

L U P A

OSTERIA



MAIN MENU



MAKE A RESERVATION

OUR STORY

There's an old Italian saying, 'Chi si volta, e chi si gira, sempre a casa va finire', which means that no matter where you go or turn, you'll always end up at home.

We want your dining experience to feel like you're at home, in an atmosphere where you're relaxed & comfortable & enjoy exceptional combinations of homemade pasta, great food & wine.

Visit your Rome away from home.

Our kitchen uses tree nuts, traces of which may be found in certain dishes.

ANTIPASTI

(STARTERS)

FOCACCA

A classic wood-fired Italian bread.

Garlic & extra virgin olive oil. **65**

Red wine caramelised onion & feta.  **115**

LUPA

OSTERIA



ITALIAN NACHOS

99

Light & crispy three-cheese ravioli served with spicy arrabbiata dipping sauce — seasoned with a touch of chilli.

PORK & BEEF MEATBALLS

99

Italian-style pork & beef meatballs slow-cooked in Napoli sauce with a dash of cream. Served with toasted sourdough.

CHICKEN LIVERS

105

Chicken livers sautéed in a creamy white wine sauce with sliced chorizo. Delicately seasoned with chilli & garlic. Served with toasted sourdough.

FALKLAND CALAMARI

119

Grilled OR pretzel dusted & shallow fried served with spicy arrabbiata sauce OR tartar sauce.

CARPACCIO DI MANZO

139

Thinly sliced raw beef with sliced mushrooms, Italian Parmesan & dollops of Mr Cipriani's dressing. Served with breadsticks.

OVEN-BAKED SNAILS

139

Snails baked in a wood-fired oven in a creamy white wine & Gorgonzola sauce OR garlic butter sauce. Served with toasted sourdough.

INSALATE

(SALADS)

CAESAR

109

Cos lettuce, croutons & a boiled egg. Topped with Parmesan shavings & a creamy anchovy Caesar dressing.

Add:

Bacon bits 36

Chicken strips 35

CRISPY ARTICHOKE

135

Crispy artichokes served with fresh rocket & mint. Topped with Parmesan shavings & a balsamic dressing.

PEAR & GORGONZOLA

139

Sliced pear served on a bed of crispy lettuce with Gorgonzola cheese, candied pecan nuts & a drizzle of lemon vinaigrette.

CAPRESE

149

Fior di Latte mozzarella, fresh tomatoes & fresh basil topped with a drizzle of basil pesto, olive oil & balsamic dressing. Served with toasted sourdough.

GRILLED CHICKEN

159

Tender grilled chicken strips with sliced avo, feta, sweet cherry tomatoes, olives & croutons. Served with a white wine vinegar honey mustard dressing.

VEGETARIAN-FRIENDLY

VEGAN-FRIENDLY

CONTAINS ALCOHOL

L U P A

OSTERIA



spaghetti, gnocchi & penne are **freshly made on-site**, daily with love!

Choose from homemade spaghetti (no egg), homemade fettuccine (free-range egg) or homemade penne (no egg).

Add:

Gluten-free 45
Homemade gnocchi 25

Half Portion | Full Portion

NAPOLI

69 | 99

An Italian culinary classic of Napoli sauce & fresh basil.

BOLOGNESE

89 | 125

Beef & pork ragù slow-cooked in Napoli sauce with a dash of cream.

ZINGARA

99 | 145

Bacon & mushrooms in a creamy Napoli sauce, seasoned with garlic & a touch of chilli.

PORK & BEEF MEATBALLS

99 | 149

Slow-braised meatballs served with al dente spaghetti in Napoli sauce with a dash of cream. Topped with Italian Parmesan shavings.

PENNE ORIENTAL

99 | 155

An Asian-inspired pasta dish made with chicken strips, Napoli sauce, light cream, Mrs Ball's Chutney®, a touch of chilli & fresh coriander.

CHICKEN ALFREDO

109 | 155

Sautéed chicken strips & mushrooms tossed in a creamy garlic & Italian Parmesan sauce.

ALFREDO

109 | 155

Ham & mushrooms tossed in a creamy garlic & Italian Parmesan sauce.

LUPA

115 | 165

A crowd-pleaser made with tender chicken strips, sweet cherry tomatoes & roasted peppers tossed in a creamy white wine & basil pesto sauce.

LUPA SIGNATURE PASTA

ITALIAN PARMESAN WHEEL FETTUCCINE CARBONARA

279

Our homemade fettuccine with crispy bacon, mushrooms, egg yolk & truffle oil. Finished at your table & served directly from a flamed Italian Parmesan wheel.

L U P A

OSTERIA



Gnocchi served in a creamy béchamel & basil pesto sauce, topped with crispy bacon.

