

Capelands Restaurant Mangiare



**Enjoy our finest Italian homemade dishes, fresh baked ciabatta, fine wines,
Spectacular, romantic sea views, homey familiar atmosphere**

***Some Dishes, which you can find at Capelands
Ask for the “Menu del Giorno”***

Starters

Pea Cream with crispy Prosciutto & poached egg yolk & truffle oil

Chicken Curry Soup

Fresh Tomatoe Soup with Ricotta



Goat Cheese Salad and roasted Chicken Stripes

Garden Salads with Avocado & Prawns with French dressing

Beef Tongue on Potatoes Salad & fried Capers

Cured Salmon with Lentils & Celery salad

Snails Bourgogne Style with Bruschetta

Homemade Ravioli of the Day

Homemade Gnocchi with Springbok Ragu & Red Wine Reduction



Pasta Pasta

- with fresh vegetables ragout and mushrooms*
- al Pomodoro fresco e Basilico*
- Aglio, Olio e Peperoncino*
- al Ragu*
- Carbonara*
- with Mushroom Ragu*

Mains

Catch of the Day with Wild Rice, Baby Corn & Mushroom

Sirloin Steak Béarnaise with Baby Vegetables and potatoes

Fillet Tagliata with Rocket

(with sun dried Tomatoes, Olives and Ham)

Lamb Shank with Mashed Potatoes and Vegetables

Pork fillet with grilled Polenta & Sauer Kraut top with white wine jus

*Fillet with Mushroom, Rosemary Potato au gratin & Buttered Carrots
& creamy Pepper Sauce*

Desserts & Cheese

Pannacotta

Tepid Chocolate Tart

Chocolate Tortino with Blueberry compote

Ricotta & Lemon Knoedel with Strawberry & white wine soup

Fine Cheese Selection

*2 Starters R 140, 1 Starter as Main R 95,
2 Course Menu R 190, 3 Course Menu R 240, 4 Course Menu R 290
+ 10% Service Charge*