



WELCOME TO LA CANTINA

Rich in simple yet elegant flavours, Italian cuisine is a celebration of quality produce and a source of regional pride. In fact the Italian regions were not officially united as a nation until the mid-19th century, retaining their signature dishes. Climate and natural landscape have shaped each areas specialities.

Creamy risottos predominate in the Northern regions, while fragrant olive oil and flavourful tomato-based recipes rule in the sunny South. Beef is best enjoyed as Florentine steaks in Tuscany. Luxurious truffles are unearthed in Alba and the surrounding areas of Piedmont through age-old methods.

With both the Mediterranean and the Adriatic seas hugging the coastline, fresh seafood is dominant. Italians are world-renowned for artisanal products such as wine, cured meats like prosciuttos, and hand-crafted cheeses such as buffalo mozzarella, salty Pecorino and Parmigiano Reggiano, each taking its place in the spotlight of traditional dishes.

So important is location to food in Italy, that laws exist to protect their authenticity. Modena Balsamic vinegar, for example, can only be crafted in Modena. Breads and pastas differ in size, texture and taste – chewy ciabatta loaves from Lake Como and the thin, crunch grissini breadsticks of Turin. Local cooks will argue for hours over the proper name, origin and preparation of traditional dishes. While it's simply impossible to sum up, we at La Cantina describe our menu as a celebration of local Italian flavours appreciated for their elegant simplicity and served with good friendship, family and fun.



Minestrone soup is one of the oldest dishes in Italian history dating back to before the Roman Empire. When economic growth flooded the market with a variety of new vegetables, Italians would gather ingredients from left-over meals and prepare this 'poor man's soup'. That's why even until today there is not an exact recipe for this soup. It is thick with a tomato base, and has all the rich flavours of comfort home-cooking at its best.

Lasagna, did not originate in Italy, as many would think. The origins of this famous pasta dish can be traced back to ancient Greece and is derived from the word 'laganon', which means layers of pasta and sauce. However, Italy can certainly be credited for perfecting this favourite - sheets of pasta with an unctuous bolognese and layers of creamy bechamel sauce

A **Neapolitan** or 'napoli' sauce has its origin in Napoli. It's believed that the rich soil in Campania, specifically around the infamous volcano, Vesuvius, is extremely fertile. Legend has it that Neapolitan sailors first brought the seeds of the tomato from Peru and they grew robustly in the soil of Naples. Today the San Marzano reigns supreme for flavour and forms the base of a Napoli sauce, infused with garlic, olive oil and basil.

While some historians believe **spaghetti** originated in Italy, most are convinced that Marco Polo brought it back from an epic voyage to China. The earliest known pasta was made from rice flour and was common in the east. In Italy, spaghetti comes from the word 'spago', meaning thin string or twine. It's made from durum wheat with water and salt and is cooked just to al dente (which means 'to the tooth') to create a slightly chewy texture.

The word **rigatoni** comes from the Italian word 'rigate', which means ridged, grooved or lined. This tube shaped pasta varies in length and is larger than penne or sedani. Many Italians believe the ridges make a better surface for sauces and grated cheese. Traditionally it's often made with heartier meat sauces and is often baked.

Geographically speaking Italy is positioned to strongly feature **seafood** in its cuisine. Fish dishes are found all over Italy, in soups and stews or prepared as antipasto. As with most Italian cuisine, seafood dishes are simply prepared with fish as the focal ingredient. At La Cantina we purchase our fish daily and pride ourselves on following the SASSI (South African Sustainable Initiative) guidelines

All our **meats** are locally sourced and matured at Fancourt's in-house butchery.

