



STORIES FROM  
— THE —  
**COLCACCHIO**  
KITCHEN

DOWNLOADED MENU

# BREAKFAST

Served until 12pm.

## BUILD YOUR OWN

**scrambled or poached  
eggs with toast 30**

roasted cherry tomato **13**

wilted spinach **15**

roasted mushroom **22**

avo **22**

chicken macon **22**

emmenthaler **22**

**vessillo 59**

scrambled eggs, chicken  
macon, rocket, emmenthaler

ADD : AVO 22

**sontuoso 120** 

scrambled eggs, smoked  
salmon trout, ricotta, avo,  
sesame seeds

**FILLED CROISSANT**

**continentale 55**

chicken macon, emmenthaler

**terra 69** 

spicy chicken livers, italian-style  
hard cheese

**fuerte 74**

chicken macon, scrambled eggs, avo

**tritare 78**



bolognaise, cheddar, topped  
with crispy onions

# LIGHT MEALS

Smaller portions served until 4pm.

## PIADINE WRAP

toasted thin italian flatbread in a wrap.

**allegro 65**  

greens, roasted beetroot, roasted  
butternut, crispy onion, pomegranate  
arils, feta, green yoghurt dressing

ADD : SEASONED CHICKEN 25 . TUNA 36

**fratellino 65**  

greens, julienned carrots,  
cranberries, edamame beans,  
sesame seeds, almond flakes,  
red onion, coriander, oriental dressing

ADD : SEASONED CHICKEN 25

**abruzzo 65**  

greens, cucumber, avo, corn, cherry  
tomatoes, carrots, sunflower & sesame  
seeds, peppadew™ piquanté peppers,  
lemon oil

ADD : SEASONED CHICKEN 25 . TUNA 36

## TOASTED PIADINE

thin italian flatbread, folded and toasted.

**makhani 75** 

butter chicken, crispy onions,  
galbani fior di latte mozzarella

## SALAD

**allentante 50**  

lettuce, roasted butternut,  
cranberries, basil, croutons, sesame  
seeds, cucumber, vinaigrette

**cambiato 50** 

lettuce, grilled baby marrow, carrot,  
grated mozzarella, egg, crispy onions,  
kinga's caesar dressing

**lenticchie 55**  

lentils, red pepper, spring onion,  
cherry tomatoes, cucumber, coriander,  
green yoghurt dressing

**m's salad pizza bowl 99** 

lettuce, tomato, carrots, cucumber,  
onion, avo, vinaigrette, sunflower  
seeds served in a pizza dough bowl

## PASTA

**salubre 60** 

linguini with pomodoro sauce,  
butternut, feta, pumpkin seed praline,  
caramelised seeds

**lussuoso 60** 

linguini with pomodoro sauce, cream,  
mushroom, basil

## PIZZA

**pulsante 60** 

mushroom, caramelised onion

**pepperoni 60**

classic pepperoni

**mostarda 65**

chicken, crispy onion, mustard mayo

## MENU INSTRUCTIONS

\*contains animal by-product



**NEW**

staying ahead  
of trends



**VEGAN**



**CARB CONSCIOUS**



**VEGETARIAN**



**CHILLI**

from fragrant  
to spicy



**VITALITY**

**HEALTHY DINING**

You are welcome to create your own pizza or salad. Any substitutions to menu items are subject to additional costs. **Our food is prepared in a kitchen that uses nuts, wheat, gluten, shellfish, lactose, eggs and seeds and our olives may contain pits.** Please note not all ingredients are listed. We do not add a service charge unless you're a party of 7 or more. Cash, debit or credit cards welcome. Cheques are regrettably not accepted. Menu images shown are for illustration purposes only. Actual product may vary. Tableware not included. Creative license used in the styling of images. E&OE.

