel. 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

DARK CHOCOLATE MOUSSE & VANILLA PANNA COTTA

With marinated berries & toasted almonds. 75

BOMBOLONI & CHOCOLATE SAUCE

5 Italian doughnuts served with Lupa chocolate sauce. 60

VEGETARIAN FRIENDLY



VEGAN FRIENDLY

