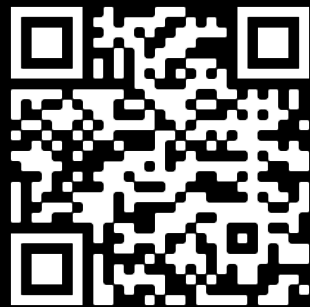


COLCACCHIO

pizzeria



THE REASON YOU CRAVE PIZZA

MENU INSTRUCTIONS



VEGAN



LOW CARB



VEGETARIAN



CHILLI
from fragrant
to spicy



**VITALITY
HEALTHYDINING**



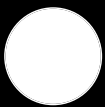
contains animal
by-product

Our food is prepared in a kitchen that uses nuts, wheat, gluten, shellfish, lactose, eggs, seeds and our olives may contain pips. Please note not all ingredients are listed. We do not add a service charge unless you're a party of 6 or more. Any substitutions to menu items are subject to additional costs. E&OE.

 **Discovery Vitality members get up to 25% back on all qualifying HealthyDining meal options plus 50% back on Vitality kids' healthy meals, for under 12's.**

Discovery Vitality (Pty) Ltd. T's, C's and limits apply.

OUR PIZZA RANGE



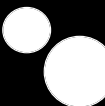
standard thin base pizza

our tried and tested dough recipe. Thinly rolled bases, baked in a wood-fired oven.



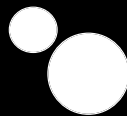
foro

our healthier, lighter range of pizzas with a hole in the middle filled with crispy fresh salad.



carb conscious

21cm base made with cauliflower, coconut, psyllium husks, flax seeds, guar gum, olive oil and dusted with coconut or tapioca flour. Served with a carb conscious side salad.



pizza insalata

medium-sized pizza with less cheese, served with a side salad.



gluten free

wheat and gluten free pizza base at an additional cost of R30 per pizza.

antipasti

something to start with

pizza breads

pizza bread garlic or herb 50 / mini 40

pizza bread feta & onion 60 / mini 50

ADD: MOZZARELLA 35

beef carpaccio 99

beef carpaccio, rocket, *italian parmesan, black pepper, homemade dressing

ADD: AVO 30

truffle carpaccio 149

beef carpaccio, rocket, *italian parmesan, mushrooms, truffle oil, black pepper

vegetariano antipasto 135

[to share] artichokes, baby marrow, roasted red pepper, tomato, olives, fior di latte mozzarella, served with mini herb bread

carne antipasto 175

[to share] salami, prosciutto crudo, tomato, roasted red pepper, artichokes, fior di latte mozzarella, served with mini herb bread

melanzane 98

fior di latte mozzarella, brinjal, *italian parmesan, pomodoro sauce

piatto di fresca 155

smoked salmon trout, avo, cucumber ribbons, herbs, sesame seeds, citrus wedges, citrus dressing

insalata

caesar 80

cos lettuce, croutons, egg, *italian parmesan, kinga's caesar dressing

ADD: BACON 25 | SEASONED CHICKEN 30
ITALIAN ANCHOVY 35

green salad 99 / side 65

lettuce, baby spinach, artichokes, cucumber, avo, mushroom, spring onion

ADD: ITALIAN PARMESAN 25

greek 80 / side 60

lettuce, cherry tomatoes, olives, feta, onion, cucumber

ADD: BACON 25

san siro 99

chopped lettuce, cucumber, avo, cherry tomatoes, corn, carrots, sunflower seeds, sesame seeds, peppadew™ piquanté peppers

ADD: SEASONED CHICKEN 30

classico 99

cos lettuce, rocket, extra virgin olive oil, balsamic roasted cherry tomatoes, roasted red peppers, croutons, *italian parmesan, crispy capers, spicy korean mayonnaise

deconstructed salmon 129

smoked salmon trout, avo, cherry tomatoes, crispy capers, pickled red onion, spring onion, sour cream, lemon, extra virgin olive oil, dill

cobb 120

cos lettuce, chicken, bacon, cherry tomatoes, avo, egg, ranch-style dressing, crispy onion

broccolo 115

rocket, broccoli, feta, avo, spring onion, sunflower seeds, poppy seeds, oriental dressing

