

THE PARKS

FARMERS MARKET & PIZZERIA

Breakfast Served until 11:30

Toast option in white or brown bread.

Gluten Free  | Extra R5

BANANA YOGHURT PARFAIT | 49

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

FRENCH TOAST | 55

Two slices of French toast sprinkled with cinnamon sugar

THE PARKS BREAKFAST | 74

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

PRESTO BREAKFAST | 38

One egg, bacon & toast

FRENCH TOAST DELIGHT | 64

Two pieces of French toast, sautéed mushrooms & grilled tomato

OMELETTE OR FRITTATA (OPEN ITALIAN OMELETTE) | 49

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

MAMMA MIA | 66


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

SMASHED AVO ON TOAST | 55

Toast with smashed avo, topped with almonds & chilli flakes

THE BANTING ONE | 68

Grilled chicken breast, sautéed spinach, scrambled eggs, ricotta cheese & grilled tomato

Replace chicken with mushrooms for vegetarian option 


Breakfast Top Ups

Cheddar	20
Mozzarella	20
Tomato	12
Toast	12
Banana	12
Ham	21
Sausage	28
Bacon	28
Mince	29



www.theparksfarm.co.za

Toasted Sandwiches or Panini



Toasted sandwiches or panini.
Your choice of white or brown bread.
Gluten Free  | Extra R5

FRESHLY
BAKED

	TOASTED	PANINI
CHEESE 	46	53
CHEESE & TOMATO 	50	58
CHEESE & HAM	58	67
CHEESE, HAM & TOMATO	58	69
BACON, EGG & CHEESE	66	77
BACON & CHEESE	63	73
BACON & EGG	59	68
CHICKEN MAYONNAISE	66	77
TUNA MAYONNAISE	66	77
CHEESE & ROASTED VEGETABLES 	59	68
MOZZARELLA, PESTO, SALAMI & TOMATO	64	74
MOZZARELLA, PROSCIUTTO CRUDO & ROCKET	66	77
MOZZARELLA, PAN FRIED CHICKEN BREAST, TOMATO & ROCKET	66	77
MINCE & CHEDDAR	66	77

Pizzas

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

Banting Base and Gluten free base   | 20

Calzone | 15 (Please allow 30 minutes extra)

MARGHERITA | 75

Mozzarella & Neapolitan sauce
Add extra gorgonzola | 21

THE PARKS SPECIAL | 146

Mozzarella, prosciutto crudo & rocket

QUATTRO STAGIONI | 122

Mozzarella, ham, olives, mushrooms & artichokes

REGINA | 95

Mozzarella, ham & mushrooms

GARDEN DELIGHT | 128

Mozzarella, olives, artichokes, mushrooms, garlic & rocket

AL TONNO | 110

Mozzarella, tuna with olives and fresh red onions

LEANING TOWER | 142

Mozzarella, salami & olives (salami not cooked)

PULLED PORK | 115

Mozzarella, pulled pork & pepperdews
Add extra pineapple | 16

BUON GIORNO | 150

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

BUONISSIMO | 124

Mozzarella, bacon & feta
Add extra avocado (seasonal) | 20

HAWAIIAN | 94

Mozzarella, pineapple & ham

ITALIANO ROMANO | 135

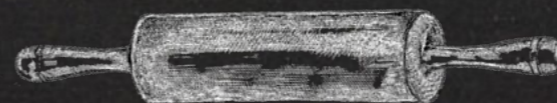
Mozzarella, beef strips, caramelised onion, mushrooms & cherry tomato

CON CARNE | 128

Mozzarella, bacon, chicken & mushrooms

SICILLIANA | 119

Mozzarella, anchovies, garlic & capers



Our pizzas are
baked in a wood burning oven.