# ANTIPASTI

## pizza bread 42

[no mozzarella]

garlic, olive oil, herbs

## mini garlic or herb 30

## mini feta & onion 40

## fegatini di pollo 69

spicy chicken livers served with ciabatta

## melanzane 89

galbani fior di latte mozzarella, brinjal, italian-style hard cheese, pomodoro sauce

## beef carpaccio 89

beef carpaccio, rocket, italian-style hard cheese, black pepper, home-made dressing


## vegetariano antipasto 99

artichokes, baby marrow, roasted red pepper, tomato, olives, galbani fior di latte mozzarella, mini herb bread

## piatto di fresco 135

smoked salmon trout, ricotta, avo, cucumber ribbons, herbs, sesame seeds, citrus wedges, citrus dressing

# INSALATA

 Vitality HealthyDining: avo add R22, chicken add R25

## pizza dough bowl 25

have your favourite salad served in our new delicious pizza dough bowl

## greek 65 | side 45

lettuce, cherry tomatoes, olives, feta, onion, cucumber

## caesar 70

cos lettuce, croutons, egg, italian-style hard cheese, kinga's caesar dressing

ADD : CHICKEN MACON 18 . SEASONED CHICKEN 25

ITALIAN ANCHOVY 32

## green salad 80 | side 49

lettuce, baby spinach, artichokes, cucumber, sprouts, avo, mushroom, spring onion

ADD : ITALIAN-STYLE HARD CHEESE 22 . ITALIAN ANCHOVY 32

## pera 80

lettuce, rocket, caramelised pear, cucumber, avo, caramelised seeds, shallot dressing

ADD : ITALIAN-STYLE HARD CHEESE 22 . ITALIAN ANCHOVY 32

## san siro 80

chopped lettuce, cucumber, avo, cherry tomatoes, corn, carrots, sunflower seeds, sesame seeds, peppadew™ piquanté peppers

ADD : SEASONED CHICKEN 25

## cranbeet 80

lettuce, spiralized beetroot, spiralized carrots, zucchini, corn, cranberries, pumpkin seeds, sweet potato strings, seed dressing

ADD : VEGAN NUT BASED PARMESAN 15

## sorrento 85

lettuce, roasted butternut, roasted red pepper, grilled baby marrow, pumpkin seeds, basil, spicy seed brittle, sweet potato strings, ranch dressing

## mandarin 89

lettuce, coriander, corn, cashew nuts, orange segments, sprouts, spring onion, sesame seeds, oriental dressing

## caprese 90

galbani fior di latte mozzarella, tomatoes, olives, basil, balsamic glaze

ADD AVO 22

## broccolo 90

rocket, broccoli, feta, avo, spring onion, sunflower seeds, poppy seeds, oriental dressing

ADD : CHICKEN MACON 18 . SEASONED CHICKEN 25

## giardino 90

lettuce, spinach, rocket, zucchini, broccoli, avo, egg, sesame seeds, truffle yuzu and creamy pesto dressings

## brioso 99

lettuce, rocket, roasted beetroot, green yoghurt dressing, feta, roasted butternut, butternut chips, crispy onion, pomegranate arils

ADD : SEASONED CHICKEN 25

## volatilia 105

lettuce, seasoned chicken, avo, balsamic roasted cherry tomatoes, croutons, grilled baby marrow, sesame seeds

ADD : RICOTTA 18

## wasabi-bee 105

lettuce, carrots, cucumber, avo, pickled red onion, radish, seasoned chicken, cashew nuts, wasabi balsamic glaze

## molto veg 99 | molto beef 125

lettuce, cherry tomatoes, spring onion, cashew nuts, coriander, avo, crispy onions, chilli, lemon olive oil dressing

## orientale 105

chicken, coriander, red onion, chopped lettuce, almond flakes, julienned carrots, cranberries, edamame beans, sesame seeds, oriental dressing

## cobb 105

cos lettuce, chicken, chicken macon, cherry tomatoes, avo, egg, ranch-style dressing, crispy onion

