

BREAKFAST

Served until 12 noon.

health kick 60

yoghurt, berry puree, almond
coconut granola, banana and
cinnamon

vessillo 59

scrambled eggs, chicken macon,
rocket, emmenthaler

ADD : AVO 22

sontuoso 125

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

SCRAMBLES

farm scramble 75

eggs, onions, mushroom, roasted
cherry tomato, chicken macon, cheddar

brocco scramble 60

eggs, broccoli, feta, spring
onion, sunflower seeds

greek scramble 65

eggs, spinach, feta, peppadew™
piquanté peppers

WRAPS

arrotolata 60

scrambled eggs, beef macon, avo

piemonte 60

scrambled eggs, roasted cherry
tomato, mozzarella, creamy avo
dressing

CALZONE

zibello 65

mozzarella, roasted cherry
tomato, beef macon, cheddar, egg

SMOOTHIES

berry mint 45

mixed berries, strawberry juice,
banana, mint

green 40

spinach, pineapple, apple, coconut

peanut 44

peanut butter, banana, yoghurt, milk

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 55

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

cambiato 55

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

lenticchie 59

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

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

peperoni 60

classic peperoni

mostarda 65

chicken, crispy onion, mustard mayo

MENU INSTRUCTIONS



NEW
staying ahead
of trends



VEGAN



CARB CONSCIOUS



VEGETARIAN



CHILLI
from fragrant
to spicy



VITALITY
HEALTHYDINING

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. 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

Something to start with

pizza bread 45

[no mozzarella]
garlic, olive oil, herbs

mini garlic or herb 35

mini feta & onion 47

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

greek 68 | side 48

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 55

lettuce, baby spinach, artichokes, cucumber,
sprouts, avo, mushroom, spring onion
ADD : ITALIAN-STYLE HARD CHEESE 22 . ITALIAN ANCHOVY 32

pera 85

lettuce, rocket, caramelised pear, cucumber,
avo, caramelised seeds, shallot dressing
ADD : ITALIAN-STYLE HARD CHEESE 22

san siro 85

chopped lettuce, cucumber, avo, cherry
tomatoes, corn, carrots, sunflower seeds,
sesame seeds, peppadew™ piquanté peppers
ADD : SEASONED CHICKEN 25

cranbeet 85

lettuce, spiralized beetroot, spiralized
carrots, zucchini, corn, cranberries, pumpkin
seeds, sweet potato strings, seed dressing
ADD : VEGAN NUT BASED PARMESAN 15

sorrento 95

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

caprese 95

galbani fior di latte mozzarella,
tomatoes, olives, basil, balsamic glaze
ADD : AVO 22

broccolo 95

rocket, broccoli, feta, avo, spring
onion, sunflower seeds, poppy seeds,
oriental dressing
ADD : CHICKEN MACON 18 . SEASONED CHICKEN 25

giardino 95

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

m's salad 80

lettuce, tomato, carrots, cucumber,
onion, avo, mustard vinaigrette,
sunflower seeds
ADD : PIZZA DOUGH BOWL 25

brioso 99

lettuce, rocket, roasted beetroot,
green yoghurt dressing, feta, roasted
butternut, butternut chips, crispy onion,
pomegranate arils
ADD : SEASONED CHICKEN 25

mandarin 90

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

volatilia 105

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

wasabi-bee 105

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

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 145

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

add: pizza dough bowl 25

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

 Vitality HealthyDining:
avo add R22, chicken add R25

MAINS

Includes one side of your choice.

pollo limone 125

flattened chicken fillet with a creamy lemon sauce

polpette 125

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

coquinaria 125

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

bistecca al pepe 195

sirloin steak served with a peppercorn truffle infused sauce

agnello 195

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

pescato di norvegia 195

norwegian salmon on a bed of grilled baby marrow with a creamy basil sauce

verdure miste 75

grilled baby marrow, roasted red peppers, roasted sweet potato, roasted sesame carrots, roasted beetroot

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. Whole wheat add R6, gnocchi add R18, wheat free pasta add R15, zucchini add R20.

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 110

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

spaghetti and vegballs 105

vegan vegballs, tomato sauce, vegan nut based parmesan

the pollo 115

seasoned chicken, mushroom, spring onion, tomato 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, tomato sauce, peppadew™ piquanté peppers, gremolata

ragu di manzo 135

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

primavera 100

wholewheat pasta, tomato sauce, roasted red pepper, baby marrow, olives, chilli, garlic, onion

mushroom risotto 120

risotto with creamy mushroom and italian-style hard cheese

butternut risotto 90

risotto with roasted butternut, italian-style hard cheese and sage

ADD : ITALIAN-STYLE BLUE CHEESE 32

PIZZA

 **Pizza Insalata:** medium-sized pizza 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 78

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 95

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) 

matturo 110

onion, pepperoni, green pepper

esotica 98

chicken macon, pineapple

regina 98

chicken macon, mushroom

FORO OPTION (447 CAL)

