# BREAKFAST MENU

## THE HEALTHY BREAKFAST (V) 105
Fresh fruit salad, muesli, yoghurt, honey and a glass of freshly squeezed juice.
OR select one of the below for the lighter side, accompanied with a glass of freshly squeezed juice.

- Fresh fruit salad 60
- Muesli with yoghurt and honey 60

## FLAP JACK STACK
Flap jacks served with any of the below toppings

- Golden syrup (V) 65
- Banana, crème caramel, with a drizzle of golden syrup (V) 75
- Bacon and avocado 90
- Apple and cinnamon (V) 70
- Bacon and golden syrup 75

## 3 EGG OMELETTE 110
Select 2 fillings to accompany your omelette
Feeling hungry, select more than 2 fillings at an additional charge.

Choice of fillings:

Tomato | green pepper | onion | Garlic | freshly cut chillies 12

Feta | mushrooms | olive | peppadew | spinach | bacon | ham | mozzarella | brie | gorgonzola | parmesan | sausage 17

Caramelised chicken | salami | preserved figs | prawn meat | smoked salmon 25

## CHICKEN LIVERS 105
With garlic and chilli in a creamy tomato sauce served with 2 slices of toast.

## THE HANGOVER BREAKFAST 150
Panini bun with a homemade patty, Cheddar cheese, 2 back bacon rashers, 1 egg, potato rosti and rustic chips.

## THE EVERYTHING BREAKFAST 145
2 slices of back bacon rashers, 1 egg (scrambled, fried), fresh tomato with basil and pesto, a sausage, parma ham and 1 slice of toast.

Served with an espresso or freshly squeezed juice

*V= Vegetarian*

# BREAKFAST MENU

## THE CLASSIC EGGS FLORENTINE

2 Poached eggs on a toasted English muffin with spinach, bacon, sliced tomato topped with Hollandaise sauce. * 125

2 Poached eggs on a toasted English muffin with avo, salmon, topped with Hollandaise sauce. * 140

2 Poached eggs on a toasted English muffin with pesto, spinach, bacon, topped with Hollandaise sauce. * 140

## THE BELLE BREAKFAST 155

Small bowl of yoghurt, muesli and honey, 3 slices of back bacon rashers, 2 eggs (scambled, fried), grilled mushrooms, 2 sausages, baked beans, 2 slices of toast, served with either rustic chips or potato rostis.

Comes with mug of filter coffee

## THE JUICY SMOOTHIE BREAKFAST 80

| | |
|---|---|
| GREEN MACHINE | Spinach, mango, banana and almond milk. |
| MANGOLICIOUS | Mango, almond milk and honey. |
| STRAWBERRY BANANA | Banana, strawberries, Greek yoghurt and almond milk. |
| STRAWBERRY | Strawberries, almond milk, chia seeds and honey. |
| ARNADA CAPPA | Banana, cocoa, pumpkin seeds, almond milk, peanut butter and honey. |
| BERRY MANIA | Strawberries, blueberries, almond milk and honey. |

# COFFEES

| | | Decaf |
|---|---|---|
| AMERICANO | 32 | 34 |
| SINGLE ESPRESSO | 32 | 34 |
| DOUBLE ESPRESSO | 44 | 48 |
| FLAT WHITE | 38 | 40 |
| CAPPUCCINO | 36 | 38 |
| CAFÉ MOCHA | 44 | 46 |
| WHITE CAFFÉ MOCHA | 46 | 48 |
| CAFÉ LATTE | 44 | 46 |
| CAFÉ MACCHIATO | 34 | 36 |
| DIRTY CHAI | 44 | 46 |
| CORTADO | 38 | 40 |

| | |
|---|---|
| FILTER COFFEE IN A MUG* | 25 |
| REFILL FILTER COFFEE* | 15 |
| CHAI LATTE | 40 |
| RED CAPPUCCINO | 40 |
| RED LATTE | 45 |
| HOT CHOCOLATE \| MILO \| WHITE HOT CHOCOLATE | 45 |
| TEA<br>Ceylon, Rooibos, Green Tea, Earl Grey, Peppermint, Lemon Tea | 30 |
| ALMOND MILK | 12 |

# LIGHT MEALS

TILL 5 PM

## TRAMEZZINIS

Served with chips and a small salad.

