



We would like to say a huge thank you
for your patronage over the years -
because of you we won the

EatOut - Best Italian Restaurant 2012

Best of Joburg - Best Italian Restaurant 2013

EatOut - Best Italian Everyday Eatery 2015

Our Story

The seed of Café del Sol was planted in our home, where we often entertained and cooked for friends and family. Like most Italians, our family of three (mother Luciana, daughter Chiara, and son Ryan), instinctively understood that food is a joyous celebration of life.

Our guests were always reluctant to leave the table and would linger over dishes that invited nostalgia to both tongue and mind. We loved seeing everyone lulled into comfort by music that punctuated lively conversations, toasting each other with glasses of fragrant wine – we loved the laughter, and we loved the love.

Because we believe in destiny and messages that prompt every individual to follow the path they are meant to take, we took notice of the mantra our guests often repeated, “Open a restaurant. Please!”

And so we did. Mama and Chiara still create the signature Café del Sol dishes, Ryan is still the music and drinks master, and our guests will always be la famiglia.

It was never our intention to create a traditional trattoria, we aimed for something that spoke to the soul – something that evoked a new age, a new ways of being, a new way of nourishing and nurturing. Our family philosophy is echoed by the wise and wonderful words adorning our walls.

As for the food – it is just as it should be – wholesome, slow-cooked, inspiring to the palate, the eyes and the nostrils, satisfying the stomach and the spirit.

The integrity of each dish is honoured with a maximum of four fresh ingredients – made to order and served immediately from pan to plate. We keep it simple and we keep it nourishing.

We consider our staff to be our extended family and each one of them is a true ambassador of Café del Sol, putting love and joy into every action, believing that food nurtures more than body cells, and respecting the sacredness of the relationship between our restaurant and our guests.

Conversation is an integral part of every meal and so we welcome your thoughts and comments on your experience at Café del Sol.

In closing, we'd like to invite you to eat, drink and be inspired. Brush off the cares of the world, and join us in an oasis of love, comfort and sheer deliciousness.

Buon Appetito!

Luciana, Chiara and Ryan



Eat • Drink • Be inspired



Café del Sol



Café del Sol

We prepare everything from scratch so please be patient!

Seasonally fresh ingredients, with swirls of love and just a pinch of true Italiano laughter.

Due to our no compromise policy on our ingredients and the abundance of imported Italian ingredients on our menu we have no choice but to increase our prices. We have tried to absorb the looming increases for as long as possible including not having done a price increase in the whole of 2014. Unfortunately this is the only way we will be able to keep delivering a consistent high quality product to you going forward.

Thank you for understanding.



Antipasti

To start your indulgent journey...

Our chicken is free-range and hormone free.

Our fish is sourced from SASSI aware suppliers

Pastella Prawns SQ

a smooth tempura batter
Battered prawns served on a bed of lemon infused mashed avocado, with cherry tomatoes and our home made sweet chilli sauce



Crumbed squid heads 85

Crunchy, popular and on the menu by demand (when available) served with aioli – our home made roasted garlic mayonnaise

Chicken Sesame Skewers 82

Organic chicken coated in sesame seeds and drizzled with our home-made satay sauce

Italian Primevera Rolls 78

Rice pastry filled with real imported Parma Ham, rocket and smoked mozzarella, then deep fried and served with a creamy white wine sauce



Please note that half portions and shared meals will be charged at 75% of the full price.

Any changes to dishes will be charged for on an ad hoc basis and may delay your order.

The most indispensable ingredient in all good home-cooking, is love for those you are cooking for.
Sophia Loren

What lies behind us and what lies before us are tiny matters compared to what lies within us
Ralph Waldo Emerson



Avocado Al-Ritz SQ

Pan-fried queen prawns dressed in homemade basil pesto mayonnaise, served with avocado (seasonal), Rosa tomatoes and zesty Parmesan and rocket salad

Smoked Salmon Parcel 92

Smoked salmon filled with cream cheese, served with waldorf slaw and lemon vinaigrette

Springbok Carpaccio 102

Springbok carpaccio served with fresh rocket, shavings of imported Grana Padano Parmesan and spring onion, drizzled with a tangy pomegranate reduction

Beetroot Carpaccio 88

Thinly sliced ruby beetroot served with imported Dolce Latte Gorgonzola, strawberries, orange segments and sprouts (seasonal) with balsamic reduction

Parma Ham Wraps 105

Thinly sliced imported Parma Ham, wrapped around fresh rocket, with marinated artichoke hearts and strawberries (seasonal), drizzled with a pomegranate reduction

Bruschetta 80

Chargrilled sourdough rubbed with garlic and Extra Virgin Olive Oil, finished with seasonally inspired toppings (seasonal vegetarian toppings available)

Tricolore Salad 79

The three colours of Italy -
Green avocado, Red plum tomatoes and White Fior di Latte mozzarella with fresh basil leaves

Insalata Mista 88

A mixed organic salad with all the trimmings, Danish Feta cheese and avocado (seasonal)
This portion is enough for two



Café del Sol

All our pasta is made with the secret "Nonna" ingredients - Be patient, whisking, beating, and frying up this amount of love takes a little time, and Nonna is old ... please, give her a break!

