

## DOLCI

**Lemon Tart** shortbread crust,  
Meyer lemon curd, torched  
Italian meringue ..... 10

**Chocolate Hazelnut Torte**  
chocolate cake, caramel cream  
cheese layers, crunchy  
chocolate hazelnut clusters.10

**Trifle** raspberry sponge cake,  
vanilla mousse, candied  
pistachios, marinated  
raspberries ..... 10

**Butterscotch Tart** classic  
flaky crust, butterscotch  
filling, whipped cream &  
toffee brittle.....10

**Cheesecake** Illy espresso &  
roasted white chocolate,  
chantilly cream, chocolate  
pearls ..... 10

**Affogato al Caffè** vanilla  
gelato, Illy espresso, Bailey's  
Irish Cream, 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, chilies ....10

**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, oregano .....10

**Gamberi in Padella** jumbo shrimp, white wine & garlic sauté, toasted almonds Gremolata .....12

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

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

**Cappasante** pistachio crusted scallops, citrus fruit insalata, crispy prosciutto.13

**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 Pomodori** variety of chopped heirloom tomatoes, shaved red onion, fresh mozzarella, torn basil, e.v. olive oil & aged balsamico .....12

## PESCI & CARNI

**Merluzzo** fresh cod crusted with caper & breadcrumb Gremolata, tomato sugo, leek & bacon risotto ..... 26

**Salmone Atlantico** wildflower honey & balsamic lacquer, sweet pea, onion & pancetta orzo ..... .25

**