## avellino 105

lettuce, rocket, cucumber, seasoned chicken, mushroom, emmenthaler, pumpkin seeds, avo, sundried tomato

## chiaro 140

lettuce, rocket, smoked salmon trout [80g], avo, dill, spring onion, cherry tomatoes, crispy capers, pickled red onion

# INSALATA

## BUILD YOUR OWN

basic lettuce, cos, spinach 22  
rocket 25

dressing, basil, capers, carrots, onion,  
croutons, pears, cucumber, green  
pepper, sesame seeds, sunflower  
seeds, pumpkin seeds, spring onion 8

balsamic glaze 11

sundried tomato, fresh corn, egg, olives,  
caramelised pear, feta, roasted butternut,  
roasted beetroot 12

cherry tomatoes, edamame beans 15  
broccoli 16

artichokes, mushroom, ricotta,  
roasted red pepper, macon,  
chicken macon 18

pomegranate arils, asparagus, avo,  
peppadew™ piquanté peppers,  
emmenthaler, italian-style hard  
cheese 22

seasoned chicken 25

italian anchovy 32

tuna [170g] 36

smoked salmon trout [80g] 70

prawns de-shelled

# MAINS

Includes one side of your choice.

**pollo limone 120**

flattened chicken fillet with a creamy  
lemon sauce

**polpette 120**

beef meatballs served on sweet  
potato discs with caramelized onions  
and italian-style hard cheese

**coquinaria 120**

flattened chicken fillet with a creamy  
mustard sauce

**chicken milanese 125**

crumbed flattened chicken fillet  
with a creamy mustard sauce

**tagliata 195** 

sliced sirloin steak with a home-made tomato,  
garlic, chilli and olive oil tagliata sauce

**agnello 195**

lamb shank cooked in the pizza oven  
with fresh tomato, peppers, herbs

**filetto di manzo 215**

fillet steak served with a black  
peppercorn truffle infused sauce

## SIDES

steamed broccoli 30

side salad 35

mashed potato 30

roasted sweet potato 30

roasted sesame carrots 30

grilled baby marrow 35

# PASTA

Option of spaghetti, penne, linguini, gnocchi or zucchini. Gnocchi add R18, wheat free pasta add R15, zucchini add R18. All pasta and gnocchi available with any of our sauces (prices may vary).

**pomodoro 79** 

tomato, basil

**bolognese 98**

beef bolognese with italian-style  
hard cheese, garlic pangrattato

**spaghetti & meatballs 105**

tomato sauce

**home-made lasagna 105**

beef bolognese, béchamel sauce,  
italian-style hard cheese

**blu formaggi 105**

italian-style blue cheese sauce, chicken  
macon, garlic pangrattato, crispy onion

**spaghetti and vegballs 105** 

vegan vegballs, pomodoro sauce,  
vegan nut based parmesan

**the pollo 115**

seasoned chicken, mushroom, spring  
onion, pomodoro sauce, sour cream

**cielo 115**

basil pesto, cream, mushroom,  
baby spinach, cherry tomatoes,  
spring onion, italian-style hard cheese  
ADD : SEASONED CHICKEN 25

**crema di gamberi 120**

tomato sauce, cream, prawns,  
cherry tomatoes

**funghi bianco 120**

exotic mushrooms, cream, herbs,  
italian-style hard cheese

**spinach gnocchi 120**  

spinach gnocchi, pomodoro sauce,  
peppadew™ piquanté peppers,  
gremolata

**ragu di manzo 135**

slow-cooked, pulled beef short rib,  
italian-style hard cheese

# PIZZA

## BUILD YOUR OWN

**margherita 76**

**gluten free margherita 96**

**vegan margherita 95**

contains dairy-free nut based cheese

**cheezy margherita 90**

baby marrow, banana, basil, chilli, spinach, garlic, onion, roasted garlic, green pepper, thyme, fresh tomatoes, crispy onion, peri-peri, pumpkin seeds, rosemary, sesame seeds, spring onion, tandoori spice **8**

