

We are passionate about anything to do with food. Holding Fresh Produce in our hands has inspired us to grow, create, share and enjoy - Italian Style!

THE PARKS

FRESH PRODUCE & PIZZERIA

Salad

All our salads are served with olive oil & balsamic vinegar

CAPRESE SALAD | 69

Layered mozzarella Cheese, tomato & basil

THE PARKS SALAD | 72

Mozzarella, peppers, olives, cucumber, tomato & lettuce

Add beef strips | 45

GREEK SALAD | 72

Feta, olives, tomato, cucumber, onion & lettuce

HARVEST SALAD | 105

Roasted vegetables, roasted cashews, feta, raw spinach & rocket

Add extra chicken | 39

TUNA SALAD | 98

Tuna, tomato, olives, cucumber, boiled egg, lettuce & creamy caesar dressing

CHICKEN SALAD | 98

Pan fried chicken breast, tomato, cucumber, peppers & lettuce

THE WALNUT SALAD | 110

Lettuce, rocket, pear, gorgonzola & walnuts



Pasta

Your choice of spaghetti, penne, linguini, homemade tagliatelle or gnocchi (Add R5) topped with parmesan

BOLOGNESE | 115

Mince sauce

NAPOLITANA | 95

Tomato sauce with fresh basil

ARRABBIATA | 95

Tomato & chilli

LA TOSCANA | 115

Arrabbiata sauce & crispy bacon

ALFREDO | 118

Ham, cream, mushrooms & parmesan cheese

ROASTED VEGETABLES | 120

A selection of roasted vegetables in a Napolitana sauce

BEEF LASAGNE | 125

Layered homemade pasta with mince & bechamel sauce & grated parmesan cheese - baked in a wood burning oven

CHICKEN PESTO PASTA | 120

Chicken pieces served with pesto

PESTO | 110

Basil pesto sauce served with your choice of pasta

CHICKEN ALFREDO | 128

Chicken, cream, mushrooms & parmesan cheese

ROMANESCO | 124

Cauliflower, cream & parmesan cheese sauce
Add Crispy Bacon | 24

PASTA E POLLO | 145

Crumbed chicken schnitzel served on a bed of Napolitana pasta

MAFIOSA | 125

Napolitana, bacon, olives & garlic

LA NONNA | 128

Creamy parmesan, tomatoes & chicken
Add extra pancetta | 42



FUNGHI | 118

Napolitana, mushrooms, green pepper & onions

ANNABELLA | 138

Zucchini, mushrooms, spinach & olives, sautéed in olive oil & garlic with a touch of Napolitana, lemon & mozzarella

Focaccia

CARA FOCACCIA | 73

Pizza bread with garlic, caramelised onion, feta & herbs

FOCACCIA | 64

Pizza bread plain or garlic & herbs

CHEESE FOCACCIA | 75

Pizza bread with mozzarella cheese & herbs

SALAMI FOCACCIA | 108

Pizza bread with salami

PROSCIUTTO FOCACCIA | 115

Pizza bread with prosciutto crudo

CHEESE FOCACCIA AL POMODORO | 98

Cheese focaccia with freshly sliced tomato

FETA FOCACCIA | 76

Pizza bread with feta cheese

EXTRAS

Tomato | Onion | Rocket | Garlic | Chilli | Banana | 20

Mushrooms | Olives | Avocado (seasonal) Peppers | Capers | Artichokes | Boiled Egg | Feta | Mozzarella | Cheddar | Pepperdews | Pineapple | Jalapeno | 24

Cooked Ham | Anchovies | Gorgonzola | 28

Salami | Bacon | Chicken | Chourizo | 39


Prosciutto Crudo | Mince | Pancetta | Beef Strips | 42

A 10% surcharge will be charged for all tables over 8 people.

Specialities

CRUMBED CHICKEN SCHNITZEL | 120

Chicken breast coated with bread crumbs, herbs and a hint of parmesan with a choice of a Greek salad or Roasted vegetables & Napolitana sauce

Gluten Free Option | 10 

Mushroom or cheese sauce extra | 21

ANTIPASTI PLATTER FOR TWO | 115

Selection of prosciutto crudo, salami, oives, parmesan cheese, artichokes, blue cheese and bread sticks

Desserts



ITALIAN KISSES | 57

Hazelnut, cappuccino & vanilla

PROFITEROLES | 58

Choux pastry filled with homemade custard with a hint of lemon, drizzled with chocolate

NONNA LUISA'S TIRAMISU | 68

Mascarpone cheese, layered biscuits dipped in coffee, liqueur & sprinkled with chocolate

AFFOGATO | 48

Vanilla ice cream with a shot of espresso & crushed amaretto biscuits

CAKE OF THE DAY | SQ


Freshly baked. Enquire with waiter


At the Parks we understand every family has unique dietary requirements. We cater for vegans, vegetarians, low carb (banting), gluten and dairy free requirements. Ask your waiter.

Vegetarian 

Vegan 

Gluten Free 

Banting 

Dairy Free 

Nothing makes your food taste better than eating with friends & family, especially when it's homemade. Feel at home and enjoy your time at The Parks!

THE PARKS

FRESH PRODUCE & PIZZERIA

We grow it, you eat it!



Our pizzas are baked in a wood burning oven.

Breakfast Served until 11:30

Toast option in white or brown bread.

