

Breakfast Strictly till 11 am

Bread choices: white/brown/stone ground white/40% rye sour dough

Sunrise 42

2 Slices back bacon rashers, one egg, fried tomato, one slice toast

English Breakfast 59

3 Slices back bacon rashers, two eggs, fresh tomato, grilled mushrooms, chips, toast

French Toast (2 Slices)

With honey & mozzarella 42 With fig & blue cheese ... 59

Toast (2 Slices)

With jam or anchovy paste or marmite 30 Add cheese 15

Breakfast Ciabatta: The following toppings on half a ciabatta roll served with slices of fresh tomato topped with basil pesto & chips.

- Grilled back bacon, fried mushrooms, caramelised onions & scrambled egg 60
- Smoked salmon slices, cottage cheese, basil pesto, rocket & *avo 95
- Bolognese mince, scrambled egg, cheddar cheese & spring onions 82
- Parma ham, green figs, brie cheese, rocket & walnuts 95
- Caramelised chicken, peppadew, cheddar cheese & *avo 65

Health Breakfast 65

Fresh fruit salad, muesli, yoghurt & honey served with toasted ciabatta bread

Light Meals Till 5 pm

Paninis

Toasted ciabatta bread rolls served with chips and a small salad

- Tomato, mozzarella, herbs, alioli (garlic and herb mayo)..... 49
- Fried mushrooms, roasted peppers, onion, tomato, mozzarella 65
- Caramelised chicken strips, tomato, mozzarella 75
- Caramelised chicken strips, bacon, cheddar cheese 79
- Brie cheese, salami, olives 79
- Parma ham, pecorino cheese, tomato, basil pesto 85

Beef Burger 105 **Chicken Burger** 95

Homemade beef patty or chicken fillet served on a toasted panini roll with our special burger sauce served with chips and salad

Fish & Chips 95

Crispy beer battered hake fillets with a garlic and herb mayo

* in season

WILDERNESS

Pomodoro
INSPIRED ITALIAN FOOD

044 877 1403

Menu





Primi

Focaccia	50
With garlic and herbs OR feta and herbs OR garlic, feta and herbs	
Pomodoro Focaccia	75
Garlic or feta focaccia with fresh tomato and basil pesto	
Mozzarella Focaccia	65
Garlic, mozzarella and herbs	
Capo Focaccia	90
Garlic or feta focaccia with gorgonzola and parma ham	
Pomodoro Fillet Strips	60
Fillet strips with garlic and chilli in a creamy tomato sauce. Served with a focaccia.	
Fegato	60
Chicken livers with garlic and chilli in a creamy tomato sauce. Served with focaccia	
Wood Roasted Mushroom	60
Topped with mozzarella, *goats cheese, caramelised onion and herbs, baked in the pizza oven. Served with a green salad	
Smoked Salmon & Hake Fishcakes	80
Served with red pepper pesto, lemon and a green salad	
Garlic Butter Snails	69
Gorgonzola Snails	72
Meat & Cheese Platter	125
Parma ham, salami, ham, brie, gorgonzola, pecorino, preserved vegetables, olives. Served with crostinis	

Insalate

	Single	Table
Mixed Italian Salad	60	95
Tomato, peppers, onion, cucumber, carrot, olives, pecorino cheese and salad greens		
Apple, Gorgonzola, Toasted Nuts & Rocket Salad	75	105
Pomodoro Salad	75	105
Tomato, cucumber, artichokes, capers, *avo, chickpeas, toasted seeds and chopped lettuce		
Caramelised Chicken Salad	95	125
Balsamic and caramel syrup chicken strips with artichokes, feta, *avo, rocket, toasted seeds, sun-dried tomatoes and salad greens		
Filetto Sorpresa	105	130
Fillet strips with caramelised onion, tomato, chilli, cucumber, artichokes, chickpeas, toasted seeds, chopped lettuce		

* in season

Pizza

Available from 11am
complimentary Chilli & Garlic

Any pizza is also available in **medium size**, accompanied by a mixed salad with olives and feta at the same price. **Gluten free add R20**

