

La Fiamma

RISTORANTE PIZZERIA



STARTERS

INVOLTINI MELANZANE (V) (N)	119
Ricotta and mozzarella cheese wrapped in salted brinjals, coated in Napoletana sauce and oven baked with parmesan cheese.	
PASTA FROLLA AL CAMEMBERT (V)	108
Camembert cheese, sundried tomato purée and fresh basil encased in phyllo pastry and drizzled with a cranberry sauce.	
CARPACCIO DI MANZO	135
Slices of prime beef rolled in cracked pepper, served with fresh parmigiano shavings and roasted tomatoes, finished with a lemon vinaigrette.	
CALAMARI	105
Falklands calamari tubes dusted in lemon zested salt and served with a creamy lemon butter OR peri-peri sauce.	
LUMACHE NUDE	
Six snails served with.	
Fire roasted creamy garlic sauce	89
Three cheese sauce	95
SPEZZATINO DI MANZO	112
Tender pieces of beef, slow cooked in tomatoes, olives, red wine and herbs OR with hints of peri-peri.	
FEGATINI DI POLLO	95
Chicken livers simmered with sweet onions, red wine, Napoletana and thyme with hints of garlic. Served mild OR hot.	
SALMON ROULADE (V)	122
Salmon carpaccio filled with lemon zested cream cheese and basil leaves, topped with a citrus vinaigrette and served on a bed of fresh greens and fried capers.	
BRUSCHETTA (V) (N)	68
Ciabatta bread painted with rosemary oil, topped with red onions and basil rosa tomatoes. Oven baked with mozzarella and parmesan cheese.	
OYSTERS	SQ
Ask your waitron for todays selection.	
ARANCINI (N)	108
Arborio rice stuffed with napoletana, mince meat and deep fried.	
CRUMBED MUSHROOMS (V)	108
Crumbed mushrooms, served with a mayonaise and sweet chilli sauce.	
BASTONCINI DI MOZZARELLA FRITTA (V)	102
Deep Fried mozzarella sticks served with a spicy marinara sauce.	

(V) - VEGETARIAN

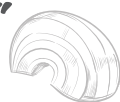
(N) - CONTAINS NUTS

SALADS

GORGONZOLA	135
Fresh greens, bacon, celery, oven baked tomatoes, gorgonzola, croutons and finished with a gorgonzola dressing.	
GRECA (V)	122
Classic Greek salad with rosa tomatoes, Danish feta, cucumber and calamata olives.	
CAPRESE (V) (N)	122
Vine ripe tomatoes, mozzarella cheese and fresh basil, bound with our in house La Fiamma vinaigrette.	
LA FIAMMA	129
Oven baked chicken breast, rosa tomatoes, lychees and flash fried halloumi cheese on a bed of salad greens, drizzled with a lemon vinaigrette.	
SALMON	142
Rocket, baby spinach, red apple, cherry tomatoes, cucmber, smoked salmon with cream cheese.	
CALAMARI	145
Falkland calamari tubes, flash fried halloumi, rosa tomatoes, lychees, salad greens served with our in-house dressing.	
Fried Calamari	25
INSALATA DI GAMBERETTI (N)	158
Marinated shrimp, avo, sesame seeds, red onion, salad greens, roasted tomatoes, ricotta cheese and strawberries finished with honey vinaigrette.	

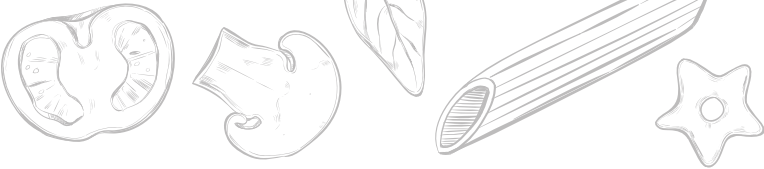


"First we eat, then we do everything else"



FOCACCIA

ROSEMARY DEEP FRIED FOCACCIA STRIP	80
OLIVE	85
GARLIC & HERB	75
TOMATO & HERB	75
CAPRESE	135
Mozzarella, fresh tomatoes and basil	
GORGONZOLA FOCACCIA (N)	105
Gorgonzola , toasted almonds and rosemary.	