Gluten Free ☞ | Extra R8

BANANA YOGHURT PARFAIT | 52 ✔

Layers of vanilla yoghurt, banana & muesli, topped with nuts & honey

FRENCH TOAST | 58 ✔

Two slices of French toast sprinkled with cinnamon sugar

THE PARKS BREAKFAST | 86

Two eggs, bacon, sausage, sautéed mushrooms, grilled tomato & toast

PRESTO BREAKFAST | 42

One egg, bacon & toast



FRENCH TOAST DELIGHT | 68 ✔

Two pieces of French toast, sautéed mushrooms & grilled tomato

OMELETTE OR FRITTATA (OPEN ITALIAN OMELETTE) | 52 ✔

Two eggs with a pinch of parmesan and topped with cheddar cheese, served with a slice of toast

MAMMA MIA | 68

Polenta cake, bacon, mushrooms, fried egg, rocket, parmesan shavings, grilled cherry tomato & balsamic glaze

SMASHED AVO ON TOAST | 60 ✔

Toast with smashed avo, topped with almonds & chilli flakes

Breakfast Top Ups

Cheddar	24
Mozzarella	24
Tomato	20
Toast	20
Banana	20
Ham	28
Sausage	35
Bacon	35
Mince	35



Toasted Sandwiches or Panini

Toasted sandwiches or panini.

Your choice of white or brown bread.

Gluten Free ☞ | Extra R8

FRESHLY BAKED

	TOASTED	PANINI
CHEESE ✔	50	58
CHEESE & TOMATO ✔	53	62
CHEESE & HAM	62	70
CHEESE, HAM & TOMATO	64	74
BACON, EGG & CHEESE	70	80
BACON & CHEESE	68	78
BACON & EGG	65	72
CHICKEN MAYONNAISE	68	80
TUNA MAYONNAISE	68	80
CHEESE & ROASTED VEGETABLES ✔	62	72
MOZZARELLA, PESTO, SALAMI & TOMATO	70	84
MOZZARELLA, PROSCIUTTO CRUDO & ROCKET	74	89
MOZZARELLA, PAN FRIED CHICKEN BREAST, TOMATO & ROCKET	76	89
MINCE & CHEDDAR	72	82

Pizzas

Our pizzas are prepared with traditional Napolitana sauce or 'bianco' without sauce on request.

Banting Base and Gluten free base ☞ ☞ | 20
Calzone | 15 (Please allow 30 minutes extra)

MARGHERITA | 80 ✔

Mozzarella & Napolitana sauce
Add extra gorgonzola | 28

THE PARKS SPECIAL | 164

Mozzarella, prosciutto crudo & rocket

QUATTRO STAGIONI | 138

Mozzarella, ham, olives, mushrooms & artichokes

REGINA | 108

Mozzarella, ham & mushrooms

GARDEN DELIGHT | 134

Mozzarella, olives, artichokes, mushrooms, garlic & rocket

AL TONNO | 120

Mozzarella, tuna with olives and fresh red onions

LEANING TOWER | 154

Mozzarella, salami & olives (salami not cooked)

BUON GIORNO | 160

Mozzarella, pancetta (Italian bacon), boiled egg, rocket & mushrooms

BUONISSIMO | 138

Mozzarella, bacon & feta
Add extra avocado (seasonal) | 24

HAWAIIAN | 105

Mozzarella, pineapple & ham

ITALIANO ROMANO | 150

Mozzarella, beef strips, caramelised onion & mushrooms & cherry tomato

CON CARNE | 140

Mozzarella, bacon, chicken & mushrooms

SICILIANA | 125

Mozzarella, anchovies, garlic & capers



MEXICANA | 130

Mozzarella, green pepper, onions, mince & chillies

BOLOGNESE | 120

Mozzarella, our special bolognese sauce

NAPOLITANA | 123

Mozzarella, anchovies, capers & olives

MEDITERRANEAN | 130 ✔

Mozzarella, mushrooms, olives, artichokes, garlic & green peppers

CAPRICCIOSA | 128

Mozzarella, ham, mushrooms & olives

FLORENTINO | 145

Mozzarella, spinach, feta, bacon & garlic

PEPPERONI | 125

Mozzarella & pepperoni

PICASSO | 158

Mozzarella, salami, mushroom, onion & green pepper

QUATTRO FORMAGGI | 138 ✔

Mozzarella, provolone cheese, ricotta cheese & parmesan cheese

MONA LISA | 148

Mozzarella, bacon, blue cheese & fig preserve (fresh figs if available) - ask your waiter

THE FIGARY | 160

Mozzarella, prosciutto crudo, fig preserve (fresh figs if available) blue cheese & balsamic glaze - ask your waiter

THE TRIO PIZZA | 160

Select any of three of your favourite pizzas served on one plate (3 small pizzas)

CHICKEN MAYONNAISE | 128

Mozzarella & chicken mayonnaise

Pizza Wraps

Mozzarella, prosciutto crudo, avocado (seasonal) & Rocket | 164

Mozzarella, chicken schnitzel, avocado (seasonal) & parmesan | 168

Mozzarella, salami, avocado (seasonal) & rocket | 162



Dishes are available from two different kitchens, so should you order from both, kindly note that your food may not arrive at the same time.

Please note that all our meals are freshly prepared, so please be patient... it will be worth it!