capers, rosso onion, feta, roasted beetroot, pineapple, rocket, roasted butternut, caramelised onion **12**

cherry tomatoes, olives, provolone, sundried tomato **15**

chicken macon, macon, artichokes, roasted red pepper, mushroom, **18**

smoked mozzarella, avo, asparagus, black mushroom, emmenthaler, pepperoni, peppadew™ piquanté peppers, \*italian-style hard cheese **22**

mozzarella half portion **14**

mozzarella full portion **28**


italian anchovy, brie, mature cheddar, galbani fior di latte mozzarella **32**

basil pesto, bolognaise **45**

smoked salmon trout [80g] **70**

prawns de-shelled [75g] **50** [150g] **100**

seasoned chicken **25**


 **Pizza Insalata:** medium-sized pizzas served with a side salad.


Our wheat and gluten free pizza bases are made from rice, maize flour, tapioca and xanthan gum and are yeast, sugar and egg free. Wheat and gluten free pizza base at an additional cost of R25 per pizza.

## CLASSIC

**margherita 76** 

tomato base, mozzarella, herbs

MARGHERITA INSALATA OPTION 

FORO OPTION (380 CAL) 

**vegan margherita 95** 

tomato base, herbs, dairy-free nut based cheese

VEGAN MARGHERITA INSALATA OPTION 

**cheezy margherita 90** 

tomato base, mozzarella, herbs

**festa 89** 

[no mozzarella]


butternut and tomato base, roasted red pepper, grilled zucchini, roasted butternut, pumpkin seeds, creamy pesto

FESTA INSALATA OPTION 

**strega 95** 

black mushroom, garlic, herbs, rosemary

STREGA INSALATA OPTION 

FORO OPTION (417 CAL) 

**esotica 98**

chicken macon, pineapple

**regina 98**

chicken macon, mushroom

FORO OPTION (447 CAL)

**wildini 99** 

[no mozzarella]

tomato base, pepperoni, chilli, avo, fresh tomato

**chi chi 99** 


[no mozzarella]

tomato base, seasoned chicken, roasted red pepper, rocket, italian-style hard cheese, peri-peri

CHI CHI INSALATA OPTION 

**principessa 105** 

basil, cherry tomatoes, galbani fior di latte mozzarella

PRINCIPESSA INSALATA OPTION 

**norm's pralina 105**  


butternut and tomato base, roasted butternut, chilli, feta, pumpkin seed praline, rocket

**matturo 105**

onion, pepperoni, green pepper

**autunno 105** 

caramelised onion, smoked mozzarella, sundried tomato


**otomi 105** 

chilli con carne, coriander, spiced yoghurt

OTOMI INSALATA OPTION 

**siciliana 110**


italian anchovy, olives

**brie 110** 


brie, spring onion, peppadew™ piquanté peppers

**isolano 115** 

jerk spiced chicken, pineapple, peppadew™ piquanté peppers, peri-peri sauce

ISOLANO INSALATA OPTION 

# PIZZA


 **Pizza Insalata:** medium-sized pizzas served with a side salad.


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## GOURMET

### ortigiano 120

artichokes, asparagus, olives, green pepper, mushroom

ORTIGIANO INSALATA OPTION 

FORO OPTION (485 CAL) 

### quattro formaggi 120

italian-style blue cheese, mozzarella, provolone, italian-style hard cheese

### spicotta 120

galbani fior di latte mozzarella, garlic, spinach, ricotta, fresh tomatoes, italian-style hard cheese

### prostituto 120

[no tomato base]

peppadew™ piquanté peppers, spinach, avo, feta

### hollywood scene 120

macon, thyme, rosso onion, avo, crispy onion

### sedriano 120

pepperoni, avo, cherry tomatoes, sesame seeds

### stagionata 125

chicken macon, mushroom, olives, artichokes

### foresta 130

pepperoni, black mushroom, feta, garlic, green pepper

### the moghul 135

indian butter chicken, yoghurt, galbani fior di latte mozzarella, coriander, crispy onion