POLLO/CHICKEN

POLLO AL FORNO 205

Baby chicken done in our pizza oven with a Mozambican peri-peri OR lemon and herb sauce. Served with vegetables and savoury rice, chips, mash or polenta. Allow 40 minutes to prepare.

POLLO IMPANATO (N) 189

Crumbed chicken breast, oven baked with mozzarella and Italian tomato sauce, served with linguine.

POLLO LIMONE 185

Chicken breasts with a white wine, lemon juice and caper sauce, served on a bed of wet polenta.

CARNE/GRILL

Served with vegetables and a choice of savoury rice, chips, mash or polenta.

FILLET 249

250g Fillet with choice of starch.

300G RUMP 225

300g Rump with choice of starch.

BISTECCA ALLA FIORENTINA 259

550g T-bone roasted in our pizza oven, marinated with olive oil, garlic and rosemary.

SAUCES 36

Red Wine & Mushroom | Pepper | Cheese | Creamy Garlic

*"Buon cibo, Buon vino.
Buon amici*

"Good food. Good wine. Good friends."



VEAL

SALTIMBOCCA ALLA ROMANA 235

Veal wrapped in Parma ham, cooked in white wine, lemon and sage butter. Served with vegetables and a choice of savoury rice, chips, mash or polenta.

SALTIMBOCCA CON PORCINI FUNGHI 238

Veal in a white wine and wild mushroom sauce served on a bed of mascarpone polenta.

VEAL LIMONE 225

Veal served with white wine, lemon juice, capers and flat leaf parsley, served on a bed of creamy polenta.

PORCHETTA/ PORK

Served with vegetables and a choice of savoury rice, chips, mash or polenta

PORK SCHNITZEL 245

Crumbed pork fillet topped with ham, mushrooms, and ovenbaked mozzarella, finished with a teriyaki and honey reduction.

COTOLETTA DI MAIALE IMPANATO 169

Crumbed pork chop with seasonal veg and honey mustard sauce.



RISOTTO



ALLA MILANESE (V) 168

Saffron risotto.

VEGETARIANO (V) 158

A medley of vegetables, drizzled with truffle oil.

PESCATORA 215

Fusion of fresh seafood.

Add 2 prawns 70

LUGANEGA RISOTTO 199

Italian sausage with rosemary and parmesan shavings.

PESCE/FISH

Served with vegetables and a choice of savoury rice, chips, mash or polenta

MERLUZZO ALLA GRIGLIA 235

Kingklip grilled to perfection with a creamy lemon butter sauce.

CALAMARI ALLA GRIGLIA 215

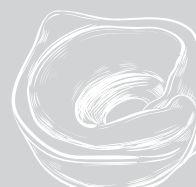
Falklands calamari tubes served with a lemon butter OR peri-peri sauce.

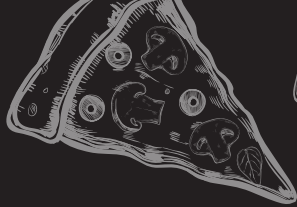
CALAMARETTI AGLI SPINACI 215

Baby squid and calamari tubes cooked in tomatoes, spinach, mushrooms, chillies, garlic and a white wine sauce.

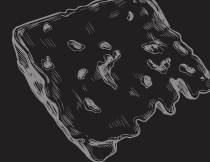
CALAMARI ALLA FIAMMA 220

Calamari tubes served in a lychee and sweet chilli sauce, served with a starch of your choice.





PIZZA



CALZONE PIZZA CAN BE SERVED ON REQUEST

MARGHERITA (V)

Tomato and mozzarella.

REGINA

Tomato, mozzarella, ham & mushroom.

DEL SALUMAIO

Tomato, mozzarella, spicy Italian sausage & salami.

AL PAGANO

Tomato, mozzarella, grilled chicken & peppadews.

TROPICALE

Tomato, mozzarella, ham, pineapple & peppadews.

B.C.C

Bacon, cherries & chillies.

