



Storia e Filosofia

History and Philosophy

The Italian Club was founded in the 1960's as a place for immigrants from Italy to congregate and celebrate being Italian in all its rich traditions.. Cooking was mainly in the hands of the "mamme" of the community and each one cooked the specialties from her hometown or region. As time passed the community integrated more and more into South African society and the lady volunteers got older and fewer. So it was decided to hand over the catering to 2 young Italian brothers, Paolo and Marco Palmieri in 1995. From being open only 3 days a week it now welcomes patrons and guests Tuesdays to Sundays for lunch and dinner.

From delicious hand crafted pizzas to home made fresh pasta, traditional lunches on a Sunday to our decadent buffet, we pride ourselves in the fact that we try to keep to traditional recipes and ways of cooking. We make most of the items ourselves from scratch and source sustainable and fresh produce as much as we can – from the hand kneaded bread and all the fresh pasta to all our sauces and pickles

As Italians we love to have a festive and jovial atmosphere so music and dancing happen at least twice a week with our resident bands on a Friday and Saturday night, but most of all we try and nurture our Italian Culture so that future generations can benefit and experience a little of where their ancestors came from.

Look out for our weekly specials

Sunday Lunch - Set menu - Usually something traditional

1st Sunday of the month - Sunday Lunch Buffet

Friday and Saturday Nights - Dinner and Dance

R20pp cover charge is payable for live entertainment for confirmed number of people.

Non arrivals are charged R70 per non arrival on confirmed numbers.

Everyone has to order a meal per person.

No split bills

Corkage for wine and champagne only - R25/ 750ml bottle for the 1st 5 bottles and R50 /750ml bottle thereafter.

No other beverages will allowed to be brought in.

We cater for functions as well, please enquire at info@fratpal.co.za

We appreciate a 10% gratuity as it is not included on our bills. Grazie.

T's & C's apply

Aperitivi Aperitifs

In Italy the "aperitivo" is almost as important as the meal itself. A drink or snack designed to stimulate the appetite.

Club Chinotto R35

Fanta, Campari, Bitters and lemon

Aperol Spritz R65

Aperol, Prosecco and orange slices

Negroni R45

Gin, Campari and Red vermouth

Americano R40

Campari, Red vermouth and soda

Il "Pirlo" R45

White wine, Campari, soda and a slice of orange

Rosy Gin & Tonic R65

Pink gin, Fitch and Leders Pink tonic, grenadine garnished with lemon

Stuzzichini -Nibbles

A bowl of marinated black olives R25

Roasted and salted Nuts R20

Truffled or spicy chips R25

Antipasti e Insalate Starters e Salads

Frittura di Calamari R65

Tender calamari strips tossed in seasoned flour fried and served with home-made tartar sauce.

Gamberi all'Italiana R80

Grilled prawns tossed in olive, oil, garlic, butter, white wine, parsley and a hint of chili.

Cozze al Vino Bianco R80

Fresh west coast mussels in creamy onion, garlic white wine sauce, served with bruschetta.

Antipasto di Verdure (v) R85

A selection of home made marinated vegetables and pickles, olives, fior di latte mozzarella and tomato served with our own baked bread.

Affettato Misto R105

A selection of imported and locally produced Italian cured meats served with our own baked bread.

Piattono di Antipasto R150

A delicious platter of marinated vegetables and pickles, fior di latte mozzarella & tomato, Imported and locally produced cured meats, served with our bread.

Carpaccio di Manzo R82

Thinly sliced beef served with rocket, parmesan shavings, drizzled with olive oil and fresh lemon.

Caprese R72

Slices of fior di latte mozzarella, and tomato garnished with fresh basil and drizzled with olive oil.

Insalata Club Italiano

Crisp lettuce, tomato, cucumber, peppers, olives, feta and onion with a sprinkling of oregano.

Small R50

Large R90

Insalata di Pollo al Cesare R75

Crisp lettuce topped with croutons, grilled chicken breast and parmesan shavings, served with our home made Caesar dressing.