ADD: CRANBERRIES 20 | BACON 25 | SEASONED CHICKEN 30

caprese 120

fior di latte mozzarella, tomatoes, olives, basil, balsamic glaze

ADD: AVO 30 | SALAMI 30

brioso 115

lettuce, rocket, roasted beetroot, green yoghurt dressing, feta, roasted butternut, butternut chips, crispy onion, cranberries

ADD: SEASONED CHICKEN 30

volatilia 120

lettuce, seasoned chicken, avo, balsamic roasted cherry tomatoes, croutons, grilled baby marrow, sesame seeds

wasabi-bee 120

lettuce, carrots, cucumber, avo, pickled red onion, radish, seasoned chicken, cashew nuts, wasabi balsamic glaze

orientale 120

chicken, coriander, red onion, chopped lettuce, almond flakes, julienned carrots, cranberries, edamame beans, sesame seeds, oriental dressing

ADD: AVO 30



nacho libre
& morituri



the moghul &
smokey babe



pizza

All our pizzas can be ordered as a half and half (two of your favourite pizza choices as 2 halves at an additional 10% cost).

 Vitality HealthyDining pizza insalata: medium-sized pizza served with a side salad.

Carb conscious 21cm pizza bases are made of cauliflower, coconut, psyllium husks, flax seeds, guar gum, olive oil and dusted with coconut or tapioca flour. Served with a side salad of lettuce, carrots, cucumber, egg, *italian parmesan, radish and a carb conscious ranch-style dressing.

gourmet

prostituto 140

[no tomato base] bacon, spinach, avo, feta

hollywood scene 145

bacon, thyme, rosso onion, avo, crispy onion

bologna 140

béchamel sauce, beef bolognese, mozzarella, cheddar, rosso onion, basil

mexicana 140

béchamel sauce, beef bolognese, mozzarella, cheddar, rosso onion, jalapeño peppers

ADD: HOMEMADE GUACAMOLE 30 | SOUR CREAM 20

forresta 155

salami, black mushroom, feta, garlic, green pepper

CARB CONSCIOUS FORRESTA OPTION 

the moghul 165

indian butter chicken, yoghurt, fior di latte mozzarella, coriander, crispy onion

carne 175

italian sausage, chorizo, onion, chilli, roasted red pepper, mushroom



green genie 165

avo, balsamic glaze, feta, roasted beetroot, roasted garlic, roasted butternut, rocket, *italian parmesan, pumpkin seeds, sesame seeds, sunflower seeds, shiitake mushroom

nacho libre 165

jerk spiced chicken, sour cream, homemade guacamole, tomato chilli salsa, coriander

NACHO LIBRE INSALATA OPTION 

CARB CONSCIOUS NACHO LIBRE OPTION  

morituri 165

seasoned chicken, bacon, avo, feta, roasted red pepper

CARB CONSCIOUS MORITURI OPTION 

ragazzo 175

bacon, salami, italian sausage, pepperoni

arrosto 185

asian de-boned smoked pork ribs, rosso onion, smoked paprika, mature cheddar, roasted red pepper

smokey babe 185

asian de-boned smoked pork ribs, rosso onion, corn, mint, spring onion, coriander

inferno 210

prawns, peri-peri

INFERNO INSALATA OPTION 

ortigiano 145

artichokes, asparagus, olives, green pepper, mushroom

ORTIGIANO INSALATA OPTION 

FORO OPTION (485 CAL) 

parma 160

prosciutto crudo, rocket

ADD: AVO 30 | ITALIAN PARMESAN 25

carpe funghi 165

[no tomato base] mushroom, dill, roasted garlic, beef carpaccio, *italian parmesan, caramelised onion, mayonnaise, truffle oil

salmone 185

smoked salmon trout, rocket, sour cream, black pepper

SALMONE INSALATA OPTION 



norm's
pralina



mozzafiato



bunny chow
calzone




classic

margherita 85

tomato base, mozzarella, herbs

MARGHERITA INSALATA OPTION 

CARB CONSCIOUS MARGHERITA OPTION  

FORO OPTION (380 CAL) 

cheezy margherita 105

tomato base, mozzarella, herbs

ruspante 120

chicken, mushroom, tandoori spices

RUSPANTE INSALATA OPTION 

norm's pralina 120

butternut and tomato base, roasted butternut, chilli, feta, pumpkin seed praline, rocket