Primi

Primi piatti or First plate... mamma says no traditional meal is complete without a plate of pasta! Recommended as a half portion for a primi piatti.

Pasta

All our pasta sauces are freshly made to order, with imported Extra Virgin Olive Oil and side serving of Grana Padano Parmesan cheese

Traditional Nonna Specialities

Ravioli of the Day

140

6 Handmade pasta pockets with seasonal filling (10 portions are made daily and sold on a first come first to order basis)

Gnocchi

Handmade Italian potato dumplings with your choice of sauce -

Butter and sage or Aurora (tomato and cream)

113

Recommended with dolce latte

gorgonzola cream and walnut sauce

add 36

Choose from:

☉ Cappellini

☉ Spaghetti

☉ Penne

☉ Tagliatelle -

(15 portions are made daily and sold on a first come first to order basis).

☉ Rice pasta -

18

(please allow an extra 20 minutes cooking time)

☉ Gnocchi -

20

(10 portions are made daily and sold on a first come first to order basis).



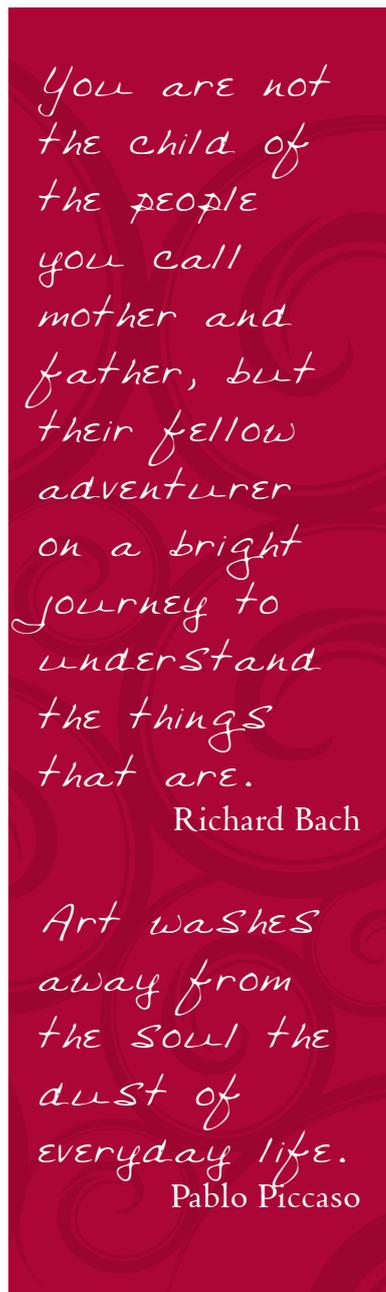
All half portions ordered will be charged at 75% of the menu's full portion price.

Napoletana 78

What's an Italian menu without a Napoletana?

Arrabiata 83

Add chilli for an angry Napoletana!



Richard Bach

Art washes away from the soul the dust of everyday life.

Pablo Picasso



Traditional Sugo

Sugo is the name for sauce in Italiano

Basil Pesto 118

Traditional Italian basil pesto made with fresh basil, garlic, Extra Virgin Olive Oil and pine nuts

Recommended with chicken strips, a dash of cream and a hint of lemon add 55

(8 portions are made daily and sold on a first come first to order basis)

Nonna's Ragu 118

Following the original recipe of our Nonna, this is a slow cooked stew (or Ragu) of pork and beef mince with tomato, carrot, celery, fresh oregano and other secret Nonna ingredients

Recommended with olives add 30

Alfredo 98

Gypsy ham and mushrooms cooked in a fresh garlic and cream sauce

Recommended with porcini mushrooms add 55

Carbonara 113

A classic bacon and egg pasta, made with real pancetta, garlic, egg yolk, parmesan, cream and parsley

Flambéd Sugo

Flambéd as in, the sauce is fired up with a generous dash of alcohol

Chorizo Pasta 120

Smokey Spanish Chorizo sausage sautéed with fresh garlic and onion and white wine in our Napoletana sauce with a dash of cream and fresh parsley