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

autunno 105

caramelised onion, smoked mozzarella, sundried tomato

otomi 105

chilli con carne, coriander, spiced yoghurt

OTOMI INSALATA OPTION 

siciliana 110

italian anchovy, olives

isolano 115

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

ISOLANO INSALATA OPTION 

ruspante 110

chicken, mushroom, tandoori spices

RUSPANTE INSALATA OPTION 

salsiccia 110

sausage mince, red peppers

mozzafiato 120

macon, avo, feta

tricolore 98

bands of baby marrow, onions, roasted red pepper

TRICOLORE INSALATA OPTION 

BUILD YOUR OWN

margherita 78

vegan margherita 95

contains dairy-free nut based cheese

cheezy margherita 95

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, beef 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

GOURMET

ortigiano 125

artichokes, asparagus, olives, green pepper, mushroom

ORTIGIANO INSALATA OPTION 

FORO OPTION (485 CAL) 

quattro formaggi 125

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

spicotta 125

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

prostituto 125

[no tomato base]

peppadew™ piquanté peppers, spinach, avo, feta

hollywood scene 125

macon, thyme, rosso onion, avo, crispy onion

sedriano 125

pepperoni, avo, cherry tomatoes, sesame seeds

foresta 135

pepperoni, black mushroom, feta, garlic, green pepper

the mogul 140

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 145

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

LAZIO INSALATA OPTION 

cosi verde 145

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 mince, 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 160

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

carpe funghi 155

[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 favourite pizza choices served as 2 halves at a 10% additional cost)

CARB CONSCIOUS


Try our innovative range of low-carb meals. 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 98 
zucchetti with chicken parmigiana


zucchetti piccante 98 
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, beef bolognese, italian-style hard cheese, garlic pangrattato

zucchetti meatballs 115 
zucchetti, beef meatballs, pomodoro sauce


zucchetti pomodoro 89 
zucchetti, tomato, basil

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

carb conscious beef lasagna 100 
brinjal, bolognese, ricotta, italian-style hard cheese

melanzane 89 
galbani fior di latte mozzarella, brinjal, italian-style hard cheese, pomodoro sauce


PIZZA

margherita 78 
tomato base, mozzarella, herbs

regina 98
chicken macon, mushroom

foresta 135
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!

PIZZA


margherita 46 
tomato base, mozzarella, herbs

esotica 55
chicken macon, pineapple

tropicale 55
macon, banana

regina 55
chicken macon, mushroom


WRAPS

saporita 65 
chicken, avo, corn, mozzarella, greens, mustard mayo


nevena 55 
chicken, carrot, cucumber, greens

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

wholewheat chicken pasta 55 
seasoned chicken in a pomodoro sauce

wholewheat butternut pasta 55 
roasted butternut in a pomodoro sauce

CHICKEN

crumbed chicken strips 60 
served with roasted sesame carrots or broccoli

grilled chicken breast 60 
served with roasted sesame carrots or broccoli

MILKSHAKES

vanilla 40


berry, bar-one, salted caramel 45



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


DOLCI

carb conscious

cheesecake 60 
topped with an almond
cinnamon granola

citrus pancake 55
pancakes with fresh orange segments,
orange sauce, vanilla ice cream

chocolate pancake 60
pancakes with Italian hazelnut spread
ADD : ICE CREAM 15

caramelised pear pancake 55 
pancakes with caramelised pears,
salted caramel sauce, vanilla ice
cream and almonds

chocolate brownies 60
ice cream and chocolate sauce
CONTAINS NUTS


ice cream & bar-one sauce 50

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

apple tart 55
warm apple tart served with
ice cream and caramel sauce

amistoso 60 
cashew cream, caramel pineapple,
orange flavoured crumble, coconut
shavings

MILKSHAKES

vanilla 40
berry, bar-one, salted caramel 45

BEVERAGES

still/sparkling water 330ml 18
still/sparkling water 750ml 34

schweppes® 20
[soda, lemonade, dry lemon, tonic]

cooldrinks 23
[coke, fanta, sprite]

reduced sugar cooldrinks 22
[coke zero, coke light, sprite zero]

fresh fruit juice 25
[ask waitron]

cordial 9

fuze ice tea 25

pura soda 24

bos® ice tea 26
[ask waitron]

tomato cocktail 27

appletiser, grapetiser 28

red bull energy drink / sugarfree 35

freezochino 44

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
caffe latte 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 45
green apple purée 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, fresh lime, mint,
schweppes® soda water

virgin strawberry daiquiri 45
strawberry extract, fresh lemon,
strawberry juice

red bull sugarfree twist 50
sugarfree red bull, strawberries,
apples and mint