

CAPITAL

Italians are passionate people.

We love to enjoy the best things in life
- good company, good produce, good
olive oil and good wine.

We invite you with an open heart and
stomach, to share with us delicious,
rustic Italian food - done well.

Buon appetito.

PANE

BREAD

FRESH SOURDOUGH	4.5
with Sicilian extra virgin olive oil & vincotto	
GARLIC & HERB BREAD	8.5
ADD MOZZARELLA	2.0
PIZZETTA BIANCA	11.0
house made flat bread with garlic, olive oil, rosemary & sea salt	
ADD MOZZARELLA	2.0

SALUMI BOARD

Prosciutto di Parma, Air cured Bresola,
Spicy Nduja, Calabrese Salami with house
pickles, fresh sourdough, grissini
& baby figs
\$35

Select from our range of antipasti items.
We recommend 2-3 items per person for entree and
4-5 per person for a main. They are a great way to
share the love.

ANTIPASTI

SMALL

Warm Sicilian & Ligurian olives, toasted fennel seed & orange (GF, Veg, V)	9.0
Marinated Sicilian white anchovies with grissini (GF*)	10
Grilled saganaki with lemon & parsley (GF, Veg)	9.5
Three cheese & mushroom arancini ball with garlic & truffle aioli (Veg)	9.5
Bufala mozzarella with fresh basil & sweet balsamic pepita seeds (GF, Veg)	10.5
Beef carpaccio with pepperberry aioli, truffle oil & grissini (GF*)	12

MEDIUM

Braised Tuscan pork belly, gorgonzola, rocket & baby fig salad (GF)	19
Piccolo fried calzone filled with tomato sugo, mozzarella & fresh basil (2 per serve) (Veg)	14
Baked Italian meatballs with tomato sugo, mozzarella, pesto di casa & charred sourdough (N*)	15
Calamari fritti, rocket, pickled red onion, parmesan salad with garlic aioli (GF)	17
Bruschetta with roma tomato, bufala mozzarella, pesto di casa, red onion, fresh basil & olive oil (Veg)	16

(GF) Gluten Free *Can be made gluten free

(N*) Can be made without nuts

(Veg) Vegetarian (V) Vegan (N) Contains nuts

ALL PASTA & PIZZA AVAILABLE FOR TAKEAWAY

PASTA

SPAGHETTI ALLA CARBONARA 26	SPAGHETTI MEATBALLS 26.5
Pancetta, garlic, egg yolk, cream, cracked black pepper with shaved parmesan (GF*)	Traditional Italian meatballs in a rich tomato sugo with shaved parmesan
FETTUCINE ALLA BOSCAIOLA 27.5	GNOCCHI ALLA FUNGHI 28
Chicken, pancetta, wild mushrooms, confit garlic, cream with shaved parmesan (GF*)	Wild mushrooms, spinach, cream, garlic, shaved parmesan, roasted walnuts & pesto oil (Veg, N*)
SQUID INK SPAGHETTI MARINARA 32	RIGATONI ALLA MATRICIANA 26
Mussels, slipper lobster, prawns, fish, calamari, garlic, chili, cherry tomatoes & extra virgin olive oil (GF*)	Prosciutto, olives, fresh chili, red onion, tomato sugo with shaved parmesan (GF*)
RIGATONI BOLOGNESE 24.5	PRAWN & CHORIZO RISOTTO 29.5
Slow cooked Tuscan bolognese ragu with shaved parmesan (GF*)	Pan fried prawns & chorizo, spinach, garlic, chili through a tomato sugo with shaved parmesan
LASAGNE 27.5	
Braised bolognese ragu, wild rocket, shaved parmesan & white truffle oil	

GLUTEN FREE PASTA ADD 2.0

PIZZE

PIZZA BIANCA	PIZZA ROSSA
WHITE PIZZA MOZZARELLA, GARLIC & OLIVE OIL BASE	RED PIZZA MOZZARELLA, GARLIC & NAPOLETANA BASE
CHICKEN & PANCETTA 28.5	MARGHERITA 24.5
Roasted red capsicum, caramelised onion, baby spinach & fior di latte	Roma tomato, garlic, fior di latte, fresh basil & sea salt (Veg, V*)
FOREST MUSHROOM 27.5	ADD PROSCIUTTO DI PARMA 5.0
Rosemary, confit garlic, wild rocket, Tasmanian truffle oil, fior di latte & toasted walnuts (Veg, V*, N*)	TUTTI CARNI 31
ADD PORK BELLY 5.0	Prosciutto, Bresola, Calabrese salami, spicy Nduja, black olives, garlic, fior di latte, & fresh basil
PESCATORE 31	NAPOLETANA 28.5
Mussels, slipper lobster, prawns, fish, calamari, roma tomato, fior di latte, garlic & fresh chili	Black olives, chili, white anchovies, fior di latte & fresh basil
ROASTED PUMPKIN 27.5	CALABRESE SALAMI 28.5
Confit garlic, caramelised onion, wild rocket, marinated goats cheese, pinenuts & sweet balsamic (Veg, V*, N*)	Roasted red capsicum, black olives, fior di latte & basil pesto (N*)
	ADD BUFALA MOZZARELLA 4.5
	ADD WHITE ANCHOVIES 4.5
	ADD VEGAN CHEESE 3.5