Pizza Bianca R45

Plain pizza base with olive oil, garlic, herbs and mozzarella.

Extras

Bacon R20

Avocado (1/2) R22

Chicken R25

Tuna or Grilled calamari R40

Deshelled prawns R15 ea

All prices subject to change Gratuity not included, please add at your discretion. Grazie.



Pasta

Old favourites

- Tagliatelle con Napoletana** R75
Fresh tagliatelle tossed in a Tomato sauce with olive oil , garlic and fresh basil.
- Tagliatelle con Bolognese** R80
Fresh Tagliatelle served with a slow cooked meaty Bolognese sauce.
- Tagliatelle Alfredo** R90
Fresh tagliatelle smothered in a creamy bacon, mushroom, onion, and garlic sauce.
- Spaghetti di Mezzanotte** R70
Fresh spaghetti tossed in olive oil, garlic, parsley, a hint of chili and a little Napoletana sauce.
(can be ordered without the Napoletana)
- Lasagne** R95
A hearty bake of pasta layered with beschamel, Bolognese sauce, mozzarella & parmesan cheese.
- Gnocchi**
Hand made potato dumplings served with the following sauces.
- Napoletana** R85
- Bolognese** R95
- Creamy Gorgonzola sauce** R115
- Basil Pesto with a dash of cream** R115

Our Speciality Pastas

- Tagliatelle di Alessio** R105
Fresh tagliatelle in a creamy sauce with panfried chicken breast, onion, garlic, baby tomatoes, mozzarella and fresh rocket.
- Cannelloni di Spinaci e Ricotta** R110
Fresh hand made pasta filled with spinach and ricotta oven baked with beschamel and topped with Napoletana sauce and parmesan.
- Penne alla Puttanesca** R115
A typical southern Italian dish with baby tomatoes, capers, olives, anchovies, olive oil, onion, garlic and a hint of chili.
- Ravioli di Carne** R120
Delicious hand made pasta pockets filled with a farce of selected roast meats served with Napoletana and fresh basil.
- Tagliatelle con Gamberi** R145
Home made tagliatelle in a creamy tomato sauce made with white wine, juicy prawns , garlic and a hint of chili.
- Tagliatelle alla Marinara** R150
Fresh tagliatelle in a tomato based sauce with a selection of seafood, olive oil, garlic, parsley and a little chili.

Our delicious pastas can be ordered as 1/2 portions (excl. Marinara). Kindly ask your waitron.

Something Extra Special

- Risotto ai Funghi** R125
Italian Arborio rice cooked with mushrooms and porcini, a little white wine, stock, butter, onions, a dash of cream, parmesan cheese and a drizzle of truffle oil. (can be omitted)

- Zuppa di Pesce** R130
A delicious and hearty fish soup made with a selection of seafood, stock, garlic parsley, tomato, white wine and chili, served with garlic bruschetta.

*Please note we will not be responsible for the outcome of any dishes which have been altered or changed as per request of the customer.



Pesce Fish

Frittura di Calamari

R95

Tender calamari strips tossed in seasoned flour and deep fried, served with Italian style savoury rice.

Pesce alla griglia

R105

Grilled fresh hake, dressed with lemon butter sauce and served with Italian style savoury rice.

Pesce alla Paolo

R130

Grilled fresh hake topped with a sauce made with baby tomatoes, onion, garlic, capers, olives, and anchovies, served with Italian style savoury rice.

Calamari alla griglia

R135

Tender calamari tubes, pan grilled with olive oil, garlic, butter, parsley, a little chili and spice, served with Italian style savoury rice.

Cozze al Vino Bianco

R135

Fresh west coast mussels in a creamy white wine, onion, garlic and herb sauce, served with garlic bruschetta.

Pesce e Calamari fritti

R135

Fresh grilled hake, with a lemon butter sauce and tender calamari strips tossed in seasoned flour and deep fried, served with Italian style savoury rice.

