

I LOVE THE
DOUGH
 CAPE TOWN

PIZZA

- V NUMBER 1**
 Tomato Base, Fior di latte Mozzarella, Extra Virgin Olive Oil, Basil Salt.
- V NUMBER 2**
 Tomato Base, Fior di latte Mozzarella, Thyme, Mushrooms, Roast Garlic, Truffle Oil, Parmesan.
- NUMBER 3**
 Tomato Base, Fior di latte Mozzarella, Wild Rocket, Parma Ham or Bresaola, Extra Virgin Olive Oil, Parmesan.
- NUMBER 4**
 Tomato Base, Fior di latte Mozzarella, Traditional Salami or Beef Salami, Extra Virgin Olive Oil.
- NUMBER 5**
 Tomato Base, Fior di latte Mozzarella, Avo, Danish Feta, Pancetta.
- V NUMBER 6**
 Tomato Base, Fior di latte Mozzarella, Marinated Artichokes, Calamata & Green Olives, Parmesan.
- NUMBER 7**
 Tomato Base, Fior di latte Mozzarella, Traditional Salami or Beef Salami, Calamata & Green Olives, Extra Virgin Olive Oil.
- NUMBER 8**
 Tomato Base, Fior di latte Mozzarella, Pickled Red Onion, Pancetta, Mushrooms.
- V NUMBER 9**
 Lemon Olive Oil, Fior di latte Mozzarella, Kale, Crème Fraîche, Spinach, Salsa Verde, Parmesan, Seared Broccolini, Marinated Artichokes.
- NUMBER 10**
 Tomato Base, Fior di latte Mozzarella, Traditional Salami or Beef Salami, Pancetta, Smoked Chilli Flakes, Marinated Red Peppers.
- NUMBER 11**
 Tomato Base, Fior di latte Mozzarella, Pineapple, Smoked Pancetta, Pickled Red Onion, Black Sesame Seeds.

V Vegeterian with Dairy. Gluten Free Bases & Vegan Cheese Available.

SALADS

- V A**
 Focaccia, Smashed Whole Avo, Fior di latte Mozzarella, Lemon Olive Oil, Maldon Salt, Chilli Flakes, Salsa Verde.
- V B**
 Greens, Cucumber, Danish Feta, Wild Rocket, Avo, Pine Nuts, Parmesan, Seared Broccolini.
- V C**
 Plum Tomatoes, Wild Rocket, Greens, Basil Leaves, Fior di latte Mozzarella, Extra Virgin Olive Oil, Basil Salt.
- D**
 Sweet Corn, Danish Feta, Wild Rocket, Greens, Exotic Tomatoes, Parma Ham or Bresaola, Red Cabbage, Fresh Lime Yoghurt, Salsa Verde, Cucumber.
- V E**
 Focaccia, Greens, Calamata & Green Olives, Danish Feta, Cucumber, Plum Tomatoes.

BITES

- V DOUGH STICKS**
 Tomato Base Dipping Sauce, Extra Virgin Olive Oil, Basil Salt.

Add: Fior di latte Mozzarella
- V FOCACCIA**
 Roast Garlic Extra Virgin Olive Oil Base, Oregano, Maldon Salt.

TOPPINGS

- | | |
|-----------------|--------------------|
| Avo | Parmesan |
| Wild Rocket | Fior di latte Mozz |
| Mushrooms | Vegan Mozzarella |
| Calamata Olives | Truffle Oil |
| Artichokes | Pancetta |
| Danish Feta | Napoli Salami |
| Pineapple | Parma Ham |
| | Wheat Free Base |

COCKTAILS

PEARL NEGRONI

Beefeater, Martini Bianco, Aperol, Elderflower.

DELILA DELILA

Jameson, Pineapple, Honey, Mint, Angostura Bitters.

PINK PALOMA

Absolut Grapefruit, Mint, Pomegranate Syrup, Pomegranate SanPellegrino, Schweppes Tonic Water.

