



La Pentola is a Fusion Cuisine Restaurant established in 1995. A cultural melting pot of people, music, food & dreams driven by our mutual love for what we do.

Collectively our principals embrace gender equality, self-empowerment & upliftment through education incorporating a strict policy of promotion from within the company. Cultivating a culture which has stood the test of time. We pride ourselves on locally sourced produce and wines wherever possible to sustain our immediate environment and economy. Thank you for your 29 years of loyal support.



Tables of 10 or more carry a 10% Service charge. No Shared or half portions. No variations on the menu unless for dietary requirements arranged with the manager or head waiter. Right of admission is reserved. Windows are opened or closed by order of management.

STARTERS - *La Pentola Classics*

Fresh Oysters (6)

R 185

Fresh Knysna Oysters served classically on a bed of crushed ice with fresh lemon sided with black pepper and Tabasco.

Thai Style Fish Cakes

R 95

Fresh line fish, calamari & smoked salmon combined with sweet potato, green peas, sweetcorn, ginger & lemongrass. Rolled in Japanese breadcrumbs & lightly fried till golden brown served on Asian coleslaw dressed with lemon & olive oil. Dollops of Thai style green curry mayo.

Springbok Carpaccio

Starter R 125 | Main size R 205

Thin slices of smoked Springbok topped with Kalamata olives, red onion, cherry tomatoes & fresh lemon. Drizzled with extra virgin olive oil, lemon juice then sprinkled with a local parmesan cheese.

Hermanus Abalone *House Speciality*

R 285

Locally cultivated Abalone tenderised in teriyaki, white wine & lemon juice. Dusted in flour & lightly egg washed, flavoured with garlic, black pepper, chilli & thyme. Pan fried until golden & served with a sauce of your choice:

Lemon Butter or Mozambican (Peri-peri cream sauce) or Cape Style (white wine, cream, black pepper, leaks)

Basil and Port Livers *House Speciality*

R 105

Chicken livers pan fried with butter, onion, mixed peppercorns & garlic. Touch of tomato, port and fresh cream & flavoured with basil.

Cherry Calamari

R 110

Strips of Calamari steak rolled in Cajun spice & grilled topped with a Maraschino Cherry liqueur pepper sauce.

Smoked Duck Pastry *House Speciality*

R 105

Deboned smoked duck pan fried with mushroom & red onions, doused with vintage port, bound with cream. Wrapped in phyllo pastry, dusted with brown sugar & black pepper backed until crisp.

Pea & Bacon Soup

R 95

Sweet green peas cooked in vegetable stock blended with cream & sprinkled with crispy bacon.

STARTERS - *On the Green Side*

Baby Marrow Carpaccio

R 85

Thin slices of baby marrow dressed with lemon, olive oil, coriander & a touch of chilli, dusted with parmesan & feta cheese and baked.

Rewind Halloumi

R 105

Halloumi cheese, grilled & served with fresh grapes, macerated in sugar & olive oil with lemon & fresh mint.

Thai Butternut Soup

R 85

Delicious sweet butternut poached in vegetable stock and blended. Then flavoured with Thai green curry paste, lemon grass, ginger & basil sweetened with coconut cream.

Magic Mushrooms

R 115

Button mushrooms pan fried in butter with garlic, black pepper & flavoured with parsley. Doused with vintage port, dusted with Japanese style bread crumbs & local parmesan cheese, then oven baked until golden.

Greek Salad

R 140

Cucumber, roma tomatoes, local Feta, Kalamata olives, fresh oregano & dressed with fresh lemon & extra virgin olive oil. A traditional way to start a Mediterranean summer's lunch.

Outback not Chicken

R 115

Tender chicken alternative grilled with Cajun spice and tossed through a sweet granadilla honey orange sauce.

Extra Bread per roll

R 15

Our legendary artisanal Caper & Mushroom Bread baked on site served with butter.

Chef's note : I recommend for a true LaPentola taste experience, order a variety of starters & share them in the center of the table. Mediterranean style, it is fun, interactive & super delicious.

SEAFOOD

Seafood Extravaganza *House Speciality* **R 295**
Fresh Hake grilled to perfection & topped with a delicious white wine, prawn & mussel, fresh thyme cream sauce. Served with basmati rice & seasonal vegetables. Cream can be swapped for tomato or butter sauce

Fresh Hake Cajun Style *House Speciality* **R 185**
Fresh line caught Hake fillet dusted in Cajun spices, flat top grilled laced with a fresh ginger, lemon butter basil sauce, then served with potato croquettes & seasonal vegetables.