Pesce e Calamari alla griglia

R150

Fresh grilled hake with a lemon butter sauce and calamari tubes pan grilled in olive oil, garlic, butter, chili, spices and parsley served with Italian style savoury rice.

Gamberi all' Italiana

R200

10 Prawns pan grilled and then tossed in olive oil, butter, garlic, white wine, parsley and a hint of chili, served on a bed of Italian style savoury rice.

Piattono di Pesce

R260

A sumptuous platter with grilled fresh hake, garlic prawns, creamy mussels, tender grilled calamari tubes and fried calamari strips served with Italian style savoury rice, chips and lemon butter sauce.

Contorni sides

Insalata

R25

A side portion of lettuce, tomatoes, cucumbers, onions, olives, peppers, feta cheese and herbs.

Puree di Patate

R25

Our own mash made with real potatoes, butter and a little cream.

Patatine Fritte

R25

Potato chips seasoned with our special spice.

Verdure di stagione

R25

Seasonal vegetables of the day - kindly ask your waitron.

Spaghetti

R25

Fresh home made spaghetti tossed in olive oil, garlic, parsley and a hint of chili.

Risotto

R35

Italian style savoury rice made with butter, onion, white wine, stock and a little cream.

Order our delicious bread basket of hand kneaded ciabatta bread. R20

Side orders are interchangeable - add R10 for risotto. 1 side order incl. per main. Kindly note our side dishes are not to be ordered as a meal.

All prices subject to change Gratuity not included, please add at your discretion. Grazie.



Carne Meats

Petti di Pollo alla Milanese R99

Breaded chicken breast deep fried and served with our seasoned chips.

Petti di Pollo alla griglia R105

Juicy chicken breast, seasoned and grilled, served with a side salad.

Scaloppine al Limone* R115

Pork fillet steaklets sautéed in a lemon butter sauce, garnished with herbs and served with seasoned chips.

Piccata ai funghi* R125

Pork fillet steaklets sautéed in butter and smothered in a home made creamy mushroom sauce, served with seasoned chips.

* Baby beef steaklets option add R10

*Also available with chicken breast

Milanese di Vitello R125

Baby beef steaklets, breaded and fried, served with seasoned chips.

Saltimbocca alla Romana* R135

Pork fillet steaklets topped with prosciutto and sage, sautéed in butter and white wine, served with spaghetti tossed in olive oil, garlic and parsley.

Scaloppine ai Porcini* R140

Pork fillet steaklets sautéed in butter and served with a mushroom, porcini and white wine sauce, served with spaghetti tossed in olive oil, garlic and parsley.

Bistecca alla griglia R140

Sirloin steak (+- 300gr) grilled and served with seasoned chips.

Salse Sauces

Salsa ai Funghi R20

Our own home made creamy mushroom sauce made with fresh mushrooms, onions, garlic a little black pepper, stock and cream.

Salsa al Pepe R20

Our own home made pepper sauce made with green peppercorns, ground black pepper, stock and cream.

Salsa di formaggio R20

Our own home made creamy cheese sauce made with cheddar, parmesan and cream.

Speciality condiments

We have truffle oil which is delicious on chips and mash, please ask you waitron - add R30.

Salsa al Blu R25

A creamy blue sauce made with a locally produced gorgonzola style blue cheese.

Burro al limone R20

Butter slowly melted with a dash of lemon juice and herbs.
With cream R30.

Burro al aglio R20

Melted butter with fresh crushed garlic and herbs
With cream R30.

As well as Balsamic glaze, which is delicious on our roast vegetables - add R10.



