

DOLCE

GELATO 30 PER SCOOP
Chocolate/Pistachio/
Strawberry/Caramel

CRÈME BRÛLÉE 55

BAKED CHEESECAKE 68
With smashed honeycomb
& vanilla ice cream

TIRAMISU 70

CHOCOLATE & CARAMEL FONDANT 70
With a salted caramel centre
& vanilla ice cream
(Please allow 15 minutes)

CREMINO AL CIOCCOLOTO 70
Nutella crème brûlée,
smashed Amaretti biscuits,
salted caramel gelato & Italian
meringue

QUARTINOS

QUARTINOS ARE SERVED IN A 250ML CARAFE

BIANCO

FAIRVIEW LA CAPRA SAUVIGNON BLANC 'ON TAP'	40
KEN FORRESTER PETIT NATURAL SWEET	45
KEN FORRESTER PETIT CHENIN BLANC	45
FAIRVIEW GOATS DO ROAM ROSÉ	47
TERRA DEL CAPO PINOT GRIGIO	50
ANTONIJ RUPERT PROTEA CHARDONNAY	50
PAUL CLUVER SAUVIGNON BLANC	70

ROSSO

FAIRVIEW LA CAPRA MERLOT 'ON TAP'	40
BOEKENHOUTSKLOOF THE WOLFTRAP RED	45
DURBANVILLE HILLS MERLOT	55
JORDAN CHAMELEON CABERNET / MERLOT	60
HARTENBERG CABERNET / SHIRAZ	65
TERRA DEL CAPO SANGIOVESE	65
DIEMERSFONTEIN PINOTAGE	80

Certain pastas available in half portions at 70% of the price

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.

No cheques accepted

COCKTAILS

LUPA BLUSHING COSMO 65 🍸
Stoli original vodka, triple sec, fresh lime & cranberry.
Flamed with orange zest

THE WOLF DESIGNER G&Ts
Elderflower & cucumber with Schweppes® tonic 60
Smoked rosemary & grapefruit with Schweppes® tonic 68

PORN STAR MARTINI 65
Stoli Vanilla vodka, passoa passion fruit liqueur & passion fruit puree. Shaken cold, served straight up with a side of Prosecco

NEGRONI 58
Campari, gin & Martini Rosso

CLASSIC MOJITO 65
Takamaka rum, mint, fresh lime & Schweppes® soda

PIMM'S CLASSIC COCKTAIL 63
Pimms No. 1 cup, Schweppes® lemonade, Schweppes® soda & seasonal fruit

APEROL SPRITZ 65
Aperol, Schweppes® soda & Prosecco

STRAWBERRY DAIQUIRI 70 🍸
Takamaka rum, strawberry liqueur, strawberry puree & lime

THE EASTERN STANDARD 60 🍸
Gin, lime, cucumber, sugar syrup & mint

48 PINK GIN FIZ 70 🍸
48 Gin Pink 11 botanical infused gin built over cubed ice with freshly squeezed lemon, red berry puree & Schweppes® soda

NON -ALCOHOLIC

MOJITO 50 🍸
Mint, lime & Schweppes® soda

ITALIAN SUNRISE 50 🍸
Orange juice, strawberry purée, elderflower syrup, lemon juice & Schweppes® ginger ale

STRAWBERRY DAQUIRI 50 🍸

RESERVE A TABLE ONLINE

WWW.LUPA.CO.ZA



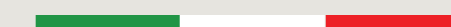
@lupa_osteria



@LupaOsteriaSouthAfrica



LUPA OSTERIA



THE LEGEND

Lupa is the immortal Roman wolf goddess who trained Roman Demi gods in the ways of their city. She stood over seven foot tall, with beautiful chocolate red fur and eyes as silver as the mist. Remus & Romulus were the twin sons of Mars & 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 & raised them as her own young. Having grown strong under her guidance, the twins destroyed Amulius & established the city of Rome.



