



L U P A
OSTERIA

SET MENU

(We kindly request the
Participation of the whole table)

R150pp

ANTIPASTI

Antipasto meat or vegetable with focaccio

SECONDI

Choice of:

Salsicca pasta
Lupa pasta
Chicken Marsala
Calamari
Mushroom risotto
Spago Pizza

DESSERT

Choice of:

Crème brulee
Italian Kisses
2 scoops of Ice cream

little lupa's
(UNDER 12'S)

Crumbed chicken breast on a tomato pasta
Pretzel dusted calamari with tomato pasta
Margherita pizza
Hawaiian pizza
Spaghetti with meatballs
Spaghetti bolognaise
Spaghetti alfredo

+ A scoop of our homemade ice cream 50

DESSERTS

Italian Kisses	30
Crème Brulee	35
Nutella pizza with ice cream	35
Chocolate Budino: espresso Caramel & honey swirled Mascarpone	45
Tiramisu	45
Affogato: Vanilla ice cream, espresso & Amarula	40
Hazelnut and dark chocolate tart with ice cream (add the worlds best cherries + R10)	40
Salted caramel popcorn sundae	45

Ice Cream/ Sorbet R15 per scoop

(bowls or chocolate dipped sugar cones)

Ice cream- Cookies & Caramel, Pistachio, Chocolate, Strawberry & Vanilla

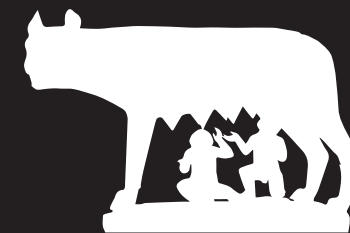
Sorbet – lemon or wild berry

(Half portions of pasta & smaller pizzas available at lunch time only @ 70% of the menu price)

Pensioners discounts of 30% of the entire bill apply for lunches Monday to Saturday but does not apply to the Lupa set menu

No cheques accepted

We reserve the right to add a 10% service charge to tables of 8 or more



L U P A
OSTERIA

The Legend

Lupa is the immortal Roman wolf goddess
who trains Roman Demi gods in the ways
of their city.

Over seven foot tall and with beautiful
chocolate red fur, she is reputed to have
eyes as silver as the mist.

Remus and Romulus were the twin sons
of Mars and Rhea Silvia, who were thrown
into the great Tiber river at the command of
their evil great- uncle Amulius.

They were saved by the great she - wolf who
nurtured and raised them as her
own young.

Having grown strong under her guidance,
the twins destroyed Amulius and
established the city of Rome.

FOCACCIA`S

Garlic Focaccia	20
Rocket and parmesan	30
Caramelized onion & feta	35
Mozzarella, onion & oregano	40
Beef Carpaccio, parmesan and rocket	65

ANTI PASTI

Chicken Liver pate: onion jam & pulled bread	45
Zucchini fries with Basil moyonnaise	44
Antipasto platter: Italian cured meats ,cheeses, pickles & a focaccia for 2	90
Antipasto platter: cured & grilled vegetables, olives and cheeses for 2 & a focaccia	80
Beef Carpaccio	65
Spicy Chicken Livers	45
Parma Ham & seasonal melon	65
Crispy tomato & Mozzarella Risotto cakes with zucchini fries	55
Rotolo of spinach, ricotta, mushrooms and a brown sage butter	45
Pretzel dusted calamari	48
Slow roasted meatballs (pork & beef)	48
Crispy Roman style artichokes with Basil Mayonnaise	60
Snails baked with a gorgonzola sauce	50
Bruschetta (1 of each)	40
- chicken liver pate & bacon	
- fresh tomato & mozzarella	
- grilled vegetables	

INSALATE

Green with buttermilk dressing	50
Greek	55
Chicken, bacon with anchovy dressing	75
Caprese with Fior Di Latte Mozzarella	70
Pear & Gorgonzola with candied pecans	70

PASTA

YOUR CHOICE OF THE FOLLOWING PASTA:

Spaghetti
Fettuccine
Penne
Fresh homemade- - please enquire

Gnocchi	add 15
Gluten free	add 15

SAUCES

Loula: homemade tomato sauce with fresh basil	55
Alfredo: ham, parmesan, mushrooms & cream	75
Meatballs: Meatballs (Pork & Beef) tomato & peas	80
Fegatini: Chicken livers, bacon, chilli & cream	75
Puttanesca: olives, capers, anchovies, garlic & tomato	80
Bolognaise: meat ragu (Pork & Beef), tomato & herbs	80
Tiger Prawn: tomato & chilli	110
Carbonara: Pancetta, cream, egg & parmesan	80
Salsicce: Italian fennel sausage, bacon, Chianti, cream	80
Marinara: prawns, Mussels, Calamari, tomato, chilli & Fennel	115
Lupa: chicken breast, cherry tomatoes, Basil pesto, roasted peppers & cream	80
Aglio Olio Peperincino: prawns, lemon, olive oil & parsley	95
Piccanti: Bolognaise, cream, ginger, chilli & mushrooms	80
Della Nonna: Butternut, Harissa cream, feta & Dukkah	80

PASTA AL FORNO & RISOTTO

Beef lasagna with a green salad	80
Rotolo of spinach, ricotta, mushrooms / brown sage butter	80
Pasta roses: Italian ham, mozzarella, parmesan béchamel with a side green salad	85
Mushroom Risotto, parmesan & rocket	80

SECONDI

ALL SERVED WITH ONE SIDE OF YOUR CHOICE

SIDES R20

Tuscan potatoes	
Wilted spinach with fresh chilli and garlic	
Creamy parmesan linguine	
Linguine neopolitana	
Side green salad	
Wood roasted vegetables	
Zucchini fries	
Mashed Potatoes	

Wood roasted Chicken: Chilli or lemon & Herb	95
Chicken Limone: crumbed and pan fried in butter with a lemon & white wine sauce	90
Chicken Marsala: Crumbed and panned with a sauce of mushrooms, Marsala wine & gorgonzola	95
Pretzel dusted Calamari,	98
Grilled calamari	98
Fresh Linefish (when available) lemon, capers, white wine & butter	140
Kingklip: wood roasted with a sundried tomato & feta crust on mushroom Fettuccine	145
Kingklip: wood roasted with lemon, capers, white wine & butter	135
Prawns: Wood roasted with a feta Focaccia	160

Fillet escalope's with a mushroom sauce	135
Fillet escalope's with a brandy & green peppercorn sauce	135
Fillet escalope's with avo, rocket, roasted tomatoes, parmesan & Balsamic glaze on a mushroom risotto (no side)	140
Lamb Shank: garlic mashed potatoes & vegetables	155

Veal Saltimbocca: panned in butter, white wine & sage, topped with mozzarella & parma ham	135
Veal Marsala: crumbed and panned with a sauce of mushrooms, Marsala wine & gorgonzola	130
Veal Limone: crumbed and panned with a lemon & white wine sauce	120

Wood Fired PIZZA

Woodfired using only imported italian 00 flour

MARGHERITA - tomato, mozzarella, basil 65

COLATURA - with mozzarella, capers, anchovies and olives 85

THE LINDSAY - hickory ham, caramelized pineapple, jalapenos, tomato, mozzarella 80

THE SPAGO - bacon, avo, feta 85

POPEYE - spinach, wood roasted tomatoes, olives, feta and chilli 75

PAULOS - bacon, feta, pepperdews, chilli flakes and avocado 85

ZUCCA with roasted butternut, baby marrow, caramelized onions, gorgonzola and toasted almonds 85

D.O.C. - margherita with buffalo mozzarella 85

PORKY HEFER - bacon, salami, fennel sausage, tomato, mozzarella 90

MEATBALL - tomato, mozzarella, slow cooked meatball (beef and pork), parmesan and rocket 85

NO. 11 - coriander pesto marinated chicken breasts, feta, toasted almonds and rocket 85

TIROLESE - caramelised onions, bacon, pear, gorgonzola and rocket 85

QUATTRO - tomato, mozzarella and 4 quarters with: artichokes, parma ham, cherry tomato, mushrooms 90

CALZONE with tomato , mozzarella, mushrooms, feta and ham 90

THE SARAH - tomato, mozzarella, parma ham, philly cream cheese and rocket 110