

MENU



WELCOME, WE HOPE YOU ARE HUNGRY AND APPRECIATE GOOD FOOD! LET'S START WITH

...

*WHICH BASE WOULD YOU LIKE, ... ?
YOU MAY WANT ...*

AUTHENTIC TRADITIONAL BASE - HAND ROLLED (R15,00)

THIN CRUSTY AERATED BASE (R10,00) or the

CALZONE STYLE (PIZZA FOLDED IN HALF WITH HERBS & SPECIAL OILS- R12,00)

(All bases are 30cm)

TRADITIONAL PIZZA

OLD FAITHFUL MARGHERITA - R 110,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, with a few Basil Leaves and Italian Spices to give it that authentic Italian taste.

RIGHTFULLY SO REGINA - R 135,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, ontop of this find your freshly oven grilled mushrooms with chunks of ham with a few Basil Leaves to give it that authentic Italian taste. Our Basil grows right here in our kitchen - fresh leaves are snipped off just before your pizza is served/or boxed.

PINEAPPLE HAWAIIAN SURPRISE - R 135,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, generous pieces of pineapple with large amounts of chunky ham cuts with a few Basil Leaves to give it that authentic Italian taste, freshly grown here in our kitchen.





SALAMI DE LUX – R145,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, covered in slices of dried fermented Imported Italian Salami - accompanied with locally produced sweet piquanté peppers (red peppadews) and imported green Polli Pitted Produce Olives in Brine.

SOMETHING FISHY – R155,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, Imported Polli Capperrri Italian, (capers in wine vinegar) and sprinkled with pieces of baby fillets of Moroccan Anchovy, decorated with Velha Mediterranean Calamata dark pitted olives or Green Polli Pitted Produce Olives in Brine (whichever is in stock). We might finish this off with a bit of Basil/from our Freshly Grown Counter Pot - Chives or Rocket (depending which is available for the day).

CHEF BAGGOTT'S GOURMET PIZZA

CHORIZO GOLDEN COINS – R170,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, covered in slices of spicy dry cured imported Spanish chorizo coins - with red onions or spring onions from our garden. Topped with Greens of the Day (could be rocket - basil or cilantro sprigs).

ALL CHEESED-UP – R155,00

30CM Authentic Pizza Base hand stretched with Green Basil Chef's Delight Secret, Home Made Relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, With grated Cheddar Cheese + Sweet Milk Cheese (local produce) - crumbled Feta with slices of either white or red onion and Home grown Basil on top.

WETSUITS & BIKINI'S – R185,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, Fresh Garlic and Chilli from our garden, with imported Polli Brand Carciofi alla Contandina Sottolio (Artichokes preserved in oil and Italian seasoning), followed by another prime Imported vegetable which is the Melazane a Filetti = Aubergine cuts into Fillets - your pizza is also covered in locally organic grown mushrooms, yellow corn and Sweet local red peppadews - Sprinkled with Parmigiano Reggiano.

SPECIAL MEAT PIZZAS

CHICKEN GOURMET – R165,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, Free range Cajun Spiced Chicken with local grown fresh mushrooms, topped with a Medley of oven baked - Green - Red & Yellow Freshly baked Bell Peppers - with handpicked Pot Grown Basil leaves from our Kitchen.



MINCE DELIGHT GOURMET – R165,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, covered in Lean Beef Savoury Mince either red or white onions topped with a Medley of oven baked - Green - Red & Yellow Freshly cooked Bell Peppers.

BACON SUPREME GOURMET

-R165,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, Crispy Streaky local bacon pieces, with large dollops of Feta - with freshly sliced Avocado Pear when in season alternatively Banana slices.

CARNIVOROUS GOURMET - R195,00

30CM Authentic Pizza Base hand stretched with Napolitana Chef's Delight Tomato, imported Ciao Pomodori Pelati relish, smothered in Puglia's Award Winning Fior Di Latte Cheese, constructed with crispy bacon - pulled beef - savoury mince - Imported Spanish Chorizo sausage, topped with either red, white or spring onion.

FLAT BREADS

GARLIC- R60,00

30CM Authentic Flat Bread smothered in Imported Olive Oil from the Tuscany region of Italy & Home Grown Garlic.

GARLIC & CHILLI – R70,00

30CM Authentic Flat Bread smothered in Olive Oil imported from Umbria/Italy - Garlic & Chilli both organic home grown.

FETA & ROSEMARY – R95,00

30CM Authentic Flat Bread smothered in Olive Oil from Puglia same region where the crumbed Tangy Puglia Feta originates from with Fresh Home Grown Rosemary with its woody and resinous notes with Sprinkles of Parmigiano Reggiano, balances this combination of flavours perfectly for you to enjoy a herbal-infused Mediterranean flat bread the Italian way.