### millamoo's meatball pizza 135

meatballs, roasted cherry tomatoes, basil, italian-style hard cheese

### lazio 140

dairy-free nut based cheese, avo, roasted cherry tomato, pumpkin seed pesto

LAZIO INSALATA OPTION 

### cosi verde 140

spinach base, dairy-free nut based cheese, broccoli, edamame beans, vegan basil pesto, spring onion, black pepper

COSI VERDE INSALATA OPTION 

### morituri 145

seasoned chicken, macon, avo, feta, roasted red pepper

### nacho libre 145

jerk spiced chicken, sour cream, home-made guacamole, tomato chilli salsa, coriander

NACHO LIBRE INSALATA OPTION 

### carne 145

sausage, pepperoni, onion, chilli, roasted red pepper, mushroom

### green genie 145

avo, balsamic glaze, feta, roasted beetroot, roasted garlic, roasted butternut, rocket, italian-style hard cheese, pumpkin seeds, sesame seeds, sunflower seeds, shiitake mushroom

### arrosto 150

asian de-boned smoked beef ribs, rosso onion, smoked paprika, mature cheddar, roasted red pepper

### carpe funghi 150

[no tomato base]

oven roasted mushroom, dill, roasted garlic, beef carpaccio, italian-style hard cheese, caramelised onion, truffle mayonnaise

### zucca 155

dairy-free nut based cheese, butternut and tomato base, roasted butternut, roasted beetroot, rocket, avo, sesame seeds, pumpkin seeds, sunflower seeds

ZUCCA INSALATA OPTION 

### smokey babe 160

asian de-boned smoked beef ribs, rosso onion, corn, mint, spring onion, coriander


### salmone 165

smoked salmon trout, rocket, sour cream, black pepper

SALMONE INSALATA OPTION 

### inferno 175

prawns, peri-peri

INFERNO INSALATA OPTION 


**All our pizzas can be ordered as a half and half (two of your favorite pizza choices served as 2 halves at an additional cost)**




# CARB CONSCIOUS


Try our innovative range of low-carb meals. Standard size 21cm pizza base made of cauliflower, psyllium husks, flax seeds and dusted with coconut or tapioca flour. Pizzas served with a side salad of lettuce, carrots, cucumber, egg, italian-style hard cheese, radish and a carb conscious ranch-style dressing.


## ZUCCHETTI


**zucchetti verde rosso 95**   
zucchetti with chicken parmigiana


**zucchetti piccante 95**   
zucchetti, pomodoro, pepperoni, peppadew™ piquanté peppers, mascarpone, chilli flakes


**zucchetti pesto 95**   
zucchetti, basil pesto, italian-style hard cheese, toasted pumpkin seeds  
ADD : SEASONED CHICKEN 25

**zucchetti bolognese 108**   
zucchetti with beef bolognese, italian-style hard cheese, garlic pangrattato


**zucchetti meatballs 115**   
zucchetti, pomodoro sauce

**zucchetti pomodoro 89**   
zucchetti, tomato, basil

**zucchetti vegballs 115**   
zucchetti, vegan vegballs, pomodoro sauce, vegan nut based parmesan

**banting beef lasagna 100**   
brinjal, bolognese, ricotta, italian-style hard cheese


## PIZZA

**margherita 76**   
tomato base, mozzarella, herbs

**regina 98**  
chicken macon, mushroom

**foresta 130**  
pepperoni, black mushroom, garlic, green pepper, feta


**morituri 145**  
seasoned chicken, macon, avo, feta, roasted red pepper

**nacho libre 145**   
jerk spiced chicken, home-made guacamole, tomato chilli salsa, coriander, sour cream

# BAMBINI

Calling all junior pizza fans! You qualify for this part of the menu if you play with dough, draw with wax crayons and are under the age of 12! Bambini pizza wheat and gluten free base, add R18.

