

I LOVE THE
DOUGH
CAPE TOWN

SCROLL DOWN FOR JOBURG MENU

I LOVE THE DOUGH

PIZZA

- NUMBER 1** 110
 Tomato Base, Mozzarella, Extra Virgin Olive Oil, Basil Salt, Fresh Basil.
- NUMBER 2** 150
 Tomato Base, Mozzarella, Thyme, Mushrooms, Roast Garlic, Truffle Oil, Parmesan.
- NUMBER 3** 160
 Tomato Base, Mozzarella, Wild Rocket, Parma Ham, Extra Virgin Olive Oil, Parmesan.
- NUMBER 4** 135
 Tomato Base, Mozzarella, Extra Virgin Olive Oil, Salami **or** Beef Salami.
- NUMBER 5** 145
 Tomato Base, Mozzarella, Avo, Danish Feta, Diced Bacon.
- NUMBER 6** 150
 Tomato Base, Mozzarella, Marinated Artichokes, Olives, Parmesan.
- NUMBER 7** 155
 Tomato Base, Mozzarella, Salami **or** Beef Salami, Olives, Extra Virgin Olive Oil.
- NUMBER 8** 155
 Tomato Base, Mozzarella, Pickled Red Onion, Streaky Bacon, Mushrooms.
- NUMBER 9** 165
 Lemon Olive Oil, Mozzarella, Kale, Crème Fraîche, Spinach, Salsa Verde, Parmesan, Seared Broccolini, Marinated Artichokes.
- NUMBER 10** 170
 Tomato Base, Mozzarella, Salami **or** Beef Salami, Streaky Bacon, Smoked Chilli Flakes, Marinated Red Peppers.
- NUMBER 11** 150
 Tomato Base, Mozzarella, Pineapple, Streaky Bacon, Pickled Red Onion, Black Sesame Seeds.

DESSERT

Enquire with your waiter about our dessert of the month.

SALADS

- A** 100
 Focaccia, Smashed Whole Avo, Mozzarella, Lemon Olive Oil, Maldon Salt, Chilli Flakes, Salsa Verde.
- B** 115
 Greens, Cucumber, Danish Feta, Wild Rocket, Avo, Parmesan, Seared Broccolini.
- C** 130
 Sweet Corn, Danish Feta, Wild Rocket, Greens, Exotic Tomatoes, Parma Ham **or** Bresaola, Red Cabbage, Fresh Lime Yoghurt, Salsa Verde, Cucumber.
- D** 115
 Focaccia, Greens, Calamata & Green Olives, Danish Feta, Cucumber, Plum Tomatoes.

BITES

- DOUGH STICKS** 65

 Tomato Base Dipping Sauce, Extra Virgin Olive Oil, Basil Salt.
- Add: Mozzarella 85
- FOCACCIA** 80

 Roast Garlic Extra Virgin Olive Oil Base, Oregano, Maldon Salt.

TOPPINGS

Avo	25	Mozzarella	40
Wild Rocket	20	Vegan Mozzarella	40
Mushrooms	30	Truffle Oil	20
Calamata Olives	30	Streaky Bacon	40
Artichokes	25	Diced Bacon	35
Danish Feta	30	Napoli Salami	50
Pineapple	30	Parma Ham	50
Parmesan	30	Wheat Free Base	35

Vegetarian with Dairy.

Gluten Free Bases & Vegan Cheese Available.

COCKTAILS

PEARL NEGRONI 95
Beefeater, Martini Bianco, Aperol, Elderflower.

DELILA DELILA 100
Jameson, Pineapple, Honey, Mint, Angostura Bitters.

PINK PALOMA 100
Absolut Grapefruit, Pomegranate SanPellegrino, Mint, Orange Zest, Schweppes Tonic Water.

ROYAL JEWEL 105
Bombay Sapphire, Martini Bianco, Mint, Schweppes Pink Tonic.

CANARY MARGARITA 100
Olmeca Black, Triple Sec, Fresh Lime, Granadilla Juice.

CORAL ROSE 110
Martini Rosé, Butler's Ginger, Berries Juice, Schweppes Lemonade.

BLONDE JUICY 110
Altos, Salted Grapefruit & Vanilla Syrup, Fresh Pineapple, Pineapple Juice, Mint, Schweppes Ginger Ale.

RUBY MONDAZE 110
Bombay Sapphire, Martini Rosé, Strawberry Syrup, Martini Rosso, Schweppes Lemonade.