FOCACCIAS

- GARLIC 45
- NAPOLI & BASIL PESTO 55
- CARAMELISED ONION & FETA 60

Please enquire about our vegan menu option

(V) VEGETARIAN NEW

ANTIPASTI

- MIXED LEAF SALAD (V) 60**
Cucumber, tomato & vinaigrette
- MILANO SALAD 100** 
With salami, artichokes, sundried tomatoes, red onions, chickpeas, Piquante Peppers, mixed leaves & oregano dressing
- PEAR & GORGONZOLA SALAD (V) 105** 
With candied pecan nuts & lemon dressing
- CAPRESE SALAD (V) 115**
Buffalo Mozzarella, tomatoes, avocado, basil & balsamic glaze
- CHICKEN CAESAR SALAD 125**
With crumbed chicken breast, cos lettuce, croutons, a boiled egg, tomato & anchovy dressing
- TOMATO & BASIL SOUP (V) 55**
Served with toasted ciabatta
- CAULIFLOWER FRITTI 65**
with garlic aioli
- MELANZANE PARMIGIANA (V) 70**
Aubergine, Parmesan, mozzarella & Napoli
- CHICKEN LIVERS 75**
With white wine, chorizo, chilli & garlic with a bruschetta
- ITALIAN NACHOS (V) 70**
Crispy three cheese ravioli with a fiery Arrabbiata dipping sauce
- MEATBALLS 78**
Pork & beef meatballs in a slow roasted tomato sauce
- FALKLAND CALAMARI 80**
Pretzel dusted or grilled
- CARPACCIO DI MANZO 88**
Thinly sliced raw beef with Mr. Cipriani's dressing, sliced mushrooms & Parmesan
- GORGONZOLA SNAILS 89** 
With toasted ciabatta
- WHOLE BAKED CAMEMBERT 93**
Wrapped in Parma Ham served with caramelised onions & toasted bruschetta
- PARMA HAM 95**
- ITALIAN CIGARS 95**
crispy pastry parcels filled with Parma Ham, robiola cheese & rocket with a creamy white wine sauce
- PARMA HAM 115**
Buffalo Mozzarella

ANTIPASTO PLATTER

MEDIO best for two | 120

Parma ham, spicy spinatta salami, olives, giardiniera vegetables, robiola cheese & focaccia

GRANDE best for four | 225



Cauliflower fritti, giardiniera vegetables, robiola cheese, white bean hummus, Parma ham, spicy salami spinatta, bruschetta, olives, sliced focaccia

PIZZA

WOOD FIRED AT 450 DEGREES CELSIUS USING ITALIAN TOMATOES & THE FINEST MOZZARELLA.

REPLACE WITH BUFFALO MOZZARELLA ON ANY PIZZA FOR 50

GLUTEN FREE PIZZA BASE AVAILABLE FOR 30

- MARGHERITA (V) 80**
With fresh basil
- THE SLOANE (V) 98**
Artichokes, olives, creamed leeks, feta, mushrooms & spinach
- SICILIANA 98**
With olives, capers & anchovies
- LINDSAY 105**
Ham & pineapple
- THE AMY (V) 105**
Butternut, feta, caramelised pumpkin seeds & rocket
- REGINA 105**
Ham & mushrooms
- FRENCH CONNECTION 110** 
With camembert, bacon & sundried tomato pesto
- SOPHIE BEAR 125**
Bacon, Gorgonzola, caramelised onions & rocket
- POLO FUNGHI 128** 
Chicken, mushrooms & feta
- SPAGO 130**
Avo, bacon & feta
- HOT CHICK 130**
Peri-peri chicken, mushrooms, caramelised onions, garlic & feta
- MEATBALLS 135**
Pork & beef meatballs with cherry tomatoes, feta, fresh basil, red onions & chipotle sauce
- PICCANTE RUSTICA 135**
Salami, Spinata spicy salami, Piquanté Peppers, chilli, mushrooms, feta & rocket
- CAJUN CHICKEN 135**
Feta, avo, Piquanté Peppers & garlic
- MEAT LOVERS 140**
Bacon, ham & salami
- SPICY GAMBERI 165**
Prawns, chorizo, chilli & garlic
- SARAH 145**
Parma Ham, Buffalo Mozzarella, cherry tomatoes

A tavola non si invecchia
One does not grow old at the table



PORCHETTA FRIDAYS
WOOD ROASTED PORCHETTA SERVED EVERY FRIDAY NIGHT

PASTA

HOMEMADE SPAGHETTI (NO EGG)
HOMEMADE FETTUCCINE (CONTAINS EGG)
PENNE GRANORO DEDICATO
GNOCCHI OR GLUTEN FREE ADD 15

SPECIALTY PASTA

- BUTTERNUT & RICOTTA RAVIOLI (V) 110**
Brown sage butter sauce
- LASAGNE AL FORNO 110**
Served with a simple salad
- PARMA HAM TORTELLINI 125**
With a bolognese ragu sauce
- PENNE DI MANZO 'AL FORNO' 125** 
With pork & beef meatballs, bolognese, chilli, roasted peppers, caramelised onions & mozzarella
- GNOCCHI FANTASIA 135**
Gorgonzola cream & bolognese ragu
- PORCINI PANZEROTTI 140**
With spinach, Marsala mushrooms & crispy bacon
- RISOTTO OF CHICKEN & MUSHROOMS 145** 
With a creamy white wine sauce

