



# MENU

*THE DAILY*

FROM JUNE 2023

DAILY FRESH BAKERY, CAFE, RESTAURANT &amp; DELICATESSEN 8:00AM TO 9:00PM

## BREAKFAST

(SERVED ALL DAY)

**Granola and Yoghurt** R65  
add fruit +R8**Soft Polenta**  
with almond praline butter,  
strawberry, banana & vanilla syrup R84**Free Range Scrambled Eggs on  
Croissant**  
with roasted baby tomato and pesto R78**On The Go**  
2 free range eggs, beef chipolata,  
tomato, toast & cafe americano R62  
with cappuccino +R9**Traditional English Breakfast**  
2 free range eggs, bacon, mushrooms,  
fried tomato & toast R95**"Italo's Full House"**  
2 free range eggs, bacon, beef  
chipolata, mushrooms, courgette,  
potato hash & toast R142**Eggs Benedict On Toasted Ciabatta**  
with spinach & sauce hollandaise R105  
with bacon R113  
with salmon R130**French Toasted Croissant**  
with banana, vanilla syrup & cinnamon  
sugar R89  
with bacon R97**Sweetcorn Fritters**  
with herb cream cheese, avo salsa &  
rocket R92  
with bacon R113  
with salmon R128**Breakfast Wrap**  
with egg, tomato & bacon R78**Omelette Plain** R55with gypsy ham, cheddar, tomato  
& rocket R87with pan fried mushrooms, cheddar  
cheese, tomato & rocket R85

## FRESH JUICES

**Orange****Apple****Carrot, Apple & Orange Mix****Red Mix:** Beetroot & Carrot**Green Mix:** Apple, Cucumber & Celery R42**Ginger Shot** R22

add Celery or Spinach or Ginger +R10

## SMOOTHIES

**Berry** R48**Mango** R48**Banana & Peanutbutter** R48

## MILKSHAKES

**Vanilla** R45**Chocolate** R45**Strawberry** R45**Mint** R45

## CLASSIC TOASTIES

**Chicken & Mayonnaise**  
with gherkins R75**Cheddar Cheese & Tomato**  
with fresh basil R65**Cheese & Bacon** R68**Smashed Avocado** with lime salsa R65**Caprese**  
with tomato, mozzarella & basil pesto R70**Ham, Cheese & Tomato** R68**Mushrooms & Poached Egg** R83**Salmon & Avocado** with tomato salsa R93



## LUNCH, BRUNCH & DINNER

(FROM 12PM)

### Soup (served with fresh ciabatta)

Butternut, Miso, Ginger & Lime	R75
Minestrone	R75
Curried Lentil, Tomato & Coconut	R75
Starter Portions	R54

### 180g Steak Sandwich

with thick cut chips, sauce hollandaise, BBQ or house ketchup	R139
add stirfried vegetables	+R20

### Quiche & Salad

Bacon	R75
Spinach & Feta	R75

### Grilled Cajun Chicken Breast

with stirfried vegetables	R80
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### Panini (Ciabatta Sandwiches)

#### Italo's Panini

Italian Mozzarella, marinated peepers, caramelised onions, roast tomatoes, chargrilled artichokes & pesto mayo	R97
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#### Peggy's Panini

Roast beef, carpaccio mayo, caramelised onions & rocket	R90
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#### Luca's Panini

Herbed chicken breast, aioli, chargrilled artichokes & rocket	R85
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#### Porchetta Panini

Umbrian style slow roasted pulled pork, caper mayonnaise & caramelised onions	R90
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## SALADS

### Burrata Salad

imported burrata on a bed of zucchini ribbons, roasted rosa tomatoes, topped with pesto & roasted pine nuts	R145
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### Caesar Salad

the vegetarian classic	R90
add Bacon or Avo or Chicken	+R20

### Smoked Salmon & Avocado

horseradish crème, egg, beet shavings, pickled cucumber, caper berries, green beans & seeds	R124
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### Quinoa Health Bowl

tender stem greens, baby corn, roasted seeds & avo	R105
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### Nourish Bowl

green herb quinoa, toasted seeds, chickpea, butternut, feta, grilled corn, broccoli & mint yoghurt	R98
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### Cajun Chicken

baby leaves, tomatoes, roasted peppers, pumpkin and sesame seeds, baby marrow, goats cheese & butternut	R98
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### Tonna Insalata

tuna, mixed leaf salad, peppers, tomatoes, cannell beans, cucumber & red onion	R89
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## WRAPS

<b>Quinoa Wrap</b> tender stem greens, baby corn, roasted seeds & avo	R92
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<b>Nourish Wrap</b> green herb quinoa, roasted seeds, chickpea, butternut, feta, grilled corn, broccoli & mint yoghurt	R92
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<b>Chicken Wrap</b>	R78
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<b>Egg, Tomato &amp; Bacon</b>	R78
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PASTA		DESSERT	
<b>Penne Vesuvio</b>		<b>Italo's Brownie</b>	R35
slow cooked Neapolitana sauce,		add ice cream	+R10
rocket, pesto, chilli & parmesan	R128 R85	<b>Florentine</b>	R40
<b>Penne Carbonara</b>	R128 R85	<b>Italo's Millionaires Shortbread</b>	R38
<b>Spinach &amp; Ricotta Ravioli</b>		<b>Italo's Carrot Cake Slice</b>	R48
with creamy tomato & basil sauce	R128 R85	<b>Italo's Cheese Cake Slice</b>	R54
<b>Penne Salsiccia</b>		<b>Scone</b>	R35
with spicy italian sausage sauce	R105 R79	with jam & cream	R58
<b>Pasta Alfredo</b>		<b>Dom Pedro</b>	R58
with cream & mushrooms	R105 R79		
<b>Beef Lasagne</b>			
with side salad	R115		
<b>Aubergine Parmigiana</b>			
with side salad	R105		

