

DOLCI

Bread Pudding dulce de leche,
pistachio gelato 10

Gingerbread Sundae, vanilla
gelato, 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 handmade,
ever-changing flavours
per scoop 3



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

Open Monday-Saturday
11:30am 'til late
closed Sundays

902-422-2866
www.lafrasca.ca



**TAKE
AWAY**

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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

Lumache snails, roasted garlic, tomato, prosciutto, mushrooms, sautéed, garlic toast10

Pork Ribs 12-spice rub, slow roasted, balsamic wildflower honey glaze12

Capesante scallops pistachio crusted, crispy prosciutto & winter citrus insalata13

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, parmigiano10

Insalata di Finocchio shaved fennel, arugula, orange slices, honey roasted pecans, goat cheese, black olive & orange vinaigrette12

PESCI & CARNI

Halibut Salmoriglio sweet garlic, oregano, parsley, mint & 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, Russet fries..... 22

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

La Frasca Lamb Burger pistachio & mint pesto, seared goat cheese, caramelized onions, toasted brioche bun, Russet fries, rosemary ketchup20

Beef Tenderloin cipollini & crimini mushroom sauté, accordion baked potato, roasted root vegetables30

Costata di Maiale Valley pork chop, fontina & prosciutto stuffed, focaccia crumb crust, Marsala & demi-glace sauce, brown butter potatoes & root vegetables25

Crispy Fried Chicken buttermilk soaked, herbs & spices, homemade cornbread, honey & fig gravy, bacon & chive potato salad24

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 pesto 19

Fettuccine alla Busara jumbo shrimp, garlic, crushed red peppers, white wine, tomato, chives 19

Spaghettoni green beans, black olives, tomato, e.v.o.o, chilies, garlic, topped with seared rare fresh tuna 21

Italiano Mac & Cheese pecorino, friulano, mascarpone & cambozola, caramelized onions, gratinéed with smoked bacon & garlic crumbs 18

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

Spaghettoni homemade veal & pork meatballs, San Marzano tomato sauce, garlic toasted breadcrumbs, parmigiano 18

Ravioli chestnut & Ricotta stuffing, porcini, cream & parmigiano..... 21

Tagliatelle prosciutto di San Daniele, cream, crumbled prosciutto, parmigiano..... 18

Cannelloni braised chicken, smoked bacon, sundried tomato pesto, basil, baked with béchamel & toasted breadcrumbs..... ..19

Linguine cast iron seared local scallops, garlic, pancetta, arugula, lemon squeeze..... 24

Spaghetti Cacio e Pepe peppercorn crusted tenderloin, seared rare..... 22

Risotto Fungi wild mushrooms, mascarpone & parmigiano.... 22

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

Our dishes are handmade, fresh & made-to-order.
Please let us know if you have any dietary considerations.