Recommended with Queen prawns

4 prawns 80 | 6 prawns 120 | 8 prawns 160

Al-Salmone Vodka 130

Vodka flambéd salmon in a creamy Napoletana sauce with leek and asparagus



Café del Sol

*The gentle art of gastronomy
is a friendly one. It hurdles
the language barrier,
makes friends among civilised
people and warms the heart.*

Samuel Chamberlain

Zesty Limoncello

103

A zesty Limoncello cream sauce
and fresh peppery rocket

Calamari

add 55

Organic chicken breast

add 52

4 prawns 80 | 6 prawns 120 | 8 prawns 160

Porcini whiskey

128

Porcini mushrooms flambéed in Jack Daniels
and sautéed with fresh garlic and parsley,
served in a creamy sauce with a touch of turmeric

Sugo Piccante

*Piccante as in, the sauce is
Spiced Up with a hint of fresh chilli*

Amatriciana

105

Smokey bacon sautéed with fresh garlic in our
Napoletana sauce with a dash of cream and basil

Aglio, Olio e Pepperoncino

78

Simple satisfaction - Extra Virgin Olive Oil,
fresh garlic, chilli and parsley

Porcini mushrooms

add 55

Anchovies

add 32

4 prawns 80 | 6 prawns 120 | 8 prawns 160



Food is
our common
ground,
a universal
experience.

James Beard

Life is a
great big
canvas and
you should
throw all the
paint you
can on it.

Danny Kaye

Be yourself,
everyone else
is taken

Oscar Wilde

It takes
vision and
courage to
create - it
takes faith
and courage
to prove.

Owen D Young

Calamari Piccante 130

Falkland's calamari tubes in our Neapolitan sauce with tangy capers, fresh garlic and chilli, a squeeze of lemon juice and garnished with fresh parsley

Tuna Piccante *subject to availability* 135

Imported Italian Tuna bottled in habanero chilli infused oil, Neapolitan sauce, peas, basil and a dash of fresh cream

Filetto Piccante SQ

Beef fillet strips in our Neapolitan sauce with olives, red pepper, fresh garlic, a dash of cream and garnished with fresh basil

Risotto

Arborio rice has its origins in Northern Italy, like Mamma, and is a real hearty dish, like Mamma too! Always cooked with a delicious broth/stock, a glass or two of white wine and a handful of Grana Padano Parmesan cheese.

Seafood SQ

Prawns, Falkland's calamari, smoked salmon, red pepper, mushroom and baby tomatoes sautéed with garlic and onion in white wine and finished off with a dash of fresh cream and parsley

Porcini Mushroom *seasonal* 158

For all the mushroom lovers! Earthy Porcini mushrooms, green peas and a drizzle of truffle oil, a decadent treat!

Butternut/pumpkin risotto (seasonal) 120

A delicate roasted squash risotto that leaves a sweet and savoury sensation on the palate. Fried sage and a dash of truffle oil makes sure that this dish lingers



Café del Sol

*If people take the time to cook,
you should take the trouble
to eat.*

Robert Morley

Secondi

Italian mamas pride themselves on producing the most “perfecto” meals, so give them a secondi or two and you won’t be disappointed! All served with seasonally fresh vegetables of the day.

Pollo

*Pronounced like the famous
Marcòs surname.*

Porcini Chicken

Two roasted free-range breasts with crispy skin, served on a bed of Porcini mushrooms (seasonal), green pea and truffle oil risotto, with a Porcini mushroom cream sauce

Ladies porcini chicken (one breast)

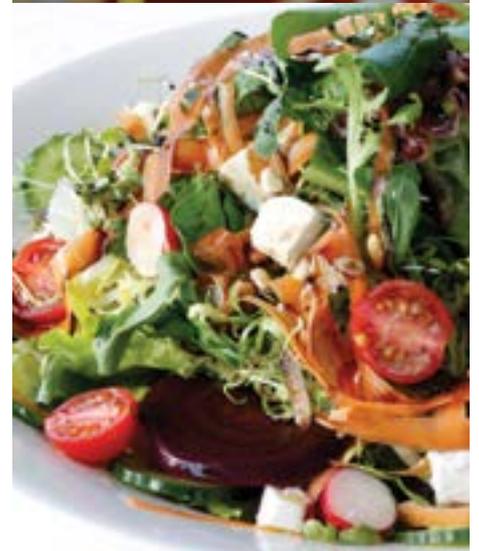
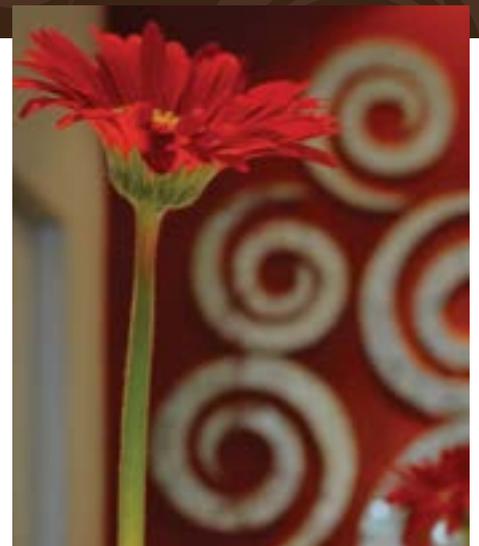
175

