



Our Story

There's an old Italian saying, 'Chi si volta, e chi si gira, sempre a casa va finire', which means that no matter where you go or turn, you'll always end up at home.

We want your dining experience to feel like you're at home, in an atmosphere where you're relaxed & comfortable & enjoy exceptional combinations of homemade pasta, great food & wine.



*Visit your Rome
away from home.*



Antipasti (STARTERS)

FOCACCIA

A classic wood-fired Italian bread.

- Garlic & extra virgin olive oil. 65
- Red wine caramelised onion & feta.  89
- Fior di Latte mozzarella & prosciutto.  159

ARANCINI BALLS

Deep-fried Italian white wine risotto balls served on a bed of spicy arrabbiata sauce, topped with rocket & garnished with Italian Parmesan.

79

TOMATO BASIL SOUP

Creamy tomato soup with a dash of red wine vinegar topped with a dollop of basil pesto & fresh basil. Served with toasted ciabatta.

85

ITALIAN NACHOS

Light & crispy three-cheese ravioli served with spicy arrabbiata dipping sauce — seasoned with a touch of chilli.

89

CHICKEN LIVERS

Chicken livers sautéed in a creamy white wine sauce with sliced chorizo. Delicately seasoned with chilli & garlic. Served with toasted ciabatta.

99

PORK & BEEF MEATBALLS

Italian-style pork & beef meatballs slow-cooked in Napoli sauce with a dash of cream. Served with toasted ciabatta.

105

FALKLAND CALAMARI

Pretzel-dusted calamari, shallow fried, served with mustard mayo & Napoli sauce OR grilled & served with tartar sauce.

115

OVEN-BAKED SNAILS & GORGONZOLA

Snails baked in a wood-fired oven in a creamy white wine & Gorgonzola sauce. Served with toasted ciabatta.

119

CARPACCIO DI MANZO

Thinly sliced raw beef with sliced mushrooms, Italian Parmesan & dollops of Mr Cipriani's dressing. Served with breadsticks.

125

MELANZANE AL PARMIGIANO

Layers of aubergine, mozzarella, Italian Parmesan & Napoli sauce.

135

VEGETARIAN-FRIENDLY 

VEGAN-FRIENDLY 

CONTAINS ALCOHOL 



Insalate (SALADS)

CAESAR NEW

Cos lettuce, croutons & a boiled egg. Topped with Parmesan shavings & a creamy anchovy Caesar dressing.

105

Add:

Bacon bits 26

Chicken strips 35

CRISPY ARTICHOKE

Crispy artichokes served with fresh rocket & mint. Topped with Parmesan shavings & a balsamic dressing.

125

PEAR & GORGONZOLA

Sliced pear served on a bed of crispy lettuce with Gorgonzola cheese, candied pecan nuts & a drizzle of lemon vinaigrette.

129

GRILLED CHICKEN

Tender grilled chicken strips with sliced avo, feta, sweet cherry tomatoes, olives & croutons. Served with a white wine vinegar honey mustard dressing.

139

CAPRESE

Fior di Latte mozzarella, cherry tomatoes & fresh basil topped with a drizzle of basil pesto, olive oil & balsamic dressing. Served with toasted ciabatta.

139



Pasta

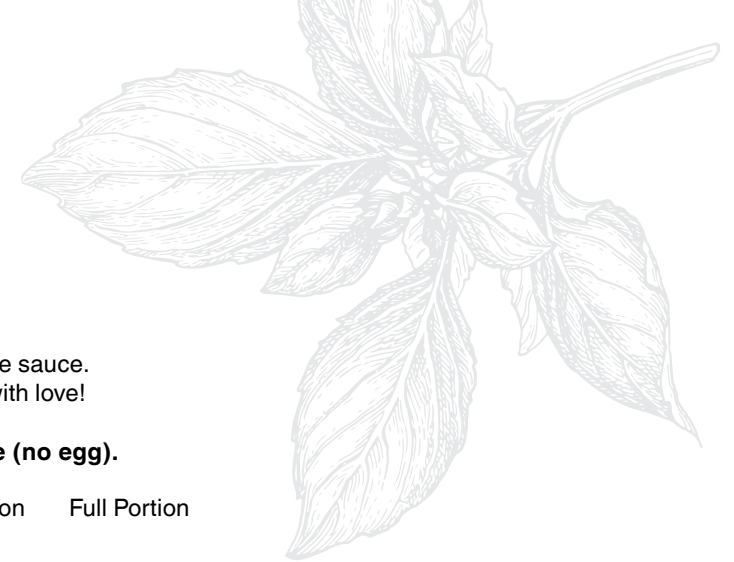
Our homemade pasta is what sets Lupa apart from other Italian restaurants. Try it & you will taste the difference. Our pasta is extruded through a bronze die to create a rougher surface texture, which allows the pasta to hold more sauce. The result is a fuller & better flavour. Our fettuccine, spaghetti, gnocchi & penne are **freshly made on-site**, daily with love!