ORANGE HAZE 100
Woodstock Gin, Blood Orange SanPellegrino, Triple Sec, Lemon.

CRIMSON CLOVER 100
Beefeater Gin, Fresh Strawberry Syrup, Lemon Juice.

BLUSH COSMO 95
Absolut Watermelon, Triple Sec, Pink Lemonade.

NAUGHTY SLUSHY SQ
Grey Goose or Patrón.

WINES

WHITE WINE 95
Boschendal Chenin Blanc 60/230
Durbanville Hills Sauvignon Blanc 65/240
Brampton Chardonnay Unoaked 65/240

ROSÉ
Boschendal Rose Garden 60/230
Allesverloren Rosé 60/230

RED
Big Oak Shiraz 60/230
Fat Man Pinotage 60/230

BUBBLY
Boschendal Brut 95/500
Boschendal Rosé 500
Martini Rosé 115/575
Moet Brut 1900
Moet Rosé 2350

BEERS / CIDERS

Black Label	38	Hunters Dry	44
Castle Lite	38	Savanna Dry	48
Castle Lite Draught	50	Corona	50
Castle Lager	35	Brutal Fruit	42
Castle Double Malt	38	Flying Fish Stella	38 40

SOFTDRINKS

Coke Zero 300ml	30	Schweppes Mixers	
Coke 300ml	30	Bitter Lemon	28
Appletiser	38	Ginger Ale	28
Red Bull	48	Indian Tonic	28
Red Bull Sugar Free	48	Lemonade	28
SanPellegrino*	48	Pink Tonic	28
Still Water 330ml	26	Soda Water	28
Sparkling Water 330ml	26		
Still Water 750ml	48		
Sparkling Water 750ml	48		

LOVE JUGS

REGRET JUICE 220
Patrón Tequila Slushy, Grapefruit Vanilla Syrup.

NASTY T 210
Patrón Tequila Slushy, Orange Juice, Grenadine, Grapefruit Vanilla Syrup.

MORE MOJO 260
Bacardi Blanca Rum, Mojito Syrup, Fresh Lime Wedges, Fresh Mint, Schweppes Soda.

G & TEA 230
Woodstock Rooibos Gin, Rosemary Syrup, Fresh Oranges, Schweppes Tonic.

MALIBOO THANG 250
Malibu Rum, Raspberry & Rose Water, Pink Lemonade.

TALKIN' BULL 270
Absolut Vodka, Bombay Sapphire Gin, Bacardi Blanca Rum, Olmeca Altos Tequila, Watermelon Red Bull, Lemon juice.

LAGERITA LOVE 85
Patrón Tequila Slushy & Heineken Draught.

THE OG OJ 260
Absolut Watermelon, Elderflower, Orange Juice, Schweppes Lemonade.



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I LOVE THE
DOUGH
PARKHURST

SMALLS

- ✓ S1 - DOUGH STICKS 65
Tomato Base Dipping Sauce,
Extra Virgin Olive Oil, Basil Salt.
ADD: Mozzarella - 45
- S2 - MEATBALLS 115
Homemade Beef Meatballs in Pomodoro Sauce
served with Focaccia.
- S3 - FRIED BALLS 80
Deep Fried Rice Balls, Panko Crumbs,
Mozzarella, Beef Mince served with Dipping Sauce.
- ✓ S4 - ZUCCHINI FRIES 85
Lightly Fried Zucchini Fries served with
Chilli Mayo.
- S5 - BIG MIX (Serves 2) 165
Italian Cold Meats, Imported Italian Pickles,
Grilled Vegetables, Imported Italian Cheese,
Focaccia.
- S6 - PESCE ETC 135
Fried Calamari, Prawns & Baby Marrows.
- S7 - CALAMARI 115
Lightly Fried Salt & Pepper Calamari
served with Spicy Dipping Sauce.
- ✓ S8 - OLIVES & ARTICHOKEs 115
Marinated Kalamata & Mediterranean Olives,
Grilled Marinated Artichokes, Salsa Verde
Herb Roasted Garlic Focaccia.
- ✓ S9 - CAPRESE 120
Mozzarella, Extra Virgin Olive Oil, Cracked Salt,
Basil.
ADD: Dough Sticks - 35

SALADS

- ✓ A 100
Focaccia, Smashed Whole Avo,
Mozzarella, Lemon Olive Oil,
Maldon Salt, Chilli Flakes, Salsa Verde.
- ✓ B 115
Greens, Cucumber, Danish Feta, Wild Rocket,
Avo, Parmesan, Seared Broccolini.
- C 130
Sweet Corn, Danish Feta, Wild Rocket, Greens,
Exotic Tomatoes, Parma Ham, Red Cabbage,
Fresh Lime Yoghurt, Salsa Verde, Cucumber.
- ✓ D 115
Smashed Feta, Cherry Tomatoes,
Calamata Olives, Cucumber, Olive Oil,
Black Pepper, Balsamic Vinagrette.
- ✓ E 120
Wild Rocket, Pine Nuts, Parmigiano Shavings.