145

Chicken Sesame Stir-fry

Free-range chicken coated in sesame seeds, served with sweet soy cappellini, stir-fry vegetables, cashew nuts and our home made peanut satay cream sauce. Oriental in flavour, but as always with a shaving of Italian

110



*Happiness
is like a
butterfly,
the more you
chase it, the
more it will
elude you,
but if you
turn your
attention
to other
things, it
will come and
sit softly
on your
shoulder.*

Henry David Thoreau

*Come out
of the
circle of life
and into the
circle of love.*

Rumi

*Good food
ends with
good talk.*

Geoffrey Neigbor

Chicken Roulades

Café del Sol's signature chicken roulades have been going for as long as we can remember! This is the ideal light lunch or a delectable dinner accompanied by a crisp white wine. Certainly a meal choice made easy for the ladies, but don't be shy if you're a guy, this is a hearty dish made with a lot of Italian flare.

Free-range chicken breast, butterflied and rolled with a choice of the following fillings:

Spinach & Feta roulade 110

Baby spinach, feta and whole grain mustard

Mediterranean olive roulade 115

Mediterranean olives, sun-dried tomatoes and Danish Feta cheese

The roulade is pan-fried and served with roast garlic mashed potatoes and a beurre blanc sauce or a salad

Carne

... as in Carnival!

Bacon and Brie Fillet SQ

200g beef fillet wrapped in bacon, pan-fried then served with oven melted Brie cheese, hand made polenta chips and a honey and mustard sauce

Balsamico Fillet SQ

200g beef fillet pan-fried in a homemade balsamic and port reduction, served with spring onion mashed potato and a rustic rocket, rosa tomato and Grana Padano Parmesan salad

Gorgonzola Fillet SQ

200g beef fillet smothered in a Gorgonzola cream sauce and served with sun-dried tomato risotto

Lamb Rack SQ

One of our best sellers! 400g of french trimmed lamb rack served on porcini mushroom and pea risotto with a deep and delicious red wine jus





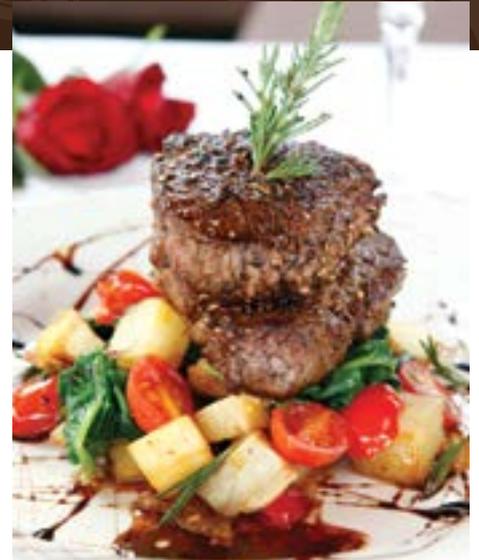
Café del Sol

The preparation of good food is merely another expression of art, one of the joys of civilized living...
Dione Lucas

Tender Rolled Pork Fillet

145

Tender rolled pork fillet filled with imported Parma ham, smoked mozzarella and Fontina cheese, served with roast garlic mashed potatoes and a silky sage sauce



Pesce

Pronounced correctly it should sound like 'fish' but in Italian.