ROYAL JEWEL

Bombay Sapphire, Martini Bianco, Mint, Schweppes Pink Tonic.

CANARY MARGARITA

Olmecca Black, Triple Sec, Fresh Lime, Granadilla Juice.

CORAL ROSE

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

BLONDE JUICY

Olmecca Black, Salted Grapefruit & Vanilla Syrup, Fresh Pineapple, Pineapple Juice, Mint, Schweppes Ginger Ale.

RUBY MONDAZE

Bombay Sapphire, Martini Rosé, Strawberry Syrup, Martini Rosso, Schweppes Lemonade.

ORANGE HAZE

Woodstock Gin, Blood Orange SanPellegrino, Triple Sec, Lemon.

CRIMSON CLOVER

Beefeater Gin, Fresh Strawberry Syrup, Lemon Juice.

BLUSH COSMO

Absolut Watermelon, Triple Sec, Pink Lemonade.

NAUGHTY SLUSHY

Grey Goose or Patrón.

WINES

WHITE WINE

Boschendal Chenin Blanc
Durbanville Hills Sauvignon Blanc
Brampton Chardonnay Unoaked

ROSÉ

Boschendal Rose Garden
Allesverloren Rosé

RED

Big Oak Shiraz
Fat Man Pinotage

BUBBLY

Boschendal Brut
Boschendal Rosé
Martini Prosecco
Martini Rosé
Moet Brut
Moet Rosé

BEERS / CIDERS

Black Label
Castle Lite
Castle Lite Draught
Castle Lager
Castle Double Malt

Hunters Dry
Savanna Dry
Corona
Brutal Fruit
Flying Fish
Stella

SOFTDRINKS

Coke Zero 300ml
Coke 300ml
Appletiser
Grapetiser
Red Bull
Red Bull Sugar Free
SanPellegrino*
Still Water 330ml
Sparkling Water 330ml
Still Water 750ml
Sparkling Water 750ml

Schweppes Mixers
Bitter Lemon
Ginger Ale
Indian Tonic
Lemonade
Pink Tonic
Soda Water

LOVE JUGS

REGRET JUICE

Patrón Tequila Slushy, Grapefruit Vanilla Syrup.

NASTY T

Patrón Tequila Slushy, Orange Juice, Grenadine, Grapefruit Vanilla Syrup.

MORE MOJO

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

G & TEA

Woodstock Gin, Rooibos Syrup, Fresh Oranges, Schweppes Tonic.

MALIBOO THANG

Malibu Rum, Raspberry & Rose Water, Pink Lemonade.

TALKIN' BULL

Absolut Vodka, Bombay Sapphire Gin, Jose Cuervo Tradicional Silver, Bacardi Blanca Rum, Watermelon Red Bull, Lemon Juice.

LAGERITA LOVE

Patrón Tequila Slushy & Castle Lite Draught.

THE OG OJ

Absolut Watermelon, Elderflower, Orange Juice, Schweppes Lemonade.



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For events & bookings pop us an email at
hello@ilovethedough.co.za

SMALLS

✓ S1 - DOUGH STICKS

Tomato Base Dipping Sauce,
Extra Virgin Olive Oil, Basil Salt.

ADD: Fior di Latte Mozzarella - 45

S2 - MEATBALLS

Homemade Beef Meatballs in Pomodoro Sauce
served with Focaccia.

S3 - FRIED BALLS

Deep Fried Rice Balls, Panko Crumbs,
Fior di latte Mozzarella, Beef Mince
served with Dipping Sauce.

✓ S4 - ZUCCHINI FRIES

Lightly Fried Zucchini Fries served with
Chilli Mayo

S5 - BIG MIX (Serves 2)

Italian Cold Meats, Imported Italian Pickles,
Grilled Vegetables, Imported Italian Cheese,
Focaccia

S6 - PESCE ETC

Fried Calamari, Prawns & Baby Marrows

S7 - CALAMARI

Lightly Fried Salt & Pepper Calamari
served with Spicy Dipping Sauce

✓ S8 - OLIVES & ARTICHOKEs

Marinated Kalamata & Mediterranean Olives,
Grilled Marinated Artichokes, Salsa Verde
Herb Roasted Garlic Focaccia

✓ S9 - CAPRESE

Fior di latte Mozzarella , Extra Virgin Olive Oil,
Cracked Salt, Basil.