Pizza

Thin based pizza, hand crafted and baked in our wood fired pizza oven

Our Standard Pizzas

- Pizza Margherita (Basic) R65**
Tomato, garlic, olive oil, oregano and mozzarella
- Pizza Matteo R80**
Italian sausage with a hint of chili and fresh herbs on a Margherita base
- Regina R85**
A basic Margherita topped with ham and mushroom - a firm favourite
- Napoletana R95**
Anchovies, olives and capers on a Margherita base
- Campagnola R95**
Basic Margherita with mushrooms, baby marrows, aubergines, rocket and avocado (seasonal)
- La Nonna R95**
Grilled chicken, mushrooms and peppers on a Margherita base
- Speciale di Enrico R105**
Basic Margherita with Italian sausage, mushrooms and feta cheese
- Pizza Bruno R110**
A basic with ham, salame and bacon

Speciality pizzas

- Capricciosa R115**
A Margherita base topped with mushrooms, ham, artichokes and olives
- Quattro Stagioni R115**
Basic with ham, salame, mushrooms and olives
- La Francesca R130**
A basic Margherita with prosciutto and rocket
- Liguria - Seafood R140**
Basic Margherita with mussels, prawns and grilled calamari
- Salmone R140**
A white base with smoked salmon, rocket, and mascarpone, drizzled with lemon.

Tuesday Pizza Special

- All Standard Pizzas R60**
- All Speciality Pizzas R90**
- No sharing or changing toppings.**
- Not applicable to take aways**

Toppings

Build your own pizza with our wood fired Margherita or Pizza Bianca **R60** with a minimum of **2 toppings**. Extras priced individually.

- R12 per item:** Capers, fresh tomato, peppers, herbs, onions
- R15 per item:** Aubergines, banana, caramelized onion, mushrooms, peppadews, pineapple, rocket, spinach, baby marrow, cherry tomatoes
- R15 per item:** per **ONE** deshelled prawn
- R18 per item:** Asparagus, Feta cheese, ham, olives,
- R20 per item:** Artichokes, bacon, blue cheese, fresh basil, mozzarella

- R22 per item:** Avocado seasonal, basil pesto, Italian sausage, mussels, ricotta, salame
- R25 per item:** Anchovies, chicken
- R28 per item:** Mortadella
- R30 item:** Truffle oil
- R40 per item:** Fior di latte mozzarella, grilled calamari, parmesan shavings, smoked salmon, tuna
- R50 per item:** Prosciutto

Dolce Dessert

Gelato & Cioccolato

R38

Vanilla ice cream topped with our delicious home made chocolate sauce

Trio Mousse

R45

Three layers of decadent chocolate mousse - dark chocolate & coffee, milk chocolate and vanilla enhanced white chocolate

Cassata

R45

A slice of a triple layered ice cream loaf, garnished with toasted nuts and chocolate drizzle

Club Sundae

R45

Vanilla ice cream layered with strawberries, berry sauce, white chocolate sauce, garnished with shavings and pistachios.

Crostata al limone

R45

A deliciously tangy and citrusy tart served with vanilla ice cream and garnished with meringue crumbs and a dark chocolate truffle

Tiramisu`

R48

A traditional Italian layered dessert made with savoiardi biscuits dipped in coffee, a rum flavoured mascarpone mousse and a sprinkling of cocoa.

Choc Nut-ella Sundae

R50

A layered dessert made with vanilla ice cream, chocolate brownies, Nutella, caramel sauce and chopped nuts

Bevande Drinks

Cooldrinks

R15

7UP zero, Coke (glass), Coke light, Coke zero, Crème Soda, Dry lemon, Fanta (glass), Fanta grape, Sparberry, Sprite

