

PESCI & CARNI

Halibut Salmoriglio sweet garlic, oregano, mint, parsley & lemon pesto, toasted pine nuts, lemon risotto, roasted root vegetables 26

Salmone Atlantica warm bacon, apple & brussel sprout insalata, prosciutto-wrapped potatoes 25

Tuna Tagliata fresh tuna seared rare, warm vegetable stack, red risotto 27

Pesce n' Frites beer-battered haddock, housemade tartar sauce, cucumber salad, hand-cut Russet fries 22

La Frasca Lamb Burger pistachio & mint pesto, seared goat cheese, caramelized onions, toasted brioche bun, hand-cut Russet fries, rosemary ketchup 20

Beef Tenderloin cipollini & crimini mushroom sauté, accordion baked potato, roasted root vegetables 30

Lamb Shank braised, red wine, fresh herbs, roasted garlic mash & winter vegetables... 30

Costata di Maiale Valley pork chop, Fontina & prosciutto stuffed, focaccia crumb crust, Marsala & demi-glace sauce, brown butter potatoes & root vegetables 25

Crispy Fried Chicken buttermilk soaked, herbs & spices, homemade cornbread, honey & fig gravy, bacon & chive potato salad..... 24

DOLCI

Bread Pudding Dulce de leche, pistachio gelato 10

Gingerbread Sundae, vanilla gelato, warmed stout caramel, whipped cream & gingersnaps. 10

Chocolate Torte flourless, layered with Gianduja & raspberry preserve, chocolate ganache glaze & candied hazelnuts 10

Lemon Tart shortbread crust, torched meringue 10

Cheesecake roasted white chocolate & Illy espresso, whipped cream & chocolate pearls 10

Affogato al Caffè vanilla gelato, Illy espresso, Bailey's shot, fresh whipped cream 10

Gelati & Sorbetti 3. per scoop



Take-Away

La Frasca Cibi & Vini
5650 Spring Garden Road
Halifax, Nova Scotia B3J 3M7

902-422-2866

Monday-Saturday 11:30am 'til late

www.lafrasca.ca

PIATTO PICCOLO

Calamari flash fried, tomato, roasted garlic, chilies10

Arancini smoked cherry tomato rice croquettes, fresh mozzarella centre, golden fried, tomato basil sauce ..11

Pedoci local mussels, crushed tomatoes, roasted garlic, caramelized onions, white wine, oregano10

Gamberi in Padella jumbo shrimp, white wine & garlic sauté, toasted almonds, breadcrumbs & parsley12

Capesante scallops pistachio crusted, crispy prosciutto & winter citrus insalata13

Pork Ribs 12-spice rub, slow roasted, balsamic wildflower honey glaze..... 12

Lumache snails, roasted garlic, tomato, prosciutto, mushrooms, sautéed, garlic toast..... 10

Zuppa di Pesce alla Veneziana jumbo shrimp, scallops, mussels & local fish soup, tomato broth, sweet garlic. 13

R&R Salad charred romaine & radicchio, hot bacon & garlic dressing, parmigiano..... 10

Insalata di Finocchio shaved fennel, arugula, orange slices, honey roasted pecans, goat cheese, black olive & orange vinaigrette..... 12

PIZZE

Goat Cheese tomato sauce, basil pesto, roasted zucchini, peperonata, cherry tomatoes, goat cheese & mozzarella ..18

Prosciutto de San Daniele tomato sauce, caramelized onions, fresh mozzarella, black olive & almond pesto18

Housemade Sausage tomato conserva, caramelized onions, mozzarella, flash-fried basil..... 18

Wild Mushroom béchamel, crisp pancetta, cipollini onions, sweet garlic pesto, smoked provolone, arugula, truffle oil 18

PASTA & RISOTTI

Gnocchi alla Bolognese veal & pork ragù, fresh Mozzarella, basil pesto19

Fettuccine alla Busara jumbo shrimp, garlic, crushed red peppers, white wine, tomato, chives19

Spghettini green beans, black olives, tomato, e.v. olive oil, garlic, topped with seared rare fresh tuna 21

Italiano Mac & Cheese pecorino, friulano, mascarpone & cambozola cheeses, caramelized onions, gratinéed with house smoked bacon & garlic breadcrumbs .18

Fettuccine double smoked bacon, caramelized onions, brussel sprout leaves & Fontina.20

Spghettini homemade veal & pork meatballs, San Marzano tomato sauce, garlic toasted breadcrumbs, parmigiano18

Ravioli chestnut & Ricotta stuffing, porcini cream & Parmigiano 21

Tagliatelle prosciutto di San Daniele, cream, parmigiano, crumbled prosciutto18

Cannelloni braised chicken, smoked bacon, sundried tomato pesto, basil, baked with béchamel & toasted breadcrumbs19

Linguine cast iron seared local scallops, garlic, pancetta, arugula, lemon squeeze24

Spaghetti Cacio e Pepe peppercorn crusted tenderloin, seared rare 22

Risotto Fungi wild mushrooms, mascarpone swirl & Parmigiano 22

Seafood Risotto lobster, shrimp, scallops, smoked tomatoes, Prosecco, Italian parsley, parmigiano 25