| | |
|---|---|
| TOMATO, MOZZARELLA, HERBS, AIOLI GARLIC AND HERB MAYO (V) | 105 |
| FRIED MUSHROOMS, ROASTED PEPPERS, ONION, TOMATO, MOZZARELLA (V) | 105 |
| CARAMELISED CHICKEN STRIPS, TOMATO, MOZZARELLA | 130 |
| CARAMELISED CHICKEN STRIPS, BACON, CHEDDAR CHEESE | 135 |
| BRIE CHEESE, SALAMI, OLIVES | 140 |
| PARMA HAM, PARMESAN CHEESE, TOMATO, BASIL PESTO | 145 |
| BURGER TRAMEZZINI<br>Homemade patty served on a tramezzini with our special burger sauce served with chips and salad. | 165 |

*subject to availability

***V= Vegetarian***

# PRIMI

**FOCACCIA (V)** 95
With garlic and herbs or feta and herbs or garlic, feta and herbs.

**POMODORO FOCACCIA (V)** 125
Garlic or feta focaccia with fresh tomato and basil pesto.

**MOZZARELLA FOCACCIA (V)** 125
Garlic, mozzarella and herbs.

**CAPO FOCACCIA** 145
Garlic or feta focaccia with gorgonzola and parma ham.

**POMODORO FILLET STRIPS** 125
Fillet strips with garlic and chilli in a creamy tomato sauce served with small focaccia.

**FEGATO** 105
Chicken livers with garlic and chilli in a creamy tomato sauce served with small focaccia.

**SMOKED SALMON AND HAKE FISH CAKES**
1 Fish Cake 95
2 Fish Cakes 135
Served with red pepper pesto, lemon and a green salad.

**GARLIC BUTTER SNAILS** 105
Served with small focaccia.

**GORGONZOLA SNAILS** 115
Served with small focaccia.



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# PIZZA

Available from 11am

*All pizza's contain mozzarella. Complimentary chilli and garlic.
Salami and parma ham served fresh. Any pizza is also available in medium size, accompanied by a mixed salad with olives and feta at the same price.
*(Gluten free add R30)*

**MARGHERITA (V)** 98
Cheese and tomato.

**REGINA** 130
Ham and mushroom.

**HAWAIIAN** 130
Ham and pineapple.

**ROMANA** 135
Salami, green pepper and garlic.

**PEPPE** 145
Salami, mushrooms and feta.

**ALLA MAMA** 145
Bacon, banana, onion, chilli and garlic.

**GONDOLA** 145
Caramelised onions, salami, olives and feta, no tomato base .

**LA NONNA** 155
Caramelised chicken strips, mushrooms and roasted peppers.

**LEGUMI (V)** 150
Roasted peppers, sun-dried tomatoes, butternut, feta and rocket.

**AMORE** 160
Bacon, feta and *avo.

**VEGETARIANO (V)** 175
Basil pesto base, spinach, onion, garlic, tomato, feta cheese and toasted seeds.

**POLLO** 175
Caramelised chicken strips, peppadew and feta.

**SICILIANA** 190
Anchovies, olives, parmesan and capers (for the salt lovers).

**DEL CUOCO** 190
Salami, parma ham and olives.

**MEXICANA** 195
Beef mince, chilli, green peppers, cream cheese and *avo

* In season
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# PIZZA

Available from 11am

**NEPTUNE** 210
Selection of seafood.

**PARMA** 185
Parma ham, feta and fresh rocket.

**PREZZO** 195
Parma ham, mushrooms and artichokes.

**QUATTRO STAGIONI** 195
Parma ham, mushrooms, olives and asparagus.

**MISS PIGGY** 200
Salami, bacon and caramelised chicken strips.

**CALZONE FOLDED** 200
Tomato sauce, parma ham, artichokes, olives, mozzarella and herbs.

**SORPRESO** 210
Beef fillet strips, roasted peppers, tomato, chilli, mushroom, caramelised onion and garlic.

**FICO** 200
Parma ham, preserved green figs and brie cheese *(no tomato base)*.

# EXTRA TOPPINGS & FILLINGS

Banana, butternut, fresh tomato, green pepper, onion 35

Asparagus, capers, feta, mushrooms, olives, peppadew, pineapple, rocket leaves, spinach 38

