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## MINESTRE SOUP

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ZUPPA AL POMODORO (V, N) ● R90  
Roasted tomato soup with mascarpone and basil pesto served with ciabatta bread

MINISTRONE DI VERDURE (V, VO, G) ● R75  
A blend of seasonal chunky vegetable soup served with ciabatta bread

*Minestrone soup is one of the oldest dishes in Italian history dating back to before the Roman Empire.*

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## ANTIPASTI STARTERS

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BURRATA (V, N) ● R165  
Fresh soft centred mozzarella cheese served with cherry tomato confit, basil pesto and balsamic glaze

ADD PARMA HAM (P) R35

CALAMARI FRITTI ● R110  
Delicious deep fried Patagonia calamari served with aioli and micro herbs

INSALATA MISTA LA CANTINA (V, VO, G) ● R95  
Mixed greens, cherry tomatoes, cucumber, parmesan shavings and balsamic dressing

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## SPECIALITA' SPECIALITIES

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### GNOCCHI WITH A CHOICE OF:

AL RAGU R175  
Homemade bolognese sauce

AL GORGONZOLA (V) ● R165  
Creamy gorgonzola sauce and Parmigiano

GENOVESE (V, N) ● R155  
Basil pesto and Parmigiano

LASAGNA AL FORNO R165  
Homemade beef lasagne, slow cooked bolognese with red wine, mozzarella, béchamel sauce and Parmigiano

*Lasagne is one of the oldest known pasta types and is flat and wide in shape.*

All ● dishes are prepared in a Halal conscious manner using only the finest certified ingredients

(G) Gluten Free Option, (N) Contains Nuts,  
(P) Contains Pork, (V) Vegetarian, (VO) Vegan Option

la cantina  
MODERN HEALTHY ITALIAN

# PASTA

\*Gluten free pasta available on request

## SPAGHETTI WITH A CHOICE OF:

*Spaghetti is a staple food of traditional cuisine, long, solid thin pasta made from durum wheat. They come a long way from the roman empire times originating from Sicily.*

### SCOGLIO

Seafood medley, garlic, white wine, fresh chili and fresh parsley

R 165

### AL RAGU

Homemade bolognese sauce

R 155

### AGLIO AND OLIO (V) ●

Garlic, fresh chili, and Parmigiano

R 95

## RIGATONI WITH A CHOICE OF:

*Rigatoni is a tube shaped pasta varying in length, larger than penne and sometimes slightly curved originating from central to south Italy. The word 'rigatoni' comes from the word 'rigato' which mean 'ridged or lined'.*

### BOSCAIOLA ●

Chicken, mushroom, cream, parsley and Parmigiano

R 145

### ARRABIATA (V) ●

Tomato, basil and fresh chili

R 115

### NAPOLETANA (V) ●

Tomato, basil and olive oil

R 110

*Napoletana sauce or Napoli sauce is the collective name given (outside Italy) to various basic tomato-based sauces derived from Italian cuisine, often served alongside pasta. In Naples, Napoletana is simply referred to as 'La Salsa' which translates to 'The Sauce'.*

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# PIZZE

## PIZZA

\*Vegan cheese and gluten free base options available on request

<b>PIZZA BURRATA (V) ●</b>	<b>R 175</b>
Tomato base, confit cherry tomato, basil and fresh Burrata mozzarella	
<b>QUATTRO STAGIONI (P)</b>	<b>R 155</b>
Mozzarella, tomato, artichokes, ham, olives, mushrooms and oregano	
<b>PIZZA AMERICANA (P)</b>	<b>R 155</b>
Mozzarella, tomato, chorizo sausage, salami and onions	
<b>FRUTTI DI MARE ●</b>	<b>R 140</b>
Mozzarella, tomato, prawns, mussels, calamari, garlic, chili and oregano	
<b>PIZZA PRIMAVERA (P)</b>	<b>R 140</b>
Mozzarella, tomato, bacon, spinach, feta and avocado	
<b>PIZZA ARUGULA (P)</b>	<b>R 140</b>
Mozzarella, tomato, confit cherry tomato, bacon and rocket	
<b>PIZZA LA CANTINA (V) ●</b>	<b>R 135</b>
Mozzarella, tomato, caramelized onion, Brie cheese, rocket and roasted sesame seeds	
<b>PIZZA VEGANA (V,VO) ●</b>	<b>R 125</b>
Tomato base only, olives, grilled peppers, capers and oregano	
<b>PROSCIUTTO COTTO E FUNGHI (P)</b>	<b>R 125</b>
Mozzarella, tomato, ham, mushrooms and oregano	
<b>MARGHERITA (V,VO) ●</b>	<b>R 90</b>
Mozzarella, tomato and oregano	
<b>FOCACCIA (V,VO) ●</b>	<b>R 75</b>
Garlic, olive oil, feta cheese and oregano	

## EXTRA TOPPINGS

### PER EXTRA TOPPING

Pancetta   prawns   tuna   Parma ham	<b>R 40</b>
Bolognese   salami   bacon   chicken   calamari   ham   mussels   avocado	<b>R 30</b>
Mushrooms   olives   bananas   artichokes   peppadews   pineapple   feta cheese   peppers   onions   rocket	<b>R 20</b>

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## PESCE FISH

\*All mains are served with one side of your choice

**PESCE DEL GIORNO AL FORNO ● R190**  
Grilled line fish topped with capers, lemon butter sauce and fresh parsley

*Fish and seafood are an important staple diet for many Italians, often cooked using simple fresh ingredients. We pride ourselves on following SASSI (South African Sustainable Initiative) guidelines when purchasing our fish daily.*

## DALLA GRIGLIA FROM THE GRILL

\*All mains are served with one side of your choice

**COSTATA DI MANZO (300g) ● R225**  
Grilled beef rib eye steak topped with a balsamic and rosemary butter and grilled plum tomato

**PETTI DI POLLO ALLA PARMIGIANA ● R155**  
Crumbed chicken breast supreme with grilled eggplant, napoletana, mozzarella and Parmigiano

*All our meats are sourced locally and matured in our in-house butchery.*

## CONTORNI SIDE DISHES

**SIDE DISHES (PER ADDITIONAL) R35**

- Rustic cut chips
- Italian sautéed vegetables
- Green side salad

**SAUCES (PER ADDITIONAL) R35**

- DEL BOSCO - Creamy wild mushroom sauce
- AL PEPE - Green peppercorns, cream and brandy sauce

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## DOLCE DESSERT

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<b>AFFOGATO LA CANTINA</b> Vanilla ice cream drowned in espresso coffee, Italian amaretto liqueur	<b>R75</b>
<b>CASSATA SICILIANA ●</b> Traditional cake from Sicily. A sponge cake base with ice cream layers and candied fruits	<b>R75</b>
<b>TIRAMISU</b> Coffee drenched finger biscuit layered with mascarpone cheese and cocoa	<b>R65</b>
<b>GELATO (Per Scoop) ●</b> Artisan home made ice cream	<b>R45</b>

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