TAKE-AWAY SIDES

CHILLI = R15,00

GARLIC = R15,00

PARMESAN – R20,00

GREEN SALAD – R45,00

CUCUMBER, TOMATO, LETTUCE, ONIONS, FETA, OLIVES & SOME EXTRA

ADD TOPPINGS TO YOUR PIZZA

MEATS & FISH

Imported***



R35,00	SAVOURY MINCE
R35,00	CAJUN CHICKEN
R35,00	HAM
R45,00	SPANISH CHORIZO
R30,00	BACON
R45,00	ITALIAN SALAMI***
R40,00	MOROCCAN ANCHOVY***

VEGETABLES & FRUIT

Imported***

R40,00	ARTICHOKES***
R40,00	AUBERGINES***

R25,00	MUSHROOMS
R25,00	WHITE ONIONS
R25,00	RED ONIONS
R25,00	SPRING ONIONS
R30,00	BELL PEPPERS
R30,00	SWEET PIQUANTÉ PEPPERS
R30,00	AVOCADO PEAR
R35,00	FIG (if in season)
	PINEAPPLE
R15,00	BANANA (if available)
R30,00	CALAMATA PITTED OLIVES***
R30,00	GREEN PITTED IMPORTED ITALIAN OLIVES***
R20,00	CORN (Yellow SA Mielie)
R30,00	ITALIAN IMPORTED CAPERS***
R15,00	ORGANIC GARLIC
R15,00	ORGANIC CHILLI
R15,00	ORGANIC BASIL
R15,00	ORGANIC ROCKET
R15,00	ORGANIC ROSEMARY

WHITE CHEESE

R55,00	FIOR DE LATTE
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OTHER CHEESES

R50,00	FRENCH IMPORTED BRIE***
R45,00	FETA DI PECORA ITALIANO***
R35,00	LOCALLY PRODUCED GOUDA
R35,00	LOCALLY PRODUCED CHEDDAR
R50,00	PARMIGIANO REGGIANO***



ITALIAN FAVOURITE MEALS

LEAN BEEF MINCE LASAGNE – R145,00

WITH A SIDE OF PARMESAN CHEESE

Minced Beef cooked and prepared by our chef, dished in layers with pasta and béchamel sauce (cheese ricotta, mozzarella and grated parmesan). Not like your momma made it; just better!

SLOW COOKED RED WINE OXTAIL - CODA ALLA VACCINARA – R195,00

ON A BED OF BASMATI RICE WITH A SIDE OF GREEN CHILLI & SALSA

Our Speciality slowly cooked oxtail in a red wine sauce, nice and thick, tasty, hearty and healthy comes with veg and potatoes - a good winters' meal to fill you up - the meat will fall off the bone and you can suck those bones to get to the marrow, it's a take away after all you can make a noise ! No you not getting our recipe !

PASTA BOLOGNAISE WITH PARMIGIANA ALL THE WAY FROM NORTHERN EMILIA-ROMAGNA – R155,00

ON A BED OF PASTA WITH SIDES OF CHILLI AND PARMESAN

Lean beef mince cooked in our imported tomato base and Imported canned Italian tomatoes - plenty of flavours combined are added for a perfect bolognese - onions - celery etc., (recipe withheld) on a bed of al dente pasta and a side of parmigiano cheese. "Che delizioso pasto" !

LAZIO BACON CARBONARA – R145,00

PASTA MAY DIFFER FROM AL DENTE SPAGHETTI TO AL DENTE FETTUCCINE OR OTHER AL DENTE PASTA WITH A SIDE OF CHILLIES

Traditional Carbonara with spaghetti or fettuccini, eggs, pecorino romano cheese, bacon , black pepper in a secret cream base sauce. "Questo pasto è fantastico" !

CHEF'S WINTER WARMERS

GREEN THAI CURRY WITH BASMATI RICE – R160,00

AND CILANTRO SPRIGS

Ingredient chicken strips - coconut milk - green Thai curry - chillies - flat green beans - lemon grass and the rest is a secret you'll come begging for more !

RED BEEF CURRY WITH BASMATI RICE – R190,00

WITH SALSA & MORE CHILLY IF YOU WANT IT REALLY HOT

Curry Beef and Potato and some other ingredients all in a magic sauce unlike you've ever had - you'll be back for more ! Nice & Spicy to build up a light glow.

SPECIALITÀ DEL CIBO DA STRADA (EVERYDAY STREET SPECIALS)

CARNE AL TAGLIO - FOLDED 4 WAYS

FLATBREAD/MINCE/ SALADS/CHEESE

EACH R140,00 OR 2 FOR R200,00

FAGIOLI AL TRANCIO - FOLDED 4 WAYS

FLATBREAD/BEANS/ SALADS/CHEESE

EACH R120,00 PR 2 FOR R180,00



BEVERAGES & WATER

COKE ORIGINAL	1 LITRE	R35,00
COKE CAN ORIGINAL	300ML	R25,00
STONEY GINGER-BEER CAN	300ML	R25,00
SPRITE CAN	300ML	R25,00
Coffee and Tea		On Breakfast Menu
CAPPY SPARKLING CAN	300ML	R35,00
WATER BON AQUA SPORTS CAP	750ML	R20,00
SPRINGWATER SPARKLING/ VALPRÉ	1 LITRE	R25,00
RED GRAPETISER CAN	300ML	R35,00 If in stock
FRESH JUICE PER GLASS – On Tap	BREAKFAST PUNCH	R30,00
FRESH JUICE PER GLASS – On Tap	ORANGE	R30,00

CIGARETTES 20'S – R100,00

- WINSTON
- RED ROTHMANS
- BLUE ROTHMANS
- RED PALL MALL
- BLUE PALL MALL
- CHESTERFIELD
- (ENQUIRE ABOUT OUR VAPES THEY ARE R300,00 EACH VARIOUS FLAVOURS)

RIZLA - KING SIZE - R40,00
RIZLA - MEDIUM SIZE - R30,00

You may only Smoke outside, we are 420 Friendly !

CARD PAYMENTS ONLY

For those of you whom have had one too many, please enquire if we have available accommodation. www.capecapsules.co.za

THANK YOU FOR YOUR VALUED SUPPORT !