GNOCCHI DEL SOL **185**

Sliced chorizo & prawns tossed in a Napoli sauce with white wine, chilli, garlic & a dash of cream.

VEGAN ARTICHOKE RISOTTO **139**

White wine risotto made with artichoke purée, grilled zucchini, balsamic glazed artichoke hearts & toasted almonds.

SPINACH & RICOTTA RAVIOLI **NEW** **149**

Delicate handmade raviolo filled with creamy spinach, ricotta, topped with Grana Padano, pumpkin seeds & crispy sweet potato shavings.

CALAMARI PASTA **159**

Grilled calamari, garlic, olives, fresh tomatoes & red onions tossed in a golden butter sauce. Topped with lemon zest.

LASAGNE AL FORNO **179**

Layers of pasta sheets with slow-cooked beef & pork ragù, Napoli sauce, mozzarella & a velvety béchamel sauce. Topped with Italian Parmesan.

PRAWN AGLIO E OLIO **179**

A traditional Italian recipe made with garlic & chilli sautéed in olive oil. Topped with prawns & fresh parsley.

CHEESE RAVIOLI WITH CHICKEN & PRAWNS **NEW** **215**

Creamy three cheese ravioli with tender chicken and prawns in a velvety cream sauce with a hint of spice.

MARINARA **229**

Pan-fried calamari, mussels & prawns tossed in a creamy white wine & Napoli sauce, seasoned with garlic, chilli & fennel.

FILLET PASTA **245**

Tender fillet strips tossed in a creamy mushroom, green peppercorn & Parmesan sauce.

SEAFOOD RISOTTO **249**

Slow-cooked white wine risotto with pan-fried hake, calamari & prawns. Flavoured with prawn stock & lemon juice.

PIZZA

All our pizza bases are homemade, topped with an authentic Italian pizza sauce & cooked in our **wood-fired pizza oven** to enhance taste & create a unique, smoky flavour.

Substitute OR Add:

Gluten-free pizza base 45

Extra mozzarella 45

Fior di Latte mozzarella on any pizza 59

L U P A

OSTERIA



THE AMY

A meat-free favourite, topped with roasted butternut, crumbled feta & caramelised pumpkin seeds. Garnished with fresh rocket.

HAWAIIAN

A classic: Ham & caramelised pineapple.

REGINA

Ham & mushroom.

THE NEW YORKER

Inspired by a New York City classic, topped with mozzarella & spicy pepperoni.

MEATBALL CALZONE

Soft pizza dough folded over tender meatballs, sweet red onion, smoky BBQ sauce & mozzarella cheese.

MEXICANA

Hearty bolognese, red onion & green pepper. Seasoned with a hint of chilli.

SPAGO

Crispy bacon, crumbled feta & sliced avo.

THE POPOLARE

Sticky BBQ chicken strips, crumbled feta & mushrooms.

QUATTRO STAGIONI

A beloved classic of artichokes, mushrooms, olives & ham.

THE VEGETARIAN

Artichokes, spinach, olives, crumbled feta, creamed leeks & mushrooms.

GOURMET WOOD-FIRED PIZZA

ALFREDO PIZZA

Creamy béchamel, mozzarella, ham, and mushrooms, finished with shavings of Grana Padano cheese for a creamy, savoury bite.

CAJUN CHICKEN

Cajun-spiced chicken strips, crumbled feta, Peppadew® piquanté peppers, garlic & sliced avo.

MEAT LOVERS

An undeniable South African favourite topped with crispy bacon, ham & salami.

DEL BOSCO

Chorizo, salami, mushrooms, Peppadew® piquanté peppers, sliced avo & crumbled feta.

SWEET HEAT

A rich combination of savoury bolognese, pepperoni & fresh red onion on a classic margherita base, finished with BBQ sauce & mozzarella.

BIANCO

A traditional white pizza topped with creamy Fior di Latte cheese, prosciutto & sundried tomatoes.

119

125

135

135

135

145

155

155

159

169

165

165

179

185

185

189

LUPA

OSTERIA



THE DI MARE

265

Inspired by the seas, topped with pan-fried prawns, mussels, garlic, calamari, chilli, fennel & fresh parsley. Finished with a drizzle of garlic oil.

SECONDI

(MAINS)

All wood-roasted dishes are cooked in our pizza oven, enhancing taste & creating a unique smoky flavour.

SELECT A SIDE OF YOUR CHOICE 49

Where not included in Secondi. Ts & Cs apply.

Parmesan fries

Fresh green salad

Wilted spinach with butter & Italian Parmesan

Wood-roasted vegetables

Zucchini fries

Creamy mashed potato

Risotto rice

BUNLESS VEGAN BURGER

129

Falafel patty topped with grilled aubergine, red onion, sliced avo, tomato, crispy lettuce & gherkins. Served with Parmesan fries.