MEXICANA | 115

Mozzarella, green pepper, onions, mince & chillies

NAPOLETANA | 110

Mozzarella, anchovies, capers & olives

MEDITERRANEAN | 110

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

CAPRICCIOSA | 103

Mozzarella, ham, mushrooms & olives

FLORENTINO | 115

Mozzarella, spinach, feta, bacon & garlic

PEPPERONI | 105

Mozzarella & pepperoni

PICASSO | 130

Mozzarella, salami, mushroom, onion & green pepper

QUATTRO FORMAGGI | 138

Mozzarella, provolone cheese, ricotta cheese & parmesan cheese

FIGARO | 138

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

THE FIGARY | 140

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

THE TRIO PIZZA | 150

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

CHICKEN MAYONNAISE | 108

Mozzarella & chicken mayonnaise

Pizza Wraps

Mozzarella, prosciutto crudo, avocado (seasonal) & Rocket | 153

Mozzarella, chicken schnitzel, avocado (seasonal) & parmesan | 160

Mozzarella, salami, avocado (seasonal) & rocket | 151

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!



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

FARMERS MARKET & PIZZERIA

Salad

All our salads are served with olive oil & balsamic vinegar

CAPRESE SALAD | 62

Layered mozzarella cheese, tomato & basil

THE PARKS SALAD | 68

Mozzarella, peppers, olives, cucumber, tomato & lettuce

Add beef strips | 32

GREEK SALAD | 68

Feta, olives, tomato, cucumber, onion & lettuce

HARVEST SALAD | 90

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

Add extra chicken | 28

TUNA SALAD | 89

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

CHICKEN SALAD | 89

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

THE WALNUT SALAD | 95

Lettuce, rocket, pear, gorgonzola & walnuts

Pasta

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

BOLOGNESE | 95

Mince sauce

NAPOLETANA | 86

Napoletana sauce with fresh basil

ARRABBIATA | 90

Napoletana sauce & chilli

LA TOSCANA | 105

Napoletana sauce, chilli & crispy bacon

ALFREDO | 98

Ham, cream, mushrooms & parmesan cheese

ROASTED VEGETABLES | 98

A selection of roasted vegetables in a Napoletana sauce

BEEF LASAGNE | 110

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

CHICKEN PESTO PASTA | 110

Chicken pieces served with pesto

PESTO | 90

Basil pesto sauce served with your choice of pasta

CHICKEN ALFREDO | 105

Chicken, cream, mushrooms & parmesan cheese

ROMANESCO | 107

Cauliflower, cream & parmesan cheese sauce

Add Crispy Bacon | 24

PASTA E POLLO | 125

Crumbed chicken schnitzel served on a bed of Napoletana pasta

MAFIOSA | 105

Napoletana sauce, bacon, olives & garlic

LA NONNA | 110

Creamy Napoletana sauce, chicken, chilli & parmesan

Add extra pancetta | 32



FUNGHI | 98

Napoletana sauce, mushrooms, green pepper & onions

ANNABELLA | 110

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

Focaccia

CARA FOCACCIA | 68

Pizza bread with garlic, caramelised onion, feta & herbs

FOCACCIA | 49

Pizza bread plain or garlic & herbs

CHEESE FOCACCIA | 66

Pizza bread with mozzarella cheese & herbs

SALAMI FOCACCIA | 100

Pizza bread with salami

PROSCIUTTO FOCACCIA | 107

Pizza bread with prosciutto crudo

CHEESE FOCACCIA AL POMODORO | 73

Cheese focaccia with freshly sliced tomato

FETA FOCACCIA | 67

Pizza bread with feta cheese

EXTRAS

Tomato | Onion | Rocket | Garlic | Chilli | Banana | 12

Mushrooms | Olives | Avocado (seasonal) Peppers | Capers | Artichokes | Boiled Egg | Feta | Mozzarella | Cheddar | Pepperdews | Pineapple | 20

Cooked Ham | Anchovies | Gorgonzola | 21

Salami | Bacon | Chicken | Chourizo | 28

Prosciutto Crudo | Mince | Pancetta | Beef Strips | 32




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 & Napoletana sauce

Gluten Free Option | 10 

Mushroom or cheese sauce extra | 21

ANTIPASTO PLATTER FOR TWO | 85

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

Desserts



ITALIAN KISSES | 42

Hazelnut, cappuccino & vanilla

PROFITEROLES | 46

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

NONNA LUISA'S TIRAMISU | 55

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

AFFOGATO | 44

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



CAKE OF THE DAY | SQ



Freshly baked. Enquire with waiter


SELECTION OF SORBETS | 45

Three scoops

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!