NO HALF AND HALF... SCUSA!

MORE

SECONDI

INSALATA DI POLLO (SALAD) 26

Chargrilled chicken skewer salad, pistachio, roasted beetroot, crispy prosciutto, marinated goats cheese, wild rocket & blood orange dressing (GF, N*)

CANNELONI DI ZUCCA 27

Oven baked pumpkin & vegetable ragu cannelloni with tomato sugo and melted mozzarella (Veg)

OSSO BUCCO 35

Slow cooked veal shank in a rich tomato sugo served with creamy saffron mash potato & gremolata

POLLO MARSALA 34

Chicken tenderloins, mushrooms, prosciutto & parsley cooked in a sweet marsala sauce with creamy mash potato & broccolini (GF)

COTTELETTA ALLA BOLOGNESE 35

Crumbed pork, Tuscan bolognese, melted mozzarella served with a panzanella salad

CONTORNI

PATATA FRITTI 10

House fries with garlic & truffle aioli

VEGETABLES 10

Seasonal baked root vegetables with garlic & rosemary (GF, V)

WILD ROCKET SALAD 9.5

With toasted walnuts, shaved parmesan, olive oil, vincotto (GF, N*, V*)

BUTTERED BROCCOLINI 11

Garlic butter sauteed with roasted almonds (GF, V*, N*)

DOLCI

NUTELLA PIZZA 16.5

Cookies & cream meringue, fresh berries, toasted pistachio & vanilla mascarpone (N)

TRADITIONAL TIRAMISU 14.5

Rich flavours of cocoa, espresso & mascarpone served with Tia Maria crema & hazelnut praline (N*)

LIQUEUR AFFOGATO 16

Frangelico, ferrero rocher gelato, espresso, amaretti biscotti (GF, N)

TORTA DI ARANCIA 14

Chocolate orange & olive oil cake, glazed oranges, pistachio & mascarpone (V*, N*)

BAMBINI

KIDS MENU AGE 13 YEARS & UNDER

SPAGHETTI BOLOGNESE 16

Traditional slow cooked bolognese ragu with shaved parmesan (GF*)

SPAGHETTI NAPOLETANA 14

Napoletana sugo with shaved parmesan (GF*, Veg)

SPAGHETTI CARBONARA 16

Cream, bacon, garlic, pepper with shaved parmesan (GF*)

MARGHERITA PIZZA 15

Napoletana, garlic, mozzarella & sea salt (Veg, V*)

FRIED CALAMARI 16

Served with house fries

(GF) Gluten Free *Can be made gluten free

(N*) Can be made without nuts

(Veg) Vegetarian (V) Vegan (N) Contains nuts

ONE BILL PER TABLE - GRAZIE

NONNAS

BANQUET

\$50 PER PERSON
(minimum of 6 people)

MANGIA!
MANGIA!

ENTREE

A selection of garlic bread, Arancini balls, mixed olives & calamari fritti.

ONE METER LONG PIZZA

select from 4 pizzas

PASTA PAN

Select ONE:

Chicken Boscaiola, Bolognese or Amatriciana

DESSERT

Finish up with our AFFOGATO : Ferrero Rocher Gelato and a shot of espresso

BUON APPETITO

DIGESTIVI

LIQUEURS

Milton Iced Riesling	9
Galway Pipe - Grandfather Tawny	11
Penfolds - Grandfather Tawny	13
Pedro Xienenez - Sherry	12
Amaro Nonino	9
Prunella Mandorlate	9
Nonino Grappa	9

CAPITAL

Italy's postal code system is called CAP (*Codice di Avviamento Postale*). The name CAP-ITAL represents our appreciation for the regions of Italy and their distinctive flavours and cuisine.

(GF) Gluten Free *Can be made gluten free
(N*) Can be made without nuts
(Veg) Vegetarian (V) Vegan (N) Contains nuts

ONE BILL PER TABLE - GRAZIE