Cooldrinks 200ml

R14

Ginger ale, Lemonade, Soda water, Tonic water

Tisers

R18

Appletiser, Fitch&Leedes Pink Tonic water, Red grapetiser

Ice Teas

R25

Imported peach ice tea, Imported lemon ice tea

Water

1,5L Still

R20

1L Sparkling

R20

500ml Still or Sparkling

R12

Fruit Juice

R15

Kindly ask your waitron/barman for flavours and availability

Te` Tea

Rooibos or Ceylon

R15

Caffe` Coffee

Espresso

R14

Double Espresso

R20

Espresso Macchiato

R16

Espresso Corretto

R18

Cappuccino or Flat White

R20

Caffe` Latte

R20

Americano

R15

Decaff

Espresso

R18

Double espresso

R22

Cappuccino

R25

Caffe` Latte

R25

Americano

R20

Ciocolata Hot Chocolate

R25

Choconchino

R35

Frullati Milkshakes

R25

Chocolate, Strawberry, Vanilla, Lime

Banana, Bubblegum

Coffee, Caramel, Mixed Berry

R35

Cordials

R5

Kola tonic, Passion Fruit, Lime

Bevande Drinks

Irish Coffee

R29

Per single shot of the following - Whiskey, Kahlua, Amarula, Brandy, Frangelico (specific brands will be charged accordingly)

Energy

Red Bull 300ml

R30

Don Pedro

R45

Vanilla ice cream served with a single shot of the following - Whiskey, Brandy, Kahlua, Amarula or Peppermint liqueur, Frangelico (specific brands will be charged accordingly)

Vini Wines

Vini Bianchi

White wines

Sauvignon Blanc

Two Oceans Sauvignon Blanc

R75

A crisp wine displaying gooseberries with tropical fruit flavours and a hint of grassiness.

Durbanville Hills Sauvignon Blanc

R95

Pale green in colour, this wine is a combination of fruit flavours and green pepper with a crisp acidity and a full-mouth feel.

De Grendel Sauvignon Blanc

R160

Pale straw in colour with youthful lime green flashes around the edges, aromas of grapefruit and other tropical fruits like guava and granadillas.

Chardonnay

Durbanville Hills Chardonnay

R95

A bouquet of dried peaches, apricot, citrus and vanilla notes with hints of butterscotch and toffee.

Diemersdal Unwooded Chardonnay

R120

A delicate balance of spicy aromas and fresh fruit flavours in particular apple and sweet melon and lime.

Chenin Blanc

Neethlingshof Chenin Blanc

R100

A mélange of tropical fruit with elegant pear and guava flavours flowed by floral notes.

Blends

Buitenverwachting Buiten Blanc

R100

This full bodied Sauvignon Blanc based blend offers a variation of fruit characters including ripe gooseberry.

Fleur du Cap Natural light

R80

Light, crisp and fruity, this Chenin blanc offers lower alcohol without any compromise on flavour.

Vini Rosati

Rose`

Blends

Fleur du Cap Natural light Rose

R80

Made predominantly with Chenin Blanc grapes it has subtle notes of pear and pineapple. The dash of Pinotage lends a hint of red berry fruit.

Anthonijs Rupert Protea Rose

R100

Pale blush-pink colour with gentle aromas of nectarine and lemon zest.

Vini Rossi

Red Wines

Shiraz

Saronsberg Provenance Shiraz

R160

A full-bodied mouth feel with a mix of red berry and black fruit flavours combined with floral notes and fynbos nuances.

Pinotage

Beyerskloof Pinotage

R125

Strong plum flavours with velvety tannins. Well structured yet elegant and soft.

Merlot

Durbanville Hills Merlot

R120

A light ruby colour with a ripe berry and dark chocolate character and a slight mintiness on the nose.

De Grendel Merlot

R210

A gem-like ruby colour which at first reveals a delicate all-sorts of berries, followed by an aroma of aniseed, cedar and liquorice.

Bevande Drinks

Vini Rossi Red Wines

Blends

Two Oceans Cabernet Merlot R75

The bouquet offers aromas of ripe strawberries and plum with smoky earth tones.

KC Cabernet Merlot R130

Displaying an intense garnet colour, it is enticingly fruity in style, with spicy oak tannins which underpin sweet black cherry and chocolate flavour.

Vini Italiani Italian Varietals

White wine

Terra del Capo Pinot Grigio R95

A widely planted white grape variety in Italy, this Pinot grigio is a well balanced wine with fresh, lemon fruit and earthy, mineral hints.