VEGETARIAN BURGER

149

Falafel patty served on a toasted bun topped with grilled aubergine, red onion, sliced avo, tomato, crispy lettuce & gherkins. Served with Parmesan fries.

CHARGRILLED BACON & CHEESE BURGER

185

BBQ-basted beef patty, topped with Fontina cheese, crispy bacon & red wine caramelised onions on a toasted bun. Served with Parmesan fries.

CHICKEN MARSALA

195

A classic Italian dish featuring pan-seared crumbed chicken breasts, simmered in a creamy Marsala wine, Gorgonzola & mushroom sauce. Served with a side of your choice.

HAKE

209

Wood-roasted in white wine lemon butter sauce with capers on a bed of wilted spinach, served with a side of your choice.

FALKLAND CALAMARI

229

Grilled OR pretzel dusted & shallow fried served with spicy arrabbiata sauce OR tartar sauce. Served with a side of your choice.

WOOD-ROASTED CHICKEN

259

Tender & juicy wood-roasted chicken marinated in mild, peri-peri OR lemon & herb. Served with a side of your choice.

L U P A

OSTERIA



Wood-roasted in white wine lemon butter sauce with capers. Served with a side of your choice. From New Zealand.

Add:

Four Queen prawns 85

CHARGRILLED SIRLOIN

339

Sirloin steak chargrilled to perfection & served on a bed of mushroom white wine risotto. Topped with crispy onion rings.

MUSHROOM & ITALIAN PARMESAN FILLET

349

Fillet steak chargrilled to perfection & served on a bed of wilted spinach. Topped with crispy onion rings & a creamy Marsala wine, Gorgonzola & mushroom sauce.

BAMBINI

(KIDS 12 & UNDER)

PENNE

75

Fresh penne tossed in Italian Parmesan cream.

MARGHERITA PIZZA

79

Mozzarella & fresh basil leaves.

SPAGHETTI BOLOGNESE

79

Beef & pork ragù slow-cooked in Napoli sauce with a dash of cream.

HAWAIIAN PIZZA

85

A classic: ham & caramelised pineapple.

PENNE ALFREDO

95

Ham & mushrooms tossed in a creamy garlic & Italian Parmesan sauce.

SPAGHETTI & MEATBALLS

95

Pork & beef meatballs served in a Napoli sauce, with a dash of cream.

BREADED CHICKEN STRIPS

99

Served with Parmesan fries & Napoli sauce.

GELATO SHAKES

Chocolate | Strawberry | Vanilla | Double Toffee

37

Pistachio

39

L U P A

OSTERIA



GELATO PER SCOOP

Indulge in a scoop of velvety-smooth Italian Gelato. Available in various flavours:

Chocolate Strawberry Vanilla Double Toffee	35
Pistachio	39

AFFOGATO

Creamy vanilla Gelato served with a shot of espresso.

CRÈME BRÛLÉE	75
---------------------	-----------

Enjoy a rich & creamy custard infused with vanilla extract & topped with a layer of caramelised sugar.

PISTACHIO ZABAIONE	75
---------------------------	-----------

Our Lupa rendition of the famous Italian dessert is made with layers of cranberry jelly, Cointreau® creamy zabaione, strawberries & a sprinkle of pistachio nuts. Topped with a ladyfinger biscuit.

CREMINO AL CIOCCOLATO	85
------------------------------	-----------

A dessert inspired by a classic Italian chocolate candy. Made with layers of Nutella®, crème brûlée, smashed Nuttikrust® biscuits, indulgent double toffee Gelato & Italian meringue.

CANNOLI	85
----------------	-----------

Crisp cannoli shells filled with a silky mascarpone cream & topped with pistachios.

NUTELLA® STUFFED CRÊPES	95
--------------------------------	-----------

Delicately rolled crêpes filled with Nutella®. Served with a Cointreau® orange sauce & vanilla Gelato.

TIRAMISU	95
-----------------	-----------

A popular homemade Italian dessert. Made with layers of ladyfinger biscuits infused with a sweet Marsala wine, mascarpone mousse & espresso.

BAKED CHEESECAKE	95
-------------------------	-----------

Homemade cheesecake served on caramel treat & creamy vanilla Gelato.

L U P A

OSTERIA



STRAWBERRY	69
CHOCOLATE	69
DOUBLE TOFFEE	69
PISTACHIO	80

CAFÉ (HOT BEVERAGES)

CAFÉ AMERICANO		35
ESPRESSO		
Single		29
Double		36
CAPPUCCINO		
Petite		35
Regular		43
CAPPUCCINO WITH CREAM		
Petite		37
Regular		45
CAFÉ LATTÉ		45
TEA		
Five Roses®		29
Green		29
Rooibos		29
HOT CHOCOLATE		48

COCKTAILS

MOJITO

85

A modern twist on a classic cocktail. Bacardi® Carta Blanca, mixed with mint & lime. Finished with a splash of Fitch & Leedes® soda water.