I LOVE THE
DOUGH

GRILLED

SERVED WITH SALAD AND ZUCCHINI FRIES

CHICKEN

- C1 165
Marinated Chicken Fillets, Lemon Olive Oil,
Roasted Cracked Black Pepper, Maldon Salt.
- C2 175
Marinated Chicken Fillets, Lemon Butter Sauce,
Roasted Cracked Black Pepper, Maldon Salt.
- C3 185
Panko Crumbed Chicken Fillets,
Roasted Cracked Black Pepper, Maldon Salt.

SIDE SAUCE

- Cream Pepper Sauce 30
- Cream Mushroom Sauce 30
- Cream Pepper & Mushroom Sauce 40
- Cream Mustard Sauce 25

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parkhurst@ilovethedough.co.za

PIZZA

✓ NUMBER 0	80
Roast Garlic Extra Virgin Olive Oil Base, Oregano Maldon Salt.	
✓ NUMBER 1	110
Tomato Base, Mozzarella, Extra Virgin Olive Oil, Basil Salt, Fresh Basil.	
✓ NUMBER 2	150
Tomato Base, Mozzarella, Thyme, Mushrooms, Roast Garlic, Truffle Oil, Parmigiano.	
NUMBER 3	160
Tomato Base, Mozzarella, Wild Rocket, Parma Ham Extra Virgin Olive Oil, Parmigiano.	
NUMBER 4	135
Tomato Base, Mozzarella, Salami, Extra Virgin Olive Oil.	
NUMBER 5	145
Tomato Base, Mozzarella, Avo, Danish Feta, Diced Bacon.	
✓ NUMBER 6	150
Tomato Base, Mozzarella, Marinated Artichokes, Olives, Parmigiano.	
NUMBER 7	155
Tomato Base, Mozzarella, Salami, Olives, Extra Virgin Olive Oil.	
NUMBER 8	155
Tomato Base, Mozzarella, Pickled Red Onion, Streaky Bacon, Mushrooms.	
✓ NUMBER 9	165
Lemon Olive Oil, Mozzarella, Kale, Crème Fraîche, Spinach, Salsa Verde, Parmesan, Seared Broccolini, Marinated Artichokes.	
NUMBER 10	170
Tomato Base, Mozzarella, Salami, Streaky Bacon, Smoked Chilli Flakes, Marinated Red Peppers.	
NUMBER 11	150
Tomato Base, Mozzarella, Pineapple, Streaky Bacon, Pickled Red Onion, Black Sesame Seeds.	

ADD ON

Avo	35	Mozzarella	40
Wild Rocket	35	Vegan Mozzarella	40
Mushrooms	30	Streaky Bacon	40
Calamata Olives	30	Diced Bacon	35
Artichokes	25	Napoli Salami	50
Danish Feta	30	Parma Ham	50
Pineapple	37	Cooked Ham	50
Parmigiano	40	Chicken	70
Truffle Oil	20	Wheat Free Base	50

PASTA

FRESH PASTA MADE IN HOUSE DAILY

CHOICE OF PASTA: SPAGHETTI / TAGLIATELLE / PENNE.
GLUTEN FREE PENNE AVAILABLE - 35

✓ POMO	115
Italian Whole Peeled Pomodoro Sauce, Fresh Basil, Red Onion, Celery, Carrot.	
✓ OLIO	95
Garlic, Extra Virgin Olive Oil & Fresh Chilli.	
✓ QUATTRO	140
Mozzarella, Ricotta, Gorgonzola, Parmigiano, Cream, Black Pepper.	
✓ PRIMO	145
Pomodoro Sauce, Cherry Tomatoes, Olives, Red & Yellow Peppers, Olive Oil, Garlic.	
✓ C.R.E.A.M	150
Crema Di Funghi Mushrooms, Cream, Butter, Black Pepper.	
BOLO	155
Bolognese Pomodoro Sauce Beef Mince, Parmigiano.	
POLPO	155
Polpette Beef Meatballs Pomodoro Sauce, Parmigiano.	
MARE	210
Frutti Di Mare Mussels, Calamari, Prawns with Cherry Tomatoes, Pomodoro Sauce, Garlic, Chilli.	
GAMBA	190
Pomodoro Sauce, Prawns, Garlic.	
CARNE	180
Vitello, Chicken, Pomodoro Sauce, Cream, Chilli.	