Margherita cheese and tomato	65
Regina ham and mushrooms	76
Hawaiian ham and pineapple	76
Romana salami, green pepper and garlic	76
Peppe salami, mushrooms and feta	82
Alla Mama bacon, banana, onion, chilli and garlic	90
Gondola caramelised onions, salami, olives and feta (no tomato base)	95
La Nonna caramelised chicken strips, mushrooms and roasted peppers	95
Legumi roasted peppers, sun-dried tomatoes, butternut, feta and rocket	95
Amore bacon, feta and *avo	105
Vegetariano basil pesto base, spinach, onion, garlic, tomato, feta cheese, toasted seeds	105
Pollo caramelised chicken strips, peppadew, feta, ...	105
Siciliana anchovies, olives, pecorino cheese and capers (for the salt lover)	125
Del Cuoco salami, parma ham and olives	125
Mexicana beef mince, chilli, peppers, cream cheese and *avo	130
Neptune mussels, prawns and hake(mussels and prawns in shell for taste)	130
Parma parma ham, feta and fresh rocket	130
Prezzo parma ham, mushrooms and artichokes	130
Quattro Stagioni parma ham, mushroom, olives and asparagus	130
Miss Piggy salami, bacon, caramelised chicken strips.....	130
Sorpreso fillet strips, roasted peppers, tomato, chilli, caramelised onions, garlic	130
Fico parma ham, preserved green figs and brie cheese (no tomato base)	140
Calzone Folded tomato sauce, parma ham, artichokes, olives, mozzarella and herbs	130

Extra Toppings & Fillings

R18 banana butternut fresh tomato green pepper onion	R20 asparagus capers feta mushrooms olives peppadew pineapple rocket leaves spinach	R27 artichokes bacon cream cheese ham roasted peppers sundried tomatoes	R28 avo * brie gorgonzola mozzarella pecorino	R33 basil pesto caramelised chicken prawn meat preserved figs red pepper pesto salami	R42 anchovies R68 seafood mix R68 fillet strips
			R39 bolognaise parma ham		

All speciality Italian ingredients and flour are imported.
* in season





Pasta

Imported Italian durum wheat semolina pasta (Grano Duro)
Gluten free add R20 (when available)

Regular Large

Pomodoro	60	76
Tomato, garlic, herbs and lots of patience		
Arrabbiata	60	76
Tomato, herbs and chilli		
Boscaiola	76	98
Mushrooms, artichokes and chickpeas in a creamy tomato sauce		
Zucca	76	98
Roasted butternut, basil pesto and caramelised onion in a cream & herb sauce		
Pesto	76	98
Basil, garlic, nuts, parmesan and olive oil sauce		
Alfredo	76	98
Bacon and mushrooms in a creamy sauce		
Chicken Liver	76	98
Chicken livers, garlic and chilli in a creamy tomato sauce		
Bolognaise	85	105
Traditional minced beef, tomato, herbs and red wine sauce		
Puttanesca	85	105
Anchovies, garlic, chilli, capers, tomato and olives (for the salt lover)		
Gorgonzola	85	105
Bacon, creamy Italian blue cheese sauce and topped with pangrattata		
Brandied Prawns	-	115
Prawn meat out of the shell, spring onions, basil pesto in a brandy, white wine & tomato sauce		
Pollo	85	105
Chicken strips, roasted peppers, mushrooms and our Pomodoro sauce		
Filetto Sorpreso	98	120
Fillet, caramelised onion, mushroom, garlic, herbs, roasted pepper, Pomodoro sauce, white sauce, chilli		
Salmone	-	150
Smoked salmon, peas, asparagus, fresh herbs & a creamy cheese sauce		
Frutti di Mare	-	130
Mussels, prawns, and hake - in a creamy tomato and white wine sauce (mussels and prawns in shell for taste)		

Speciality Dishes (Handmade)

Ravioli (ask about our selection)	115
Beef Lasagna	125
A classic Italian dish made with layers of pasta sheets, bolognaise, white sauce and cheese	
Gnocchi	110
With Gorgonzola or Bolognaise sauce	

Piatti di Carne

All meat dishes are served with grilled polenta or potato wedges or mashed potatoes and seasonal vegetables

Cotoletta di Pollo	98
Crumbed chicken fillet served with a lemon wedge	
Pollo alla Parmigiana	105
Crumbed, flattened chicken fillet served on a bed of tagliatelle in a slow cooked tomato sauce covered in melted mozzarella & parmigiano	
Chicken Cacciatora	115
Grilled chicken thigh steak with a bacon, mushroom, white wine & tomato sauce	
Cotoletta al Funghi	150
Crumbed chicken fillet topped with sliced, grilled brown mushrooms served on a mushroom & sherry sauce	
Rump 350g	195
Topped with garlic, fennel and caper butter	
Agnello Siciliana	170
Lamb chops served with mash, topped with cherry tomato, olives, red wine sauce	
Saltimbocca alla Romana	160
Veal escalopes dusted in flour topped with parma ham and sage in a butter & white wine sauce	
Bistecca alla Fiorentina	195
500g T-bone grilled to perfection. Topped with garlic, fennel and caper butter	
Lamb Shank Arrosto	210
Slow roasted in our pizza oven in red wine with its succulent cooking juices	
Grilled Beef Fillet	200g 195
Served with back bacon, grilled	
brie cheese and *avo	300g 205
Grilled Beef Fillet	200g 180
Served with Madagascan green peppercorn,	
bacon, mushroom & cream sauce	300g 195