Choose from **homemade spaghetti (no egg)**, **homemade fettuccine (free-range egg)** or **homemade penne (no egg)**.

	Half Portion	Full Portion
NAPOLI 		
An Italian culinary classic of Napoli sauce & fresh basil.	69	95
BOLOGNESE		
Beef & pork ragù slow-cooked in Napoli sauce with a dash of cream.	85	119
ZINGARA		
Bacon & mushrooms in a creamy Napoli sauce, seasoned with garlic & a touch of chilli.	105	145
CHICKEN ALFREDO		
Sautéed chicken strips & mushrooms tossed in a creamy garlic & Italian Parmesan sauce.	99	149
ALFREDO		
Ham & mushrooms tossed in a creamy garlic & Italian Parmesan sauce.	99	149
PENNE ORIENTAL		
An Asian-inspired pasta dish made with chicken strips, Napoli sauce, light cream, Mrs. Balls Chutney®, a touch of chilli & fresh coriander.	99	149
LUPA 		
A crowd-pleaser made with tender chicken strips, sweet cherry tomatoes & roasted peppers tossed in a creamy white wine & basil pesto sauce.	110	159
PORK & BEEF MEATBALLS		
Slow-braised meatballs served with al dente spaghetti in Napoli sauce with a dash of cream. Topped with Italian Parmesan shavings.	119	169

Add:

Gluten-free 45
Homemade gnocchi 25



LUPA SIGNATURE PASTA

275

ITALIAN PARMESAN WHEEL FETTUCCINE CARBONARA

Our homemade fettuccine with crispy bacon, mushrooms, egg yolk & truffle oil.
Finished at your table & served directly from a flamed Italian Parmesan wheel.

	Full Portion		Full Portion
GNOCCHI GORGONZOLA Gnocchi served in a creamy Gorgonzola sauce, topped with microgreens.	115	GNOCCHI DEL SOL 🍷 Sliced chorizo & prawns tossed in a Napoli sauce with white wine, chilli, garlic & a dash of cream.	179
SPINACH & RICOTTA PANZEROTTI 🌱 <small>NEW</small> Delicate homemade pasta filled with spinach & ricotta cheese, tossed in sage butter. Topped with crispy sage & Italian Parmesan cheese.	119	PRAWN AGLIO E OLIO A traditional Italian recipe made with garlic & chilli sautéed in olive oil. Topped with prawns & fresh parsley.	179
VEGAN ARTICHOKE RISOTTO 🌱 🍷 White wine risotto made with artichoke purée, grilled zucchini, balsamic glazed artichoke hearts & toasted almonds.	145	FILLET PASTA Tender fillet strips tossed in a creamy mushroom, green peppercorn & Parmesan sauce.	219
GARDIENERA 🌱 A vegetarian's dream: fresh pasta & grated zucchini in a creamy garlic & chilli sauce. Topped with crispy fried spinach balls.	149	MARINARA 🍷 Pan-fried calamari, mussels & prawns tossed in a creamy white wine & Napoli sauce, seasoned with garlic, chilli & fennel.	229
CALAMARI PASTA Grilled calamari, garlic, olives, fresh tomatoes & red onions tossed in a golden butter sauce. Topped with lemon zest.	149	SEAFOOD RISOTTO 🍷 Slow-cooked white wine risotto with pan-fried hake, calamari & prawns. Flavoured with prawn stock & lemon juice.	279
LASAGNE AL FORNO Layers of pasta sheets with slow-cooked beef & pork ragù, Napoli sauce, mozzarella & a velvety béchamel sauce. Topped with Italian Parmesan.	169		

Pizza

All our pizza bases are homemade, topped with an authentic Italian pizza sauce & cooked in our wood-fired pizza oven to enhance taste & create a unique, smoky flavour.