Red wine

Terra del Capo San Giovese R120

Bright red fruits - cherry and plum - with notable spice highlights.

Chianti DOCG, Fattoria dei Barbi R170

A modern classic Chianti made mostly from San Giovese grapes, easy drinking and pairing perfectly with pizza.

Spumanti Sparkling wines

JC Le Roux La Fleurette R100

A delightful mélange of sweet fruity flavours with hints of strawberry, plum and tropical fruits.

JC Le Roux Le Domaine R100

Bubbling Muscat aroma with fruity flavours .

Pongraz R180

It has a wonderful foaming mousse with a classic yeast and biscuit character that culminates in a full fruity finish.

Spumanti Italiani Italian Sparkling wine

Prosecco

La Delizia Prosecco from Friuli R160

Aromatic, fresh and lively with a fine perlage, ideal as a meal opener but can served throughout the meal, with fish or light courses.

Astoria DOC from Veneto R180

A delicate and ethereal sparkling wine, full and dry, great for celebrating Italian style.

Italians use any occasion and excuse to celebrate with a glass of something special. And by far Prosecco will be the preferred celebratory drink - SALUTE!!! CHEERS!!!

Birra Beer

Beers by the bottle

Castle lager	R18
Budweiser	R20
Black label	R20
Windhoek Lager, Windhoek Light	R25
Castle light, Castle Free	R25
Beck's non-alcoholic	R30
Flying Fish	R20

Draughts and Imported Beers

Peroni 330ml draught	R28
Peroni 500ml draught	R35
Stella Artois 330ml draught	R30
Stella Artois 500ml draught	R38
Castle light draught 330ml	R28
Castle light draught 500ml	R35

Ciders

Hunters Dry	R25
Hunters Gold	R25
Savannah Dry	R25
Savannah Light	R25

Liquori Liqueurs & Spirits

Fortified Wines

Allesverloren Port	R18
Monis Medium Cream Sherry	R15
Old Brown Sherry	R15

Digestives

Jagermeister	R25
Ramazotti Amaro	R28
Averna	R28
Fernet Branca	R28
Fernet Menta	R30

Italian Specialities

Grappa Veneta	R20
Grappa Ruta	R25
Grappa Nonnino	R70
Limoncello	R25
Amaretto	R30

Liqueurs

Amarula, Tang Apple Sours, Cape Velvet, Frangelico, Kahlua, Peppermint Liqueur, Ponchos, Melktert, Potency, Strawberry Lips, Ramazzotti Black, Ramazzotti White	R18
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Lavoka Caramel Vodka	R20
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Liqueurs

Cointreau	R30
Drambuie	

Gin

Gordon's Gin	R18
Greenall Original Gin	R25
Greenall Wildberry Gin	R25
Pink Gin (Cape Gin Company)	R30
Bloom Botanicals Gin	R45

Aperitifs

Aperol, Campari,	R20
Martini Rosso, Martini Bianco	R18

Rum

Red Heart Rum	R18
Spiced Gold	R18
Bacardi	R18
Captain Morgan Rum	R22
Stroh Rum	R25

Cane Spirits

Mainstay Cane	R18
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Vodka

Wyborowa Vodka	R18
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Brandy

Olofbergh Brandy	R15
Klipdrift	R18
Richelieu	R18
Van Rhy'n's Aged Brandy	R60

Whiskey & Bourbon

J&B Rare	R18
Bells, Johnnie Walker Red	R18
Bains Whiskey, Jack Daniels	R25
Jameson's Johnnie Walker Black	R30
Southern Comfort Whiskey Liqueur	R18

Tequila

Olmecca Gold, Olmecca Silver	R20
Olmecca Black	R20
Ponchos Coffee	R20
Patron XO Coffee	R40

Coconut Liqueur

Malibu	R18
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Specials

Look out for our weekly specials and "Happy Hours" on a Friday and Saturday evening.
Kindly ask your waitron for further information

No alcohol will be served to persons under the age of 18