L U P A

OSTERIA



A sweet & zesty cocktail that tastes like a holiday. Made with Bacardi® Carta Blanca, strawberry syrup & strawberry juice, with a squeeze of lime in crushed ice.

LUCKY NO. 7	NEW	109
--------------------	------------	------------

A bold yet refreshing blend of Jack Daniel's Old No. 7, lime juice & simple syrup, shaken with fresh mint leaves & topped with ginger ale.

POMEGRANATE SPARKLER	109
-----------------------------	------------

Martini Rosso® with Alvi's Drift® Brut Blanc de Blanc, pomegranate syrup & lemon juice topped with a splash of Fitch & Leedes® soda water. Garnished with a sprig of mint.

APEROL SPRITZ	115
----------------------	------------

Alvi's Drift® Brut Blanc De Blanc & Aperol®, topped with Fitch & Leedes® soda water. Garnished with a slice of orange.

FROZEN APEROL SPRITZ	115
-----------------------------	------------

Alvi's Drift® Brut Blanc De Blanc, Aperol®, peach syrup in crushed ice. Garnished with a slice of orange.

TWILIGHT & TEQUILA	125
-------------------------------	------------

El Jimador® Reposado, apricot syrup & a squeeze of lime. Served tall & over cubed ice. Topped with Schweppes® grapefruit soda.

SMOKE & MIRRORS	125
----------------------------	------------

Monkey Shoulder® whisky infused with brown butter syrup, Disaronno® Amaretto & aromatic bitters. Served on the rocks & smoked with oak.

BLACK CHERRY WOODFORD OLD FASHIONED	149
--	------------

Our Lupa take on the traditional bourbon, comprised of two shots of Woodford Reserve®, Fabbri Amarena® Cherry Syrup & bitters. Garnished with an orange peel & Fabbri Amarena® Cherries.

MOCKTAILS

ISLAND BREEZE	69
----------------------	-----------

A delicious tropical blend of orange juice, lemon juice, sugar syrup & fresh mint. Topped with Fitch & Leedes® lemonade. Garnished with a fresh orange slice.

ITALIAN SUNSET	69
-----------------------	-----------

A vibrant blend of orange juice, strawberry juice, elderflower syrup & lemon juice. Topped with Fitch & Leedes® ginger ale. Garnished with a fresh strawberry.

RAINFALL	69
-----------------	-----------

Sweet & zesty — a mix of strawberry juice, lemon juice & sugar syrup. Topped with Fitch & Leedes® soda water. Garnished with fresh basil leaves.

SUMMER FLING	69
---------------------	-----------

A refreshing fruity blend of pineapple juice, lemon juice & a touch of raspberry syrup. Topped with Fitch & Leedes® soda water. Garnished with a fresh pineapple slice.

SOFT DRINKS

Coca-Cola®	35
------------	-----------

Fanta Orange®	35
---------------	-----------

Creme Soda®	35
-------------	-----------

Sprite®	35
---------	-----------

Red Bull®	45
-----------	-----------

Red Grapetiser®	49
-----------------	-----------

Appletiser®	49
-------------	-----------

Mineral Still Water	49
---------------------	-----------

LUPA

OSTERIA



FRESH & LEANING

£0

QUARTINOS

(WINE BY THE GLASS – QUARTINOS ARE SERVED IN A 250ML CARAFE)

BIANCO & BLUSH

Fairview La Capra Sauvignon Blanc 'On Tap'	59
Lupa Sauvignon Blanc	65
Lupa Rosé	65
Ken Forrester Petit Semi Sweet	67
Anthonij Rupert Protea Chenin Blanc	67
Kleine Zalze Cellar Selection Unwooded Chardonnay	72
Alvis Drift Blanc de Blanc (150ml Glass)	82

ROSSO

Fairview La Capra Merlot 'On Tap'	59
Lupa Merlot	65
Lupa Novello Rosso	65
Durbanville Hills Merlot	72
Kleine Zalze Cellar Selection Cabernet Sauvignon	80
Beyerskloof Pinotage	95



NO ALCOHOL MAY BE SOLD TO PERSONS UNDER THE AGE OF 18.

LUPA GIN TROLLEY

L U P A

OSTERIA



MENUS

FOOD & WINE MENU

LUNCH MENU

PIZZA & BEER

NUTRITIONAL REPORT

LUPA NUTRITIONAL & ALLERGEN REPORT

BECOME A FRANCHISEE

LOCATIONS



SIGN UP

DESIGNED BY THE BRAND COLLECTIVE