Artichokes, bacon, cream cheese, ham, roasted peppers, sun-dried tomatoes, imported mozzarella *avo, brie, gorgonzola, parmesan 45

Basil pesto, caramelised chicken, prawn meat, preserved figs, red pepper pesto, salami 50

Bolognaise, parma ham, anchovies 65

Seafood mix, fillet strips 105

# PASTA

Imported Italian durum wheat semolina pasta (grano duro)

Gluten free add R25 when available

| | Light | Main |
|---|---|---|
| **POMODORO (V)**<br>Tomato, garlic, herbs and lots of patience | 110 | 130 |
| **ARRABIATA (V)**<br>Tomato, herbs and chilli | 115 | 135 |
| **BOSCAIOLA (V)**<br>Mushrooms, artichokes and chickpeas in a creamy tomato sauce | 135 | 155 |
| **ZUCCA (V)**<br>Roasted butternut, basil pesto and caramelised onion in a cream and herb sauce | 135 | 155 |
| **PESTO (V)**<br>Basil, garlic, nuts, parmesan and olive oil sauce | 135 | 155 |
| **ALFREDO**<br>Bacon and mushrooms in a creamy sauce | 135 | 155 |
| **CHICKEN LIVER**<br>Chicken livers, garlic, sage, onion and chilli in a creamy tomato sauce | 135 | 155 |
| **BOLOGNAISE**<br>Traditional minced beef in a tomato, herbs and red wine sauce | 145 | 165 |
| **PUTTANESCA**<br>Anchovies, garlic, chilli, capers, tomato and olives.<br>*(For the salt lover)* | 150 | 185 |
| **GORGONZOLA**<br>Bacon, creamy Italian blue cheese sauce topped with pangrattata | 150 | 185 |
| **BRANDIED PRAWNS**<br>Prawn meat out of the shell, spring onions and basil pesto in a brandy, white wine and tomato sauce | | 195 |
| **POLLO**<br>Caramelised chicken strips, roasted peppers, mushrooms in our pomodoro sauce | 145 | 165 |
| **FILETTO SORPRESO**<br>Beef fillet, caramelised onion, mushroom, garlic, herbs, roasted peppers, pomodoro sauce, white sauce and chilli | 165 | 185 |
| **FRUTTI DI MARE**<br>Selection of seafood in a creamy tomato and white wine sauce | | 215 |

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# INSALATE

| | Single | Table |
|---|---|---|
| **MIXED ITALIAN SALAD (V)**<br>Tomato, peppers, onion, cucumber, carrot, olives, parmesan and salad greens. | 105 | 135 |
| **APPLE SALAD (V)**<br>Apple, gorgonzola, toasted nuts and rocket. | 130 | 165 |
| **POMODORO SALAD (V)**<br>Tomato, cucumber, artichokes, capers, *avo, chickpeas, toasted seeds and chopped lettuce. | 125 | 150 |
| **CARAMELISED CHICKEN SALAD**<br>Balsamic and caramel syrup chicken strips with artichokes, feta, *avo, rocket, toasted seeds, sun-dried tomatoes and salad greens. | 125 | 160 |
| **FILETTO SORPRESA SALAD**<br>Beef fillet strips with caramelised onion, tomato, chilli, cucumber, artichokes, chickpeas, toasted seeds and chopped lettuce. | 145 | 175 |

# SPECIALITY DISHES

| | Main |
|---|---|
| **PORCINI RAVIOLI (V)**<br>Mushroom and ricotta ravioli wih creamy garlic and parsley sauce.<br>*(Subject to availability)* | 195 |
| **SPINACH AND RICOTTA RAVIOLI (V)**<br>with creamy basil pesto and cherry tomato sauce.<br>*(Subject to availability)* | 195 |
| **BEEF LASAGNA**<br>A classic Italian dish made with layers of pasta sheets, bolognaise, white sauce and cheese. | 195 |
| **GNOCCHI**<br>with creamy gorgonzola or bolognaise sauce. | 190 |

# PIATTI DI PESCE

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

| | |
|---|---|
| **GAMBERI SICILIANA**<br>Succulent pan-fried prawns in a fennel, garlic and caper butter sauce. | 220 |
| **HAKE ERBETTE**<br>Fillet of hake baked with parsley, lemon, garlic and parmesan crusting. | 195 |

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# PIATTI DI CARNE

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

### CHICKEN RIPIENE

Filled chicken breast with mozzarella, pesto and fresh tomato. **185**

Filled chicken breast with parma ham, figs and brie cheese. **220**

### COTOLETTA DI POLLO **180**

Crumbed chicken fillet served with a lemon wedge.