## PIZZA


**margherita 45**   
tomato base, mozzarella, herbs


**esotica 55**  
chicken macon, pineapple

**tropicale 55**  
macon, banana

**regina 55**  
chicken macon, mushroom

## PASTA


**pomodoro 49**   
tomato, basil

**bolognese 55**   
beef bolognese, italian-style hard cheese

**funghi bianco 55**  
exotic mushrooms, cream, herbs, italian-style hard cheese

**spaghetti & meatballs 55**   
pomodoro sauce

**home-made lasagna 55**  
beef bolognese, béchamel sauce, italian-style hard cheese

**mac & cheese 55**   
mac and cheese with cheddar

## MILKSHAKES

vanilla 38

berry 44

bar-one 44

salted caramel 44



Discovery Vitality members get up to **50%**  
cash back on Vitality kids' healthy meals.

# DOLCI

## carb conscious

### cheesecake 55

topped with an almond  
cinnamon granola

### citrus pancake 50

pancakes with fresh orange segments,  
orange sauce, vanilla ice cream

### chocolate pancake 60

pancakes with Italian hazelnut spread

ADD : ICE CREAM 15

### chocolate brownies 60

ice cream and chocolate sauce

### meringa 50

crushed meringue, berries,  
cream, berry coulis

### ice cream & bar-one sauce 50

### chocolate pizza 50

mini pizza, Italian hazelnut spread

ADD : BANANA 8 . ICE CREAM 15

### chocolate panna cotta 55

white and milk chocolate,  
chocolate sauce

### vanilla sundae 55

vanilla ice cream, bar-one sauce,  
brownie bits, crushed hazelnuts

### tiramisu 55

mascarpone, espresso coffee,  
finger biscuits

### amistosio 60

cashew cream, caramel pineapple,  
orange flavoured crumble, coconut  
shavings

### apple tart 50

warm apple tart served with  
ice cream and caramel sauce

## MILKSHAKES

### vanilla 38

berry, coffee, bar-one, salted caramel 44

# BEVERAGES

still/sparkling water 330ml 18

still/sparkling water 750ml 32

### schweppes® 20

[soda, lemonade, dry lemon,  
tonic, tonic zero]

### cooldrinks 23

[coke, fanta, sprite]

### reduced sugar cooldrinks 22

[coke zero, coke light, sprite zero]

### fresh fruit juice 25

[mango, strawberry, orange]

### cordial 9

### fuze ice tea 25

### bos® ice tea 26

### bos® sparkling ice tea unsweetened 26

[white peach & elderflower]

### tomato cocktail 27

### appletiser, grapetiser 28

### red bull energy drink /sugar free 35

### freezercino 44

### hot chocolate, milo 32

### italian hot chocolate 35

### ceylon tea, rooibos tea 20

### earl grey tea 20

### speciality teas 26

### spiced chai latte 30

### espresso 23

### americano 24

### decaf coffee 28

### cappuccino 25/grande 28

### red cappuccino 28

# MOCKTAILS

### old-fashioned lemonade 30

### berry citrus iced tea 40

natural english tea extract infused  
with lemon and maraschino cherries,  
cranberry juice, mint

### peach berry crush 40

peach extract, fresh lemon,  
cranberry juice

### apple ginger crush 40

green apple extract blended frozen,  
appletiser, fresh ginger

### daikiwi 40

kiwi extract, mint, pineapple

### d.u.i. 40

strawberries, lemon, maraschino  
cherry extract, fresh orange juice

### very berry no-jito 45

berry coulis, lime, mint,  
schweppes® soda water

### virgin strawberry daiquiri 45

strawberry extract, fresh lemon,  
strawberry juice

### red bull sugarfree twist 45

sugarfree redbull, strawberries,  
apples and mint