Sauces

Mushroom & sherry, Black pepper & brandy, Garlic butter, Gorgonzola sauce

Piatti di Pesce

All fish dishes are served with grilled polenta or potato wedges or mashed potatoes and seasonal vegetables

Gamberi Siciliana	150
Succulent pan-fried prawns in a fennel, garlic & caper butter sauce	
Hake Erbette	125
Fillet of hake baked with parsley, lemon, garlic & pecorino crusting	

* gratuity of 10% will be added to tables of 8 or more, No split bills





Hi Fat, Low Carb

All served with your choice of two sides

- Garlic & sesame julienne zucchini
- Apple, pecorino, walnut and rocket salad
- Italian salad with lettuce, cucumber, tomato, green peppers, carrot, pecorino and olives
- Sweet potato chips (subject to availability*)
- Cauliflower mash

Grilled Beef Fillet	200g	195
Served with back bacon, grilled brie cheese and *avo	300g	205

Grilled Beef Fillet	200g	195
Served with Madagascan green peppercorn, bacon, mushroom & cream sauce	300g	205

Grilled T-Bone	500g	195
500g T-bone grilled to perfection. Topped with garlic, fennel and caper butter		

Grilled Deboned BBQ Chicken Thigh	135
Served with a bacon, mushroom, tomato & white wine sauce	

Grilled Chicken Fillet	140
Served on a creamy mushroom & sherry sauce topped with grilled brown mushrooms	

Lamb Shank Arrosto	210
Slow roasted in our pizza oven in red wine with its succulent cooking juices	

Prawns	160
Pan fried in a fennel, garlic & caper butter sauce	

Grilled Hake	130
Served with parsley, lemon garlic & pecorino crust	

Bambino

Pasta	50
--------------------	-----------

Bolognaise Beef mince, garlic & red wine

Alfredo Bacon, mushroom & cream

Pomodoro Slow cooked tomato, garlic & herbs

Gluten free Add (subject to availability)	10
--	-----------

Pizza	65
--------------------	-----------

Hawaiian Ham and pineapple

Regina Ham and mushroom

Tropical Bacon and banana

Salami Salami

Gluten free Add (subject to availability)	20
--	-----------

Crumbed chicken fingers with chips	45
---	-----------

Juice Orange juice	15
---------------------------------	-----------

Fruit Shake	18
--------------------------	-----------

Milkshake Strawberry, lime, banana, bubblegum, chocolate, milo	18
---	-----------

Ice Cream	18
------------------------	-----------

Ice cream served with chocolate sauce (1 scoop)

Dolci

Gelato Italiano (Italian ice cream)	One scoop.....	28
ask your waitron for flavours of the day	Two scoops.....	47
	Three scoops...	65
Panna Cotta a Limoncello		52
Decadent cooked cream dessert with home-made lemon liqueur		
Waffle		52
With syrup and ice cream		
Cheesecake		62
Regular or chocolate served with ice cream (when available)		
Tiramisu <i>'Pick me up'</i>		60
Decadent Italian classic		
Chocolate Semifreddo		57
A truly indulgent chocolate & toasted nut frozen dessert		
Chocolate Brownie		52
Served with ice cream		
Italian Kisses		50
A choice of pistachio or amarula flavour	S	D
Dom Pedro Single or Double	46	66
Amarula, Cape Velvet, Kahlúa, Whisky, Frangelico or Limoncello		
Irish Coffee Single or Double	46	66
Cape Velvet, Kahlúa, Jameson or Frangelico		

Hot Beverages



Coffee (Caffé Lungo)	20
A long shot Lavazza espresso to fill the cup	
De-caff Coffee (De-caff Caffé Lungo)	22
A long shot de-caff Lavazza espresso to fill the cup	
Espresso	19
Short fragrant Lavazza espresso with thick golden crema	
Double Espresso	26
Double shot of fragrant Lavazza espresso with thick golden crema	
Cappuccino	24
Double shot	32
Layered Lavazza espresso with silky steamed textured milk	
De-Caff Cappuccino	26
Layers of de-caff Lavazza espresso with silky steamed textured milk	
Caffé Mocha	29
Lavazza espresso topped with steamed textured milk, a touch of milk foam and delicious hot chocolate	
Caffé Latté	29
Lavazza espresso topped with silky steamed textured milk and a touch of milk foam	
Red Cappuccino	27
The original South African Rooibos espresso with silky steamed textured milk	
Tea	
Five Roses, Earl Grey, Rooibos	17
Hot Chocolate / Milo	30