Hermanus Abalone **R 495**
Locally cultivated abalone tenderised in white wine, lemon juice & teriyaki sauce, dusted in flour and lightly egg washed, flavoured with garlic, black pepper, chilli & thyme. Pan fried until golden & served with basmati rice, seasonal vegetables & your choice of:

White Wine Lemon Butter or Mozambican (Peri-peri cream sauce) or Cape Style (white wine, cream, black pepper, leeks)

Seafood Pasta *House Speciality* **R 295**
Combination of Prawns, Mussels & Calamari pan fired with butter, garlic & black pepper, douse with white wine and bound with cream & flavoured with a squeeze of lemon & a pinch of thyme. Tossed through with spaghetti.

Gluten free option **R 40**

Oven Baked Prawns **R 350**
Six large King Prawns doused with white wine, garlic, lemon, fresh thyme, olive oil & butter. Oven baked & served in its own jus. Served with basmati rice & seasonal veg.

De Kelders Seafood Platter *House Speciality* **R 1 150**
A local seafood feast, a combination of Cajun Calamari steaks, ten large King Prawns, eight Mussels done in a classic French Provencal sauce, grilled line fish & grilled fresh line fish & Hake served with rice, croquettes & seasonal vegetables. Served with Garlic butter & Peri-Peri sauce.

Rooi Els Platter **R 1 950**
A seafood fiesta fit for a King, a combination of Cajun Calamari steaks, ten large King Prawns, eight Mussels done in a classic French Provencal sauce, grilled fresh line fish & Hake & two Crayfish served with rice, croquettes & seasonal vegetables. Served with Garlic butter & Peri-Peri sauce.

Chef's Shellfish Platter **R 2 850**
Chef's choice of shellfish with his favourite sauces. Twelve King Prawns, four Crayfish, oven baked to perfection accompanied by twelve mussels in a chardonnay cream sauce & locally cultivated abalone lightly fried in an egg wash with garlic, chilli, pepper & thyme. Served with garlic butter, and Chef Shane's Portugese style peri-peri cream beer sauce.

ADD ON: ADD CRAYFISH R 400 EACH

ADD ABALONE R 105 EACH

MEAT

KWV Steak *House Speciality*

400g Sirloin R 325

200g Fillet R 335

Tender steak flame grilled to your preference, served in KWV brandy, whole-grain Dijon mustard, garlic, bay leaf & green peppercorn cream sauce. Served with potato croquettes and seasonal vegetables.

Bazaruto Steak

400g Sirloin R 415

200g Fillet R 425

Tender beef steak flame grilled to your preference & served with a sauce made with red braised onion, peri-peri, bay leaf, whole peeled Italian tomato, doused with beer & bound with fresh cream topped with 2 king prawns. Served with potato croquettes and seasonal vegetables.

Honey Mustard Pork **R 245**

Sliced pork fillet pan fried in butter with peppercorns, bay leaf & red onions flamed with brandy sweetened with honey & whole grain Dijon mustard then bound with cream. Served with potato croquettes and seasonal vegetables.

Nonna's Spaghetti Bolognese **R 195**

Beef mince, celery, carrots, red onions & garlic, slowly braised & doused with white wine, bound with whole peeled Italian tomato & left to simmer for a few hours tossed with spaghetti & dusted with parmesan.

Forest Springbok **R 385**

Tender springbok loin grilled to your preference topped with button mushrooms pan fried in olive oil & butter tossed through with red braised onions & black pepper, doused with port & flavoured with fresh basil. Served with potato croquettes and seasonal vegetables.

PLAIN GRILLS

MEAT & POULTRY

Fillet 200g **R 275**

Sirloin 400g **R 265**

Springbok Steak 200g **R 325**

Chicken Breast 200g **R 165**

Duck Breast **R 265**

FISH

Calamari Steak **R 195**

King Prawns (each) **R 65**

Kingklip **SQ**

Linefish **SQ**

All Grills are served with potato croquettes or basmati rice & seasonal vegetables

SAUCES & SIDES

Lemon butter, Peri-peri,
Garlic butter **R 45**

KWV, Pepper, Mushroom,
Cheese, Honey mustard **R 65**

Croquettes, Rice **R 45**

Side Salad, Vegetables **R 65**

Extra Parmesan Cheese **R 30**

VEGETARIAN

Thai Vegetable Curry *Vegan & Gluten Free* **R 185**

Fresh vegetables pan fried with ginger, lemon grass, chilli, garlic & green curry Thai paste, bound with coconut cream. Sprinkled with almonds & served with rice noodles & a pompadom.

Rainbow Salad *Vegan & Gluten Free* **R 175**

Fresh from the Hemel-En-Aarde Valley, a variety of mixed lettuce, cucumber, radishes, carrot, rosa tomatoes, topped with slices of seasonal fruit, finished with a variety of mixed seeds & nuts.