ANTIPASTI

STARTERS

- BURRATA (V, N) ●** R168
Fresh soft centred mozzarella cheese served with cherry tomato confit, basil pesto and balsamic glaze
- ADD PARMA HAM (P)** R48
- CARPACCIO DI MANZO (G) ●** R160
Thinly sliced organic raw beef fillet, wild rocket, caper berries, extra virgin olive oil and shaved parmesan cheese
- CALAMARI FRITTI ●** R145
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
- MINISTRONE DI VERDURE (V, VO, G) ●** R95
A blend of seasonal chunky vegetable soup served with ciabatta bread

All ● dishes are prepared in a Halaal 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

PRIMI

*Gluten free pasta available on request

PENNE OR SPAGHETTI WITH A CHOICE OF:

SCOGLIO R 210
Seafood medley, garlic, white wine, fresh chili and parsley

AL RAGU R 185
Homemade bolognese sauce

GENOVESE (V, N) ● R 170
Basil pesto and Parmigiano

ALFREDO (P) R 165
Ham, mushroom, fresh cream and Parmigiano

ARRABIATA (V, VO) ● R 125
Tomato, basil and fresh chili

AGLIO AND OLIO (V) ● R 115
Garlic, fresh chili and Parmigiano

LASAGNA AL FORNO R 175
Homemade beef lasagne, slow cooked bolognese with red wine, mozzarella, béchamel sauce and Parmigiano

GNOCCHI WITH A CHOICE OF:

AL RAGU R 185
Homemade bolognese sauce

AL GORGONZOLA (V) ● R 175
Creamy gorgonzola sauce and Parmigiano

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SECONDI

*All mains are served with one side of your choice

STINCO D'AGNELLO (500g) Slow braised lamb shank in a hearty napoletana sauce and red wine	R295
FILETTO DI MANZO (200g) ● Grilled beef fillet topped with a bone marrow butter and grilled plum tomato	R275
SALTINBOCCA ALLA ROMANA (P) Beef escalope topped with sage and Parma ham	R275
PESCE DEL GIORNO AL FORNO ● Line fish topped with caper and lemon butter sauce with fresh parsley	R220
PETTI DI POLLO ALLA PARMIGIANA ● Crumbed chicken breast supreme with grilled eggplant, napoletana,	R175

CONTORNI

SIDE DISHES

SIDE DISHES (PER ADDITIONAL) **R45**

- Rustic cut chips
- Rosemary and garlic potato wedges
- Italian sautéed vegetables
- Green side salad

SAUCES (PER ADDITIONAL) **R45**

*All sauces are made the traditional way with time and passion

- Creamy mushroom
- Flamed green peppercorn cream
- Red wine and bone marrow

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PIZZE

PIZZA

*Vegan cheese and gluten free base options available on request

FRUTTI DI MARE ●	R 175
Mozzarella, tomato, prawns, mussels, calamari, garlic, chili and oregano	
QUATTRO STAGIONI (P)	R 175
Mozzarella, tomato, artichokes, ham, olives, mushrooms and oregano	
PIZZA AMERICANA (P)	R 175
Mozzarella, tomato, chorizo sausage, salami and onions	
PIZZA PRIMAVERA (P)	R 165
Mozzarella, tomato, bacon, spinach, feta and avocado	
PIZZA LA CANTINA (V) ●	R 155
Mozzarella, tomato, caramelized onion, Brie cheese, rocket and roasted sesame seeds	
PROSCIUTTO COTTO E FUNGHI (P)	R 150
Mozzarella, tomato, ham, mushrooms and oregano	
MARGHERITA (V,VO) ●	R 105
Mozzarella, tomato and oregano	
FOCACCIA (V,VO) ●	R 95
Garlic, olive oil, feta and oregano	

EXTRA TOPPINGS

PER EXTRA TOPPING

Pancetta prawns tuna Parma ham	R 48
Bolognese salami bacon chicken calamari ham mussels avocado	R 45
Mushrooms olives bananas artichokes peppadews pineapple feta cheese peppers onions rocket	R 35

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DOLCE

DESSERT

- AFFOGATO LA CANTINA** **R105**
Vanilla ice cream drowned in espresso coffee and Italian amaretto liqueur
- TIRAMISU** **R95**
Coffee and brandy drenched finger biscuits layered with mascarpone cheese and cocoa
- GELATO (Per Scoop) ●** **R55**
Artisan home made ice cream

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