OVEN BAKED PENNE

BOLO FORNO	160
Baked Penne, Pomodoro, Bolognese Sauce, Mozzarella, Parmigiano.	
POLPO FORNO	160
Baked Penne, Pomodoro, Beef Meatballs, Mozzarella, Parmigiano.	
✓ QUATTRO FORNO	165
Baked Penne, Provolone, Gorgonzola, Mozzarella, Parmigiano.	
ALFO FORNO	160
Baked Penne, Ham, Cream, Mushrooms, Mozzarella, Parmigiano.	
LAZA FORNO	170
Baked Homemade Pasta Sheets, Baked Pomodoro, Beef Mince, Bechamel, Mozzarella, Parmigiano.	
✓ CANNO FORNO	165
Baked Homemade Cannelloni filled with Spinach & Ricotta Cheese.	

COCKTAILS

PEARL NEGRONI	95
Beefeater, Martini Bianco, Aperol, Elderflower.	
DELILA DELILA	100
Jameson, Pineapple, Honey, Mint, Angostura Bitters.	
PINK PALOMA	100
Absolut Grapefruit, Pomegranate SanPellegrino, Mint, Orange Zest, Schweppes Tonic Water.	
ROYAL JEWEL	105
Bombay Sapphire, Martini Bianco, Mint, Schweppes Pink Tonic.	
CANARY MARGARITA	100
Olmecca Black, Triple Sec, Fresh Lime, Granadilla Juice.	
CORAL ROSE	110
Martini Rosé, Butler's Ginger, Berries Juice, Schweppes Lemonade.	
BLONDE JUICY	110
Altos, Salted Grapefruit & Vanilla Syrup, Fresh Pineapple, Pineapple Juice, Mint, Schweppes Ginger Ale.	
RUBY MONDAZE	110
Bombay Sapphire, Martini Rosé, Strawberry Syrup, Martini Rosso, Schweppes Lemonade.	
ORANGE HAZE	100
Woodstock Gin, Blood Orange SanPellegrino, Triple Sec, Lemon.	
CRIMSON CLOVER	100
Beefeater Gin, Fresh Strawberry Syrup, Lemon Juice.	
BLUSH COSMO	95
Absolut Watermelon, Triple Sec, Pink Lemonade.	
NAUGHTY SLUSHY	80/SQ
Grey Goose or Patrón.	

WINES

WHITE WINE	
Boschendal Chenin Blanc	60/230
Durbanville Hills Sauvignon Blanc	65/240
Brampton Chardonnay Unoaked	65/240
ROSÉ	
Boschendal Rose Garden	60/230
Allesverloren Rosé	60/230
RED	
Big Oak Shiraz	60/230
Fat Man Pinotage	60/230
BUBBLY	
Boschendal Brut	95/500
Boschendal Rosé	500
Martini Prosecco	115/575
Martini Rosé	115/575
Moet Brut	1900
Moet Rosé	2350

BEERS / CIDERS

Black Label	38	Hunters Dry	44
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Castle Free	35	Stella	40

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Still Water 750ml	48		
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LOVE JUGS

REGRET JUICE	220
Patrón Tequila Slushy, Grapefruit Vanilla Syrup.	
NASTY T	210
Patrón Tequila Slushy, Orange Juice, Grenadine, Grapefruit Vanilla Syrup.	
MORE MOJO	260
Bacardi Blanca Rum, Mojito Syrup, Fresh Lime Wedges, Fresh Mint, Schweppes Soda.	
G & TEA	230
Woodstock Rooibos Gin, Rosemary Syrup, Fresh Oranges, Schweppes Tonic.	
MALIBOO THANG	250
Malibu Rum, Raspberry & Rose Water, Pink Lemonade.	
TALKIN' BULL	270
Absolut Vodka, Bombay Sapphire Gin, Bacardi Blanca Rum, Olmecca Altos Tequila, Watermelon Red Bull, Lemon juice.	
LAGERITA LOVE	85
Patrón Tequila Slushy & Castle Lite Draught.	
THE OG OJ	260
Absolut Watermelon, Elderflower, Orange Juice, Schweppes Lemonade.	



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