Dahl Pastry **R 195**

Lentils pan fried in olive & butter, red braised onions, bay leaves, mixed pepper, mixed curry powder, ginger, cumin seeds. Flavoured with garlic & bound with cream and whole peeled Italian tomato. Wrapped in phyllo pastry layered with mozzarella cheese & oven baked until golden brown.

Fungi Luigi Pasta *House Speciality* **R 195**

A La Pentola classic. Button mushrooms pan fried with Madagascan peppercorns, onions & garlic flamed with Sambucca bound with cream & tossed through with spaghetti pasta.

Willow's Eco Warrior **R 220**

Red braised onions pan fried in olive & butter with a Chicken alternative, black peppercorns, sun dried tomato's & fresh basil. Doused with white wine & left to reduce, bound with cream. Tossed through with penne pasta & dusted with local parmesan cheese.

Santorini Halloumi Cheese Steak **R 235**

Halloumi cheese coated in Cajun spice and grilled laced with a delicious white wine, lemon, oregano fresh cream sauce dusted with roasted almonds. Served with seasonal vegetables and potato croquettes.

ADD ON: Gluten free Pasta R40 | Vegan Chicken R85 | Vegan Coconut Cream R30

POULTRY

Santorini Chicken *House Speciality* **R 195**

Tender chicken breast pan fried in butter, black pepper & fresh oregano. Doused with Chardonnay, bound with fresh cream, flavoured with lemon and reduced. Dusted with feta cheese & roasted almonds. Served with potato croquettes & seasonal vegetables.

Afro Parisian Chicken **R 245**

Tender chicken breast pan fried in butter, braised with mixed peppercorns & doused in vegetable stock, bound with organic roasted peanut butter & fresh cream. Topped with a nut & mango achar served with potato croquettes and seasonal vegetables.

Duck in Triple Sec **R 325**

Tender duck breast grilled to your preference sliced & served with sweet orange, fresh thyme & Triple sec butter sauce. Served with basmati rice and seasonal vegetables.

UNDER 12 - *Main*

Marley's Fish Fillet **R 95**

Fresh line fish grilled & served with lemon butter, croquettes & veggies.

Marina's Chicken Strips **R 95**

Tender strips of chicken breasts crumbed & fried, served with croquettes & veggies.

Spiderman's Spaghetti Bolognaise **R 95**

Beef mince made traditionally with Italian tomato & left to simmer for a few hours. Served with spaghetti dusted with local Parmesan cheese.

Tinkerbell's Spaghetti Napoletana **R 80**

Whole peeled Italian tomato sauce cooked for hours on the stove & tossed through with spaghetti.

Paw Patrol Halloumi **R 95**

Finger of grilled halloumi cheese. Served with fresh sliced green apple, carrots & cucumber. Finger food with a healthy twist.

UNDER 12 - *Sweet Tooth*

Captain Hook's Ice Cream and Chocolate Sauce **R 55**

Scoop of vanilla ice cream with homemade chocolate sauce & sprinkles.

Teen Titans Treat - Dairy Free *Vegan* **R 75**

Ask your waiter which flavours are available.

DECADENT DESSERTS

Lindt Salted Caramel Chocolate Fondant *Gluten Free* **R 135**

Salted Caramel chocolate fondant oven baked to order sided with vanilla ice cream & caramel popcorn.

Halva Pancake *House Speciality* **R 105**

A delicious Greek halva, white chocolate, honey, almonds & vanilla pod ice cream fantasy wrapped in a pancake. Mmmmm!

Hazelnut Crème Brule **R 85**

Delicious rich hazelnut custard which has been prepared with free range eggs, topped with a torch flamed sugar crust.

Trio of Chocolate Terrine *House Speciality* **R 95**

Individual layers of dark, milk & white chocolate creating a heavenly slice of our in house frozen dessert.

Speciality Ice Cream **R 85**

Vegan, Diabetic or Banting Ice Cream. Ask your waiter which flavours are available.

Danish Vanilla *House Speciality* **R 85**

Vanilla Ice cream served with our homemade condensed milk chocolate sauce.

DRINKING DESSERTS

Cape Connection

R 95

La Pentola classic after dinner drink, 10 year old KWV brandy & Amaretto Disaronno served in a hot vodka flamed cognac glass to honour Napoleon Bonaparte.

Island Style Black Russian *Vegan*

R 85

Chef Shane's favourite after dinner drink. Kahlua, absolute vodka on crushed ice topped with coconut cream.

Dagama Coffee

R 85

Freshly brewed black coffee blended with a tot of brandy cream liqueur & Kalhlúa.

Malt Pedro

R 80

An American style malt don Pedro with a creamy Cape Velvet twist.

Don Cactus

R 85

Vegan Ice Cream

R 20

Chef's favourite Pedro, premium double thick vanilla ice-cream blended with Olmeca aged Black Tequila.