ADD: Dough Sticks - 35

SALADS

✓ A

Focaccia, Smashed Whole Avo,
Fior di latte Mozzarella, Lemon Olive Oil,
Maldon Salt, Chilli Flakes, Salsa Verde.

✓ B

Greens, Cucumber, Danish Feta, Wild Rocket,
Avo, Pine Nuts, Parmesan, Seared Broccolini.

✓ C

Plum Tomatoes, Wild Rocket, Greens,
Basil Leaves, Fior di latte Mozzarella,
Extra Virgin Olive Oil, Basil Salt.

D

Sweet Corn, Danish Feta, Wild Rocket, Greens,
Exotic Tomatoes, Parma Ham or Bresaola,
Red Cabbage, Fresh Lime Yoghurt, Salsa Verde,
Cucumber.

✓ E

Smashed Feta, Cherry Tomatoes,
Calamata Olives, Cucumber, Olive Oil,
Black Pepper, Balsamic Vinagarette.

✓ F

Wild Rocket, Pine Nuts, Parmigiano Shavings.

I LOVE THE
DOUGH
PARKHURST

GRILLED

SERVED WITH SALAD AND ZUCCHINI FRIES

VEAL

V1

Veal Fillets, Lemon Olive Oil,
Roasted Cracked Black Pepper, Maldon Salt.

V2

Veal Fillets, Lemon Butter Sauce,
Roasted Cracked Black Pepper, Maldon Salt.

V3

Panko Crumbed Veal Fillets,
Roasted Cracked Black Pepper, Maldon Salt.

CHICKEN

C1

Marinated Chicken Fillets, Lemon Olive Oil,
Roasted Cracked Black Pepper, Maldon Salt.

C2

Marinated Chicken Fillets, Lemon Butter Sauce,
Roasted Cracked Black Pepper, Maldon Salt.

C3

Panko Crumbed Chicken Fillets,
Roasted Cracked Black Pepper, Maldon Salt.

SIDE SAUCE

Cream Pepper Sauce

Cream Mushroom Sauce

Cream Pepper & Mushroom Sauce

Cream Mustard Sauce

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www.ilovethedough.co.za

For events & bookings pop us an email at
parkhurst@ilovethedough.co.za

PIZZA

✓ NUMBER 0

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

✓ NUMBER 1

Tomato Base, Fior di latte Mozzarella, Extra Virgin Olive Oil, Basil Salt.

✓ NUMBER 2

Tomato Base, Fior di latte Mozzarella, Thyme, Mushrooms, Roast Garlic, Truffle Oil, Parmigiano.

NUMBER 3

Tomato Base, Fior di latte Mozzarella, Wild Rocket, Parma Ham or Bresaola, Extra Virgin Olive Oil, Parmigiano.

NUMBER 4

Tomato Base, Fior di latte Mozzarella, Traditional Salami or Beef Salami, Extra Virgin Olive Oil.

NUMBER 5

Tomato Base, Fior di latte Mozzarella, Avo, Danish Feta, Pancetta.

✓ NUMBER 6

Tomato Base, Fior di latte Mozzarella, Marinated Artichokes, Calamata & Green Olives, Parmigiano.

NUMBER 7

Tomato Base, Fior di latte Mozzarella, Traditional Salami or Beef Salami, Calamata & Green Olives, Extra Virgin Olive Oil.

NUMBER 8

Tomato Base, Fior di latte Mozzarella, Pickled Red Onion, Pancetta, Mushrooms.

✓ NUMBER 9

Lemon Olive Oil, Fior di latte Mozzarella, Kale, Crème Fraîche, Spinach, Salsa Verde, Parmesan, Seared Broccolini, Marinated Artichokes.