### COTOLETTA AL FUNGHI **225**

Crumbed chicken fillet topped with sliced, grilled mushrooms served on a mushroom and sherry sauce.

### SALTIMBOCCA ALLA ROMANA **255**

Veal escalopes dusted in flour topped with parma ham and sage in a butter and white wine sauce

### BISTECCA ALLA FIORENTINA **300**

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

### LAMB SHANK ARROSTO* **310**

Slow roasted in our pizza oven in red wine with its succulent cooking juices.

| | 200G | 300G |
|---|---|---|
| **GRILLED BEEF FILLET** | **285** | **305** |

Served with back bacon, grilled brie cheese and *avo.

| | | |
|---|---|---|
| **GRILLED BEEF FILLET** | **280** | **300** |

Served with creamy Madagascan green peppercorn, mushroom and bacon infused sauce.

# SAUCES

All sauces made fresh with cream

**Mushroom and sherry, black pepper and brandy, garlic butter, gorgonzola, Madagascan green peppercorn sauce** **38**

*Subject to availability

# BAMBINO

Gluten Free R25

## PASTA

**BOLOGNAISE** 70
Traditional minced beef in a tomato, herbs and red wine sauce.

**ALFREDO** 70
Bacon and mushroom in a creamy sauce.

**POMODORO** 70
Tomato, garlic, herbs and lots of patience.

**PESTO** 70
Basil, garlic, nuts, parmesan and olive oil sauce.

## PIZZA

**MARGHERITA** 70
Mozzarella & tomato base.

**HAWAIIAN** 70
Ham & pineapple.

**REGINA** 70
Ham & mushrooms.

## CRUMBED CHICKEN STRIPS WITH CHIPS 75

# DOLCI

**GELATO ITALIANO** 80
Ask your waitron for flavours of the day. Two scoops in a bowl

**AFFOGATO** 75
One scoop of Gelato with a shot of hot espresso

**PANNA COTTA AL LIMONCELLO** 90
Decadent cooked cream dessert with home-made lemon liqueur

**WAFFLE** 90
With syrup and 1 scoop of vanilla ice cream

**TIRAMISU 'PICK ME UP'** 95
Decadent Italian classic

**CHOCOLATE SEMIFREDDO** 95
A truly indulgent chocolate and toasted nut frozen dessert

| | Single | Double |
|---|---|---|
| **DOM PEDRO OR IRISH COFFEE** | 75 | 95 |

Amarula, Kahlua, Whiskey, Frangelico or Limoncello

**TORTA AL CIOCCOLATO (CHOCOLATE TORTA)** 85
Flourless, silky smooth and sinfully chocolaty

DOLPHIN DUNES

GUEST HOUSE

★★★★


Dolphin Dunes Guesthouse

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# POMODORO RESTAURANT

Over two decades ago we started Pomodoro as a small family run Italian Restaurant in Wilderness.

Little did we know that this would become a landmark restaurant and synonymous with Wilderness. We have been fortunate that the majority of my staff, customers, and suppliers have been with me from the beginning and formed bonds and memories that will last a lifetime.

Over the years the look of Pomodoro has been updated but our atmosphere and heartbeat remains the same.

My Italian (Sicilian) heritage has been the inspiration behind many of our dishes, bringing authentic flavours and traditional recipes to life. At the same time, the vibrant South African influence has allowed us to create a unique fusion, blending the best of both worlds into our menu.

All recipes have stood the test of time, and the proof is in our returning customers. We serve hearty, tasty meals that can be enjoyed every day. We source our ingredients with care and use mostly original Italian products to ensure the highest quality and taste.

I love what I do and thoroughly enjoy connecting with my guests and sharing life stories.

Looking forward to the next two decades and to see you again soon!

CIAO
*Claudio Nespola*