OUR FETTUCCINE & SPAGHETTI ARE MADE HERE, ON SITE, EVERY DAY, WITH LOVE! THE PASTA IS EXTRUDED THROUGH A DIE CUTTER MADE FROM BRONZE CREATING A ROUGHER TEXTURE ON THE SURFACE, ALLOWING THE PASTA TO GRIP MORE SAUCE, RESULTING IN A FULLER FLAVOUR.

SECONDI

SELECTED SECONDI SERVED WITH A SIDE OF YOUR CHOICE

- CHICKEN FRANCESE 120**
Pan roasted chicken breasts with thinly sliced garlic, sweet peas, bacon & parsley
- CHICKEN MARSALA 140**
Crumbed & panned with Marsala wine, mushrooms, Gorgonzola & cream
- POLLO ARROSTO 160**
Wood roasted chicken, chilli or lemon & herb
- CHARGRILLED BEEF BURGER 105**
With Fontina cheese, bacon, caramelised onion & Parmesan fries
- VEAL LIMONE 180**
Veal escalopes pan fried with lemon, butter & parsley. Served with spinach & Parmesan fries
- VEAL MARSALA 190**
Crumbed veal escalopes with a mushroom, cream & Marsala wine sauce
- BALSAMIC & AVO FILLET 195**
Fillet Escalopes topped with avo, rocket, roasted tomatoes, Parmesan & balsamic reduction. Served on a white wine risotto


Parmesan fries | Zucchini fries
Wood roasted vegetables
Side green salad | Penne with creamy Parmesan sauce | Wilted spinach with butter & Parmesan

SIDES

33

- LOULA (V) 80**
Tomato & basil
- PUTTANESCA 100**
Olives, capers & anchovies
- BOLOGNAISE 105**
Slow cooked beef & pork mince ragu & a touch of cream
- GARDIENERA (V) 105**
Grated zucchini, garlic, chilli, cream & crispy fried spinach balls
- NORMA (V) 105**
Sautéed aubergine with chilli & garlic, a dash of tomato & cream, topped with ricotta & Parmesan
- ALFREDO 110**
Ham, Parmesan, mushrooms & cream
- LUPA 120**
Chicken, cherry tomatoes, basil pesto, roasted peppers & cream
- MEATBALLS 125**
Pork & beef meatballs with slow roasted tomato sauce & light cream
- CON POLLO 135**
Chicken, cream, garlic, mushrooms, white wine & toasted pine nuts
- SCAMORZA 140**
Prawns, smoked chicken, white wine & garlic in a mustard & parsley cream
- TRUFFLED CARBONARA 145**
With a truffled bacon & mushroom carbonara, served tableside in a Parmesan wheel
- MAREA 150**
Chorizo, calamari, fresh tomato, olive oil, garlic, chilli & fennel seeds
- PRAWN & ZUCCHINI 155**
With a creamy tomato sauce, zucchini, a hint of chilli, garlic & parsley
- MARINARA 170**
Three prawns, calamari, three mussels, tomato, chilli & fennel cream

Si vive una volta sola
You only live once

- MUSHROOM & PARMESAN FILLET 195**
Chargrilled fillet steak on Parmesan fries with wilted spinach, mushroom sauce & crispy Parmesan onion rings
- LAMB SHANK 230**
Wood roasted Roman style with white wine, rosemary & garlic
- HAKE 110**
Wood roasted with spinach
- FALKLAND CALAMARI 160**
Pretzel dusted & shallow fried or grilled & Parmesan fries
- KINGKLIP 220**
Wood roasted with white wine, lemon & capers (add 4 x grilled prawns 100)
- WOOD ROASTED PRAWNS 235**
Eight King prawns with garlic parsley butter & Parmesan fries
- PORK RIBS** 
400g 140 / 800g 250
Chargrilled with Calabrian chilli & fennel