ORTOLANA (V)

Tomato, mozzarella, peppers, olives, onions, garlic & peppadews.

DEL MARE

Tomato, mozzarella, seafood & garlic.

Add Prawns (each) 35

PARMA

(WHITE BASE)

Parma ham, rocket & parmesan shavings.

CAPRICCIOSA

Tomato, mozzarella, artichokes, ham & olives.

SICILIANA

Tomato, mozzarella, capers, olives, anchovies & chillies.

FUMÉ

Tomato, mozzarella, bacon, würstel, chillies & avocado.

AL CAPONE

Tomato, mozzarella, mince, green pepper, onion & chillies.

POVERELLA (V)

Tomato, mozzarella, garlic & parmesan cheese.

MELANZANE (V)

Tomato, mozzarella, brinjals, feta & basil.

HANLIES

Herb focaccia topped with beef carpaccio slices, Parmigiano shavings, rocket, avo & roasted tomatoes, finished with a lemon vinaigrette.

MAIALINO

Tomato, mozzarella, marinated pork, jalapeños & bacon.

SPINACCI (V) (N)

Tomato, mozzarella, spinach, feta, garlic & pecan nuts.

CIPOLLA CAMELLATA (V)

Tomato, mozzarella, caramelised onions, sundried tomatoes & rosemary.

PASQUALINO

(WHITE BASE)

Bacon, roasted peppers, red onion, cherry tomatoes & gorgonzola cheese.

95

135

158

135

139

135

139

195

188

139

148

149

145

125

148

185

149

135

145

149

QUATTRO FORMAGGI (V)

(WHITE BASE)

Gorgonzola, parmesan, ricotta & mozzarella cheese.

MAMMONE

Tomato, mozzarella, salsiccia, bacon, ham, onion & chillies.

CAMEMBERT

Tomato, mozzarella, camembert cheese, figs, bacon & cherry tomatoes.

SWEDISH BANANA AND CURRY

Banana, chicken curry & bacon.

CHICKEN MAYO

Chicken mayo, mushrooms & pepperdews.

CHICKEN LIVER

Chicken livers, onions, cherry tomatoes & feta.

PORCHETTA

Mozzarella, Marinated Deboned spare rib, red onions and green pepper.

DIAVOLA

Salami, chillies & garlic.

LA FIAMMA

Sundried tomatoes, ricotta, salami & peppers.

ULTIMATE MEAT LOVERS

Ham, pineapple, salsiccia, peppers, rump strips & salami.

FAB

Mozzarella, feta, avocado and bacon.

NUTELLA ALLA FIAMMA

Nutella, banana with yummy icing sugar.

168

178

165

138

158

148

179

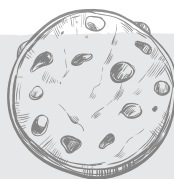
148

165

188

155

135



EXTRAS



**Chicken | Salame | Ham | Bacon |
Marinated Pork**

35

**Mushrooms | Peppadews | Pineapple |
Brinjals | Artichokes | Onions | Olives |
Sundried Tomatoes | Capers | Jalapeños**

28

Avocado

36

**Mozzarella | Camembert | Parmesan |
Ricotta | Feta | Gorgonzola | Prawns (Each)**

42

Garlic Or Chillies

12

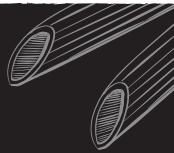
**Rump Cubes | Salsiccia | Mince |
Würstel | Bolognese**

55



PASTA

Spaghetti, Linguine or Penne.