PIZZA			
(GRANDE 30CM   SIGNORITA 20CM)			
<b>Margherita</b>		<b>Exotic Funghi</b>	
Napolitana Sauce & Mozzarella	R85 R60	Mixed Mushrooms, Caramelised	
<b>Regina</b>		Onions & Thyme	R128 R108
Ham, Mushroom & Mozzarella	R120 R100	<b>Siciliano</b>	
<b>Melanzane di Parmigiana</b>		Anchovies, Capers, Olives,	
Grilled Aubergine, Tomatoes,		Mozzarella, Tomatoes & Rocket	R128 R108
Parmesan & Basil	R128 R108	<b>BBQ Chicken</b>	
<b>Salami</b>		Napolitana Sauce, Mozzarella,	
Salami, Feta, Pepperdews &		Pineapple, Chicken & Caramelised	
Mozzarella	R128 R108	Onions	R120 R100
<b>Italian Sausage</b>		<b>Hawaii</b>	
Roasted Mixed Peppers, Fresh		Napolitana Sauce, Mozzarella, Ham	
Tomatoes, Sausage Meat & Basil	R128 R108	& Pineapple	R120 R100
<b>Buffalo Mozzarella</b>		<b>Porchetta</b>	
Italian Mozzarella, Tomatoes & Basil	R128 R108	Napolitana Sauce, Mozzarella,	
<b>Quattro Stagioni</b>		Jalapeno, Pineapple & Pork Belly	R128 R108
Chargrilled Artichokes, Mushrooms,		<b>Parma Ham</b>	
Mozzarella, Olives & Ham	R128 R108	Napolitana Sauce, Mozzarella,	
<b>Butternut</b>		Parma Ham, Parmesan Shavings &	
Caramelised Onions, Avo, Feta,		Rocket	R128 R108
Rocket & Butternut	R125 R105	<b>Bacon &amp; Avo</b>	
<b>Additional Toppings</b>		Napolitana Sauce, Bacon, Feta &	
Cheddar, Feta, Capers, Chili,		Avocado	R128 R108
Caramelised Onions, Cherry Tomatoes,			
Garlic, Mushrooms, Olives, Rocket,			
Pineapple, Avo, Basil Pesto, Mozzarella	R20		
Salami, Ham, Anchovies, Grilled			
Aubergine, Bacon, Chargrilled			
Artichokes	R25		





# HOT BEVERAGES

<b>Espresso</b>	R24 R28	<b>Red Espresso</b>	R35
<b>Americano</b>	R28	<b>Red Cappuccino</b>	R38
<b>Flat White</b>	R29 R32	<b>Red Latte</b>	R38
<b>Cortado</b>	R30 R32	<b>Red Chai Latte</b>	R38
<b>Latte Macchiato</b>	R32 R35	<b>Ginsang hot   iced</b>	R35
<b>Mokkachino</b>	R35	<b>Iced Coffee</b>	R48
<b>Dirty Chai</b>	R38		
<b>Hazelnut Latte</b>	R38		
<b>Hot Chocolate</b>	R32		
<b>Nutella Hot Chocolate</b>	R38		
<b>Chai Latte</b>	R32		
<b>Almond, Soy or Oat Milk</b>	+R9		
<b>Pot of Tea</b>			
Ceylon   Earl Grey   Rooibos			
English Breakfast	R28 R32		
<b>Loose Leaf Tea</b>			
Japanese Green Sencha   Peppermint			
Leaves   Wild Forest Berry Infusion			
Pear & Cinnamon	R32		



## MONDAY

### PIZZA SPECIAL

**AFTER - WORK - PIZZA SPECIAL:**

**ALL PIZZAS ONLY R100**

**AVAILABLE FOR SIT-DOWN AND TAKE-AWAY**

**FROM 4PM - 9PM**

## WINE ON THE HOUSE

### WEDNESDAY

**ORDER TWO MAINS (PIZZA, PASTA, SALAD)**

**FOR 2 PEOPLE AND GET 2 GLASSES OF**

**ITALO'S HOUSE WINE FOR FREE**

**SIT-DOWN ONLY | FROM 5PM**



SINCE JUNE 2023 ITALO'S CO-OPERATES WITH "CHEESE GOURMET" FROM LINDEN IN JOHANNESBURG.

JO AND BRIAN DICK ARE UNDOUBTEDLY THE COUNTRIES TOP EXPERTS IN EVERYTHING TO DO WITH CHEESE. MOST ESPECIALLY THEY ARE PARTICULARLY SPECIALISED IN SOUTH AFRICAN CHEESES WITH WIDE RANGING CONTACTS AND AN AMAZING NETWORK TO CHEESE MAKERS ALL OVER THE COUNTRY.

WHAT BETTER PEOPLE TO BRING INTO NEWLANDS AND CAPE TOWN?!

TOGETHER WITH CLAUDINE THEY WILL BE ABLE TO SERVE YOU AND ADVISE YOU AT THE FOLLOWING TIMES IN OUR NEW BESPOKE "CHEESE GOURMET @ITALO'S" SECTION

**MONDAY CLOSED**

**TUESDAY - FRIDAY 9AM - 6PM**

**SATURDAY - SUNDAY 9AM - 2PM**