CLASSIC WOOD-FIRED PIZZA

MARGHERITA

Authentic – Mozzarella & fresh basil leaves. 99

Roman – Fior di Latte mozzarella & fresh basil leaves. 139

THE AMY

A meat-free favourite, topped with roasted butternut, crumbled feta & caramelised pumpkin seeds. Garnished with fresh rocket. 109

HAWAIIAN

A classic: Ham & caramelised pineapple. 115

REGINA

Ham & mushroom. 129

THE SPANIARD

Chorizo, olives & crumbled feta. 129

MEXICANA

Hearty bolognese, red onion & green pepper. Seasoned with a hint of chilli. 139

Substitute OR Add:

Gluten-free pizza base 35

Extra mozzarella 39

Fior di Latte mozzarella on any pizza 59

THE NEW YORKER

Inspired by a New York City classic, topped with mozzarella & spicy pepperoni. 139

SPAGO

Crispy bacon, crumbled feta & sliced avo. 149

THE POPOLARE

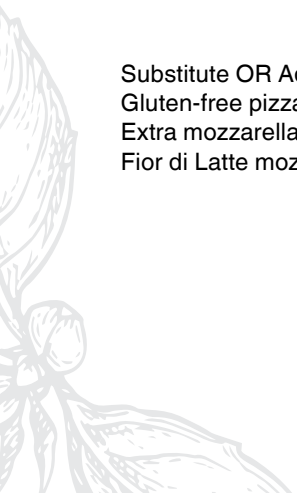
Sticky BBQ chicken strips, crumbled feta & mushrooms. 149

THE VEGETARIAN

Artichokes, spinach, olives, crumbled feta, creamed leeks & mushrooms. 149

QUATTRO STAGIONI

A beloved classic of artichokes, mushrooms, olives & ham. 149





GOURMET WOOD-FIRED PIZZA

CAJUN CHICKEN

Cajun-spiced chicken strips, crumbled feta, Peppadew® piquanté peppers, garlic & sliced avo. 159

THE NACHO LIBRE 🍷

Cajun-spiced chicken strips, smashed avo, tomato-onion red wine vinegar salsa & thinly sliced jalapeños. Finished with dollops of sour cream & crushed nachos. Garnished with fresh coriander. 179

MEAT LOVERS

An undeniable South African favourite topped with crispy bacon, ham & salami. 179

DEL BOSCO NEW

Chorizo, salami, mushrooms, Peppadew® piquanté peppers, sliced avo & crumbled feta. 179

THE MASSIMO CALZONE 🍷

A folded wood-fired pizza filled with creamy mozzarella, ham, mushrooms, crumbled feta & red wine caramelised onions. Brushed with garlic butter & topped with sliced avo & grated Italian Parmesan. 195

GAMBERI E CHORIZO NEW

Pan-fried prawns, chorizo & a hint of chilli. 219

THE DI MARE

Inspired by the seas, topped with pan-fried prawns, mussels, garlic, calamari, chilli, fennel & fresh parsley. Finished with a drizzle of garlic oil. 255



Secondi (MAINS)

All **wood-roasted dishes** are cooked in our pizza oven, enhancing taste & creating a unique smoky flavour.

BUNLESS VEGAN BURGER NEW

Falafel patty topped with grilled aubergine, red onion, sliced avo, tomato, crispy lettuce & gherkins.
Served with potato fries.

119

VEGETARIAN BURGER NEW

Falafel patty served on a toasted bun topped with grilled aubergine, red onion, sliced avo, tomato, crispy lettuce & gherkins. Served with potato fries.

119

CHARGRILLED BACON & CHEESE BURGER

BBQ-basted beef patty, topped with Fontina cheese, crispy bacon & red wine caramelised onions on a toasted bun. Served with potato fries.