GNOCCHI (N)	135
With a creamy pesto sauce.	
LOMBARDIA (V) (N)	136
Blue cheese, pistachio nuts and olive oil.	
SPAGHETTI ALLA SICILIANA	135
Garlic, chillies, sundried tomatoes and olive oil.	
SPAGHETTI CALABRIA	148
Eggplant, green capsicum, zucchini, chopped tomatoes, capers, anchovies and basil leaves. Vegetarian option available without anchovies.	
PASTA TOSCANA (V)	165
Pasta tossed with basil pesto, sundried tomatoes, garlic purée, chicken, Parmesan cheese and spinach, simmered in a light cream sauce.	
ZUCCHINI & GORGONZOLA (V)	138
Penne pasta with flat leaf parsley, zucchini and gorgonzola cheese.	
SALSICCIA	169
Italian pork sausage, slow cooked with herbs in a tomato ragù.	
ALFREDO	132
Light cream sauce with ham, mushrooms and parmesan cheese.	
CHICKEN ALFREDO	132
Light cream sauce with ham and chicken.	
AGLIO, OGLIO PEPERONCINO	108
Extra virgin olive oil, roasted garlic, chillies and parmesan cheese.	
AL POMODORO (V)	108
Traditional Italian tomato sauce.	
BOLOGNESE	145
Beef mince in a Neapolitan sauce.	
ALLEGRA	142
Slow cooked wild boar, mushrooms, herbs and hints of garlic in a Neapolitan sauce.	
AL AMATRICIANA	128
Pomodoro, bacon, chillies, garlic and grated pecorino cheese.	
LASAGNA	145
Homemade and baked in our pizza oven.	
PUTTANESCA	155
Tasty and vibrant with an intense flavour: olives, capers, chillies, garlic, anchovies & pomodoro sauce.	

AL SUGO DI CARNE	158
Cubed rump and capers in a red wine and mushroom sauce.	
PANZEROTTI (V)	138
Homemade pasta filled with spinach and ricotta cheese, served with light cream OR pomodoro sauce OR sage butter.	
LA BELLA SIENNA	178
Smoked Salmon, herbs and red onion with a dash of vodka in a light cream sauce.	
GNOCCHI	
Potato dumplings served with:	
Pomodoro sauce (V)	128
Three cheese sauce (V)	148
PASTA AL PAGANO	125
Chicken and peppercorns in a creamy white wine sauce.	
RAVIOLI	135
Pillows of pasta filled with mince and served on a Neapolitan or light cream sauce.	
POLPETTE	155
Traditional baby meatballs in a rich tomato sauce.	
PASTA AI GAMBERETTI	189
Shrimps, parsley, light cream, mozzarella, chili flakes, hints of lemon and white wine.	
PAPPARDELLE DI MANZO CON FUNGHI	165
Prime beef cubes, porcini mushrooms in a creamy brandy & herb sauce.	
PAPPARDELLE AL RAGU	179
Slow cooked lamb with lamb stock, Neapolitan garlic and herbs.	
PESCATORA	194
A medley of seafood in a creamy white wine OR tomato sauce.	
Add Prawns (each) 35	
ARRABBIATA (V)	129
Fresh tomatoes, chillies, garlic and pomodoro sauce.	
CARBONARA	135
Bacon, egg, light cream and parmesan cheese.	
CANNELLONI (V)	148
Pasta tubes filled with spinach & ricotta cheese topped with béchamel and Neapolitan sauce oven baked with parmesan crust.	

(V) - VEGETARIAN

(N) - CONTAINS NUTS

10% on tables 8 and greater

DESSERTS

PAVLOVA	69
Meringue nest with summer berries & fresh cream.	
TRONCO DI BOSCO (N)	86
Chocolate brownie, served with Ferrero Rocher gelato.	
CRÉME BRULÉE (N)	85
Served with a Hazelnut gelato.	
GELATO	60
Vanilla ice cream and decadent chocolate sauce.	

TIRAMISU (N)	75
Lady fingers dipped in espresso, liquor and layered with creamy mascarpone.	
ZABAGLIONE	70
Italian custard served with lady fingers.	
CHOCOLATE MOUSSE	75
Amaretto chocolate mousse finished with almond and mint dust.	
LA FIAMMA WAFFLE (N)	78
Served with fresh strawberries, nutella, marshmallows and peanut brittle and one scoop of ice cream.	

Terms and Conditions Apply
Ask your waitron for our LOYALTY CARD
We are on Uber Eats and Mr Delivery



WE CATER FOR OUTSIDE EVENTS.

La Fiamma
RISTORANTE PIZZERIA

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