Calamari Limoncello

148

Pan-fried Falkland's calamari tubes smothered in a creamy Limoncello sauce, served with green peas, fresh herbs and Parmesan black rice

Stuffed Calamari

160

Falkland's calamari tubes filled with red pepper, green Sevilliano olives, capers, ricotta cheese, Grana Padano Parmesan and a touch of chilli, served with cappellini pasta, mixed with seasonal stir-fry vegetables and beurre blanc sauce

Half portion recommended as a starter

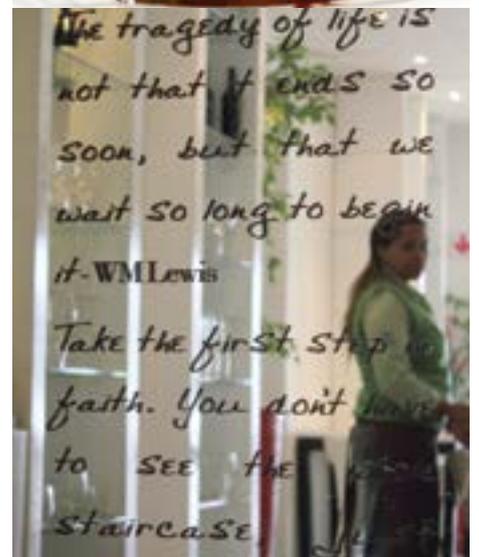
95

Black Sesame Salmon

SQ

Light and healthy, black sesame crusted Scottish Salmon served on a bed of lemon infused mashed avocado, topped with home made sweet chilli and fresh grapefruit.

Try wasabi mashed potato for a heartier meal



*Ask not what
you can do
for your
country.*

*Ask what's
for lunch.*

Orson Welles

*Italian food
is all about
ingredients
and it's not
fussy and
it's not fancy.*

Wolfgang Puck

*If more of
us valued
food and
cheer and
song above
hoarded gold,
it would be a
merrier world.*

J.R.R. Tolkien

*A good cook
is like a
sorceress
who dispenses
happiness.*

Elsa Schiaparelli

Mamma's extra helping

Don't even think about saying no to seconds and thirds and ...!

- ⊙ Buttered vegetables 45
- ⊙ Mashed potato or patate fritti 45
(potato chips)
- ⊙ Risotto 68
- ⊙ Rocket and Grana Padano
Parmesan salad 65
- ⊙ Piccola Insalata Mista 65
(mixed garden salad)
- ⊙ Ceci – 30
chicpeas fried off in a dash of garlic, onion
and parsley
- ⊙ Sugo 32
(sauce)



*ate now and then
Orson Welles If mo
n Seize the moment
hink well, love well
ood. W.C. Fields The
of success in life
a man really likes
which has 246 va
be thy medicine a
it French. Sour
e makes it good.
discovery of a s
I owe to Spaghet
ged in lightly. M.I
n Kolpas The Smell o
innocence and de
s the most fund
s Beard A good mea*



Café del Sol

*All you need is love.
But a little chocolate now and
then doesn't hurt.*

Charles M. Schulz

La Dolce Vita

*... it's amore ...and more and more
and more ...*

Ciocolato Primavera rolls 50

Spring roll pastry filled with the finest chocolate,
deep fried and served with coconut sorbet

Vanilla Gelato 50

Served with a chocolate Primavera roll and
Valhrona Chocolate pearls

Panna Cotta of the Day 55

A traditional Italian dessert of set cream and exotic flavours

Amaretto Semifreddo 58

Creamy and cool, this homemade delight is drowned
in the Italian liqueur Amaretto and garnished with
crunchy Amaretti Biscotti

Mamma's Pavlova 68

Sticky meringue, vanilla cream and fresh berries -
Heaven!

Chocolate Tart 60

Made the same way as chocolate truffles



*A good
conscience is
a continual
feast.*

Francis Bacon

*Ice-cream
is exquisite.
What a
pity it isn't
illegal.*

Voltaire

*Seize the
moment.
Remember all
those women
on the 'Titanic'
who waved off
the dessert
cart.*

Erma Bombeck

*How can
you govern a
country which
has 246
varieties of
cheese?*

Charles de Gaulle

with a nutty crust

Affogato

55

Chocolate swirl vanilla gelato and roasted flaked almonds
drenched with a warm espresso and a twist of orange

Crepe Suzetta

60

Italian crepes kissed with Nutella and covered in
Grand Marnier liqueur and fresh orange sauce

Home made Sorbet

55

Perfect as a palate cleanser during dinner or
as a refreshing end to your meal

Home made gelato (ice creams) of the day

65

please enquire

Homemade cakes of the day

SQ

Tre Formaggi

105

An appetite rounder with a variety of
3 imported Italian cheeses served with Italian breadsticks,
crackers and seasonal preserves



*Sophia Loren Sharing
the act that should
like a loving touch
ability to comfort
ng, like the sound
in its evocation of
s symbolic of lo
Good bread is the
foods; and good
easts. James Beard
tes the body. Fro
evolence. Frederick W
life is to eat what
de. Mark Twain What
atoes, he must
ow can you govern*