169

CHICKEN MARSALA

A classic Italian dish featuring pan-seared crumbed chicken breasts, simmered in a creamy Marsala wine, Gorgonzola & mushroom sauce. Served with a side of your choice.

169

HAKE

Wood-roasted in white wine lemon butter sauce with capers on a bed of wilted spinach, served with a side of your choice.

185

WOOD-ROASTED CHICKEN

Tender & juicy wood-roasted chicken marinated in lemon & herb OR peri-peri.
Served with a side of your choice.

205

FALKLAND CALAMARI

Pretzel-dusted calamari, shallow fried, served with mustard mayo & Napoli sauce OR grilled & served with tartar sauce. Served with a side of your choice.

225

CHARGRILLED SIRLOIN

Sirloin steak served on a bed of mushroom white wine risotto, truffle-infused butter & topped with crispy onion rings.

249

MUSHROOM & ITALIAN PARMESAN FILLET

Fillet steak chargrilled to perfection & served on a bed of wilted spinach.
Topped with crispy onion rings & a creamy Marsala wine, Gorgonzola & mushroom sauce.

279



KINGKLIP 

Wood-roasted in white wine lemon butter sauce with capers on a bed of wilted spinach, served with a side of your choice.

289

Add:

Four large grilled prawns 90

WOOD-ROASTED PRAWNS

8 Queen prawns served with a spicy garlic butter sauce & a side of your choice.

329

ROMAN LAMB SHANK 

Tender lamb shank slow-roasted & cooked in a wood-fired oven in a blend of red & white wine vinegar sauce. Served on a bed of creamy mashed potato with roasted vegetables.

349

SELECT A SIDE OF YOUR CHOICE**49**

Potato fries dusted with Italian Parmesan

Fresh green salad

Wilted spinach with butter & Italian Parmesan

Wood-roasted vegetables

Zucchini fries

Mashed potato

Where not included in Secondi. Ts & Cs apply.

Bambini

(KIDS 12 & UNDER)

PENNE 

Fresh penne tossed in Italian Parmesan cream. 75

MARGHERITA PIZZA 

75

SPAGHETTI BOLOGNESE

75

HAWAIIAN PIZZA

79

BREADED CHICKEN STRIPS

Served with Italian Parmesan fries & Napoli sauce. 95

PENNE ALFREDO

With cream. 95

SPAGHETTI & MEATBALLS

Pork & beef meatballs served in a Napoli sauce, with a dash of cream. 95

Dolce (DESSERTS)

GELATO PER SCOOP

Indulge in a scoop of velvety-smooth Italian Gelato. Available in various flavours:

Chocolate | Strawberry | Vanilla | Double Toffee

Pistachio | Passion Fruit & White Chocolate

35

39

AFFOGATO

Creamy vanilla Gelato served with a shot of espresso.

49

CRÈME BRÛLÉE

Enjoy a rich & creamy custard infused with vanilla extract & topped with a layer of caramelised sugar.

69

PISTACHIO ZABAIONE 🍷

Our Lupa rendition of the famous Italian dessert is made with layers of cranberry jelly, Cointreau® creamy zabaione, strawberries & a sprinkle of pistachio nuts. Topped with a ladyfinger biscuit.

75

NUTELLA® STUFFED CRÊPES 🍷

Delicately rolled crêpes filled with Nutella®. Served with a Cointreau® orange sauce & vanilla Gelato.

75

CREMINO AL CIOCCOLATO

A dessert inspired by a classic Italian chocolate candy. Made with layers of Nutella®, crème brûlée, smashed Nuttikrust® biscuits, indulgent double toffee Gelato & Italian meringue.

79

BLACK CHERRY GELATO

Two scoops of vanilla Gelato, topped with black Fabbri Amarena® Cherries & syrup.

85

TIRAMISU 🍷

A popular homemade Italian dessert. Made with layers of ladyfinger biscuits infused with a sweet Marsala wine, mascarpone mousse & espresso.

95

BAKED CHEESECAKE

Homemade cheesecake served on caramel treat & creamy vanilla Gelato.

95