ADD: AVO 30

principessa 120

basil, balsamic roasted cherry tomatoes, fior di latte mozzarella

PRINCIPESSA INSALATA OPTION 

aubergine parmigiana 120

roasted brinjals marinated in pomodoro sauce, *italian parmesan, basil, origanum, extra virgin olive oil

AUBERGINE PARMIGIANA INSALATA OPTION 

bella ciao 130

roasted butternut, rosso onion, balsamic roasted cherry tomatoes, basil pesto

BELLA CIAO INSALATA OPTION 

peperoncino 130

grilled baby marrow, roasted red pepper, roasted brinjals marinated in pomodoro sauce, *italian parmesan, korean chilli sauce, spring onion

PEPERONCINO INSALATA OPTION 

isolano 135

jerk spiced chicken, pineapple, peppadew™ piquanté peppers, peri-peri sauce

ISOLANO INSALATA OPTION 

esotica 105

ham, pineapple

regina 105

ham, mushroom


CARB CONSCIOUS REGINA OPTION 

FORO OPTION (447 CAL)

strega 105

black mushroom, garlic, herbs, rosemary

STREGA INSALATA OPTION 

FORO OPTION (417 CAL) 

matturo 125

onion, pepperoni, green pepper

ADD: PEPPADEWS 30

siciliana 125

italian anchovy, olives

ADD: CAPERS 15

sedriano 140

salami, avo, balsamic roasted cherry tomatoes, sesame seeds

stagionata 140

ham, mushroom, artichokes, olives

giusto 130

[no tomato base] italian-style blue cheese, bacon, crispy onion

ADD: AVO 30

mozzafiato 140

bacon, avo, feta

ADD: PEPPADEWS 30

anthony's parmigiana 145

aubergine parmigiana with pepperoni

bunny chow calzone 140

folded pizza with mozzarella, seasoned chicken, bunny chow sauce, coriander (choice of tomato chilli salsa or mrs balls chutney)

build your
own pizza




— margherita

vegan

vegan margherita 105

tomato base, herbs, dairy-free nut based cheese

VEGAN MARGHERITA INSALATA OPTION 

fuccino 165

dairy-free nut based cheese, mushroom, artichokes, roasted red pepper, garlic

FUCCINO INSALATA OPTION 

lazio 160

dairy-free nut based cheese, avo, balsamic roasted cherry tomato, pumpkin seeds, fresh basil, extra virgin olive oil

LAZIO INSALATA OPTION 

zucca 165

dairy-free nut based cheese, butternut and tomato base, roasted butternut, roasted beetroot, rocket, avo, sesame seeds, pumpkin seeds, sunflower seeds

ZUCCA INSALATA OPTION 

BUILD YOUR OWN

margherita 85 | gluten free margherita 105 | vegan margherita 105

basil, chilli, garlic, onion, green pepper, thyme, pumpkin seeds, peri-peri, rosemary, sesame seeds, spring onion, tandoori spice **10**

banana, fresh tomatoes, roasted garlic, spinach, crispy onion, rosso onion, roasted beetroot, rocket, pineapple, roasted butternut, caramelised onion, baby marrow, capers, pickled jalapeños **15**

olives, feta, roasted red pepper, mushroom, ham, sour cream **20**

asparagus, balsamic roasted cherry tomatoes, bacon, black mushroom, *italian parmesan **25**

seasoned chicken, salami, italian sausage, pepperoni, artichokes, peppadew™ piquanté peppers, homemade guacamole, avo **30**

mozzarella full portion **35**
mozzarella half portion **18**

italian anchovy, mature cheddar, bolognaise **35**

shiitake mushrooms, chorizo, basil pesto **40**

fior di latte mozzarella **45**

prosciutto crudo [70g] **70**

asian de-boned smoked pork ribs, smoked salmon trout [80g] **75**

prawns de-shelled [75g] **60** [150g] **120**

Our wheat and gluten free pizza bases are made from rice flour, corn starch, tapioca, milk solids, xanthan gum, cellulose, sunflower oil and are yeast, sugar and egg free. Wheat and gluten free pizza base at an additional cost of R30 per pizza.