NUMBER 10

Tomato Base, Fior di latte Mozzarella, Traditional Salami or Beef Salami, Pancetta, Smoked Chilli Flakes, Marinated Red Peppers.

NUMBER 11

Tomato Base, Fior di latte Mozzarella, Pineapple, Smoked Pancetta, Pickled Red Onion, Black Sesame Seeds.

ADD ON

Avo	Fior di latte Mozzarella
Wild Rocket	Vegan Mozzarella
Mushrooms	Pancetta
Calamata Olives	Napoli Salami
Artichokes	Parma Ham
Danish Feta	Cooked Ham
Pineapple	Chicken
Parmigiano	Veal
Truffle Oil	Wheat Free Base

PASTA

♥ FRESH PASTA MADE IN HOUSE DAILY

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

✓ POMO

Italian Whole Peeled Pomodoro Sauce, Fresh Basil, Red Onion, Celery, Carrot.

✓ OLIO

Garlic, Extra Virgin Olive Oil & Fresh Chilli.

✓ QUATTRO

Mozzarella, Ricotta, Gorgonzola, Parmigiano, Cream, Black Pepper.

✓ PRIMO

Pomodoro Sauce, Cherry Tomatoes, Olives, Red & Yellow Peppers, Olive Oil, Garlic.

✓ C.R.E.A.M

Crema Di Funghi Mushrooms, Cream, Butter, Black Pepper.

BOLO

Bolognese Pomodoro Sauce Beef Mince, Parmigiano.

POLPO

Polpette Beef Meatballs Pomodoro Sauce, Parmigiano.

MARE

Frutti Di Mare Mussels, Calamari, Crab, Prawns with Cherry Tomatoes, Pomodoro Sauce, Garlic, Chilli.

GAMBA

Gamberi, Pomodoro Sauce, Prawns, Garlic.

CARNE

Vitello, Strips of Veal, Pomodoro Sauce, Cream, Chilli.

OVEN BAKED PENNE

BOLO FORNO

Baked Penne, Pomodoro, Bolognese Sauce, Mozzarella, Parmigiano.

POLPO FORNO

Baked Penne, Pomodoro, Beef Meatballs, Mozzarella, Parmigiano.

✓ QUATTRO FORNO

Baked Penne, Provolone, Gorgonzola, Mozzarella, Parmigiano.

ALFO FORNO

Baked Penne, Ham, Cream, Mushrooms, Mozzarella, Parmigiano.

LAZA FORNO

Baked Homemade Pasta Sheets, Baked Pomodoro, Beef Mince, Bechamel, Mozzarella, Parmigiano.

✓ CANNO FORNO

Baked Homemade Cannelloni filled with Spinach & Ricotta Cheese.

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DELILA DELILA

Jameson, Pineapple, Honey, Mint, Angostura Bitters.

PINK PALOMA

Absolut Grapefruit, Mint, Pomegranate SanPellegrino, Pomegranate Syrup, Schweppes Tonic Water.

ROYAL JEWEL

Bombay Sapphire, Martini Bianco, Mint, Schweppes Pink Tonic.

CANARY MARGARITA

Olmecca Black, Triple Sec, Fresh Lime, Granadilla Juice.

CORAL ROSE

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

BLONDE JUICY

Olmecca Black, Salted Grapefruit & Vanilla Syrup, Fresh Pineapple, Pineapple Juice, Mint, Schweppes Ginger Ale.

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BLUSH COSMO

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WINES

WHITE WINE

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Brampton Chardonnay Unoaked

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Big Oak Shiraz
Fat Man Pinotage

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Black Label
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Castle Lager
Castle Double Malt

Hunters Dry
Savanna Dry
Corona
Brutal Fruit
Flying Fish
Stella

SOFTDRINKS

Coke Zero 300ml
Coke 300ml
Appletiser
Grapetiser
Red Bull
Red Bull Sugar Free
SanPellegrino*
Still Water 330ml
Sparkling Water 330ml
Still Water 750ml
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