bolognese



**tortelloni
pesto**



**blu
formaggi**



pasta

*option of spaghetti, penne, linguini.
wheat free pasta add R22, zucchini add R22.*

 Vitality HealthyDining pasta: served with zucchini.

pomodoro 79

tomato, basil

ZUCCHETTI OPTION 99  

bolognese 105

beef bolognese with *italian parmesan,
garlic pangrattato

ZUCCHETTI OPTION 125  

ragu di manzo 155

slow-cooked, pulled beef short rib in red wine sauce,
*italian parmesan

blu formaggi 125

italian-style blue cheese sauce, bacon, garlic
pangrattato, crispy onion

cielo 135

basil pesto, cream, mushroom, baby spinach, cherry tomatoes,
spring onion, *italian parmesan

ADD: SEASONED CHICKEN 30

tortelloni pesto 135

mozzarella & tomato tortelloni, basil pesto, cream, *italian
parmesan, basil garlic pangrattato

the pollo 135

seasoned chicken, mushroom, spring onion,
pomodoro sauce, sour cream

crema di gamberi 155

pomodoro sauce, cream, prawns, cherry tomatoes

tortellini crudo 155

prosciutto crudo tortellini, creamy pomodoro sauce,
crispy ham

homemade lasagna 120

beef bolognese, béchamel sauce, *italian parmesan

funghi bianco 145

exotic mushrooms, cream, herbs, *italian parmesan,
truffle oil

ADD: HAM 20 | BACON 25

salmone e aneto 155

pomodoro sauce, cream, smoked salmon trout, dill

zucchini pesto 120

zucchini, basil pesto, *italian parmesan,
toasted pumpkin seeds

zucchini verde rosso 120

zucchini with chicken parmigiana, *italian parmesan

bambini

*calling all junior pizza fans - you qualify for this part of the menu
if you are under the age of 12!*

PIZZA

margherita 55

tomato base, mozzarella, herbs

esotica 65

ham, pineapple

tropicale 65

bacon, banana

regina 65

ham, mushroom

PASTA

pomodoro 55

tomato, basil

funghi bianco 65

exotic mushrooms, cream, herbs, *italian parmesan

bolognese 65

beef bolognese, *italian parmesan

homemade lasagna 65

beef bolognese, béchamel sauce, *italian parmesan



allegro



cambiato



salubre



light meals

smaller portions served until 4pm

piadine wrap

toasted thin italian flatbread as a wrap

allegro 65

greens, roasted beetroot, roasted butternut, crispy onion, cranberries, feta, green yoghurt dressing

ADD: SEASONED CHICKEN 30

fratellino 65

greens, julienned carrots, cranberries, edamame beans, sesame seeds, almond flakes, red onion, coriander, oriental dressing

ADD: SEASONED CHICKEN 30 | AVO 30

abruzzo 65

greens, cucumber, avo, corn, cherry tomatoes, carrots, sunflower & sesame seeds, peppadew™ piquanté peppers, lemon oil

ADD: SEASONED CHICKEN 30

makhani (folded) 75

butter chicken, crispy onions, fior di latte mozzarella

pasta

salubre 65

linguini with pomodoro sauce, butternut, feta, pumpkin seed praline

lussuoso 65

linguini with pomodoro sauce, cream, mushroom, basil

pizza

pulsante 69

mushroom, caramelised onion

mostarda 69

chicken, crispy onion, mustard mayo

pepperoni 69

classic pepperoni

margherita piccolo 55

tomato base, mozzarella, herbs

salad

allentante 60

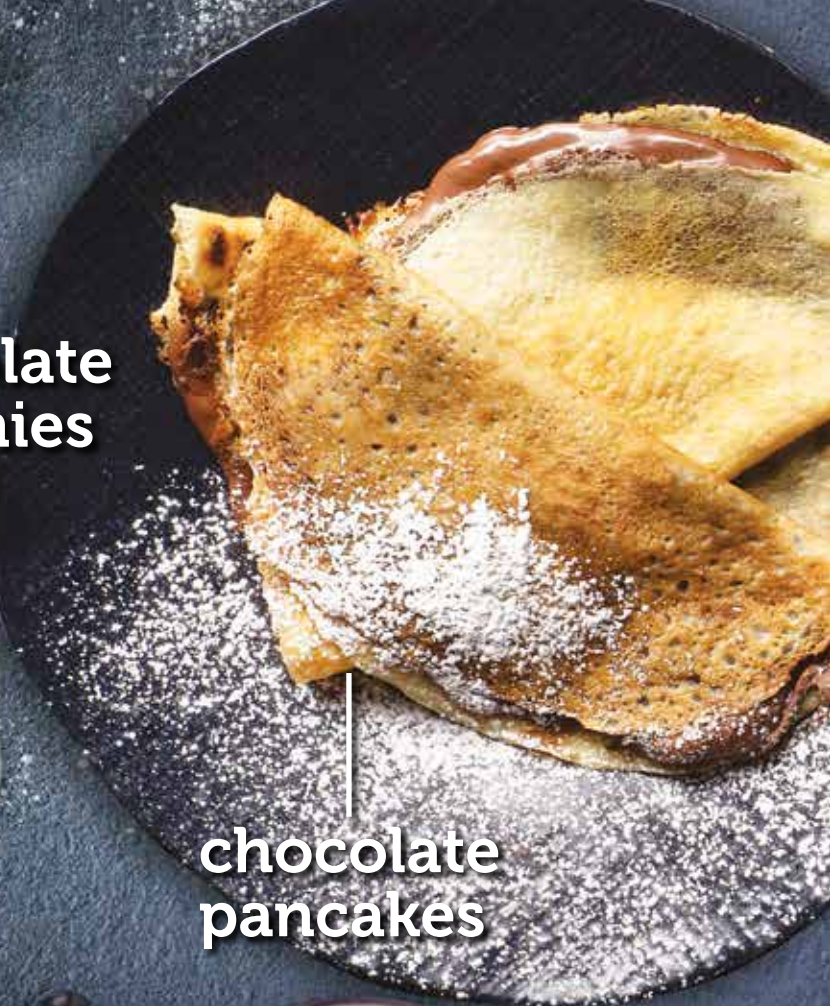
lettuce, roasted butternut, cranberries, basil, croutons, sesame seeds, cucumber, vinaigrette

cambiato 60

lettuce, grilled baby marrow, carrot, grated mozzarella, egg, crispy onions, kinga's caesar dressing



chocolate brownies



chocolate pancakes



berry cheesecake dessert



salted caramel pancakes

desserts

ice cream & bar one sauce 55

vanilla sundae 65

vanilla ice cream, bar one sauce, brownie bits, crushed hazelnuts

crostata di caramello 50

italian pastry with salted caramel sauce

berry cheesecake dessert 65

with homemade berry compote

chocolate brownies 68

ice cream and chocolate sauce

*CONTAINS NUTS

chocolate pancakes 65

pancakes with italian hazelnut spread, vanilla ice cream

salted caramel pancakes 65

pancakes with salted caramel sauce, vanilla ice cream and almonds

carb conscious cheesecake 65

topped with an almond coconut crunch

milkshakes

vanilla 44

berry, bar one, coffee, salted caramel, pina colada 49

beverages

still / sparkling water 330ml 23

still / sparkling water 750ml 38

cooldrinks 25

[coke, cream soda, sprite, fanta]

reduced sugar cooldrinks 24

[coke zero, coke light, sprite zero]

bos ice tea 30

[peach, lemon]

appletiser, grapetiser 30

red bull energy drink 40

italian hot chocolate 40

tea 25

spiced chai latte 35

espresso, americano 25

decaf coffee 30

cappuccino 27 | grande 30

red cappuccino 30

caffe latte 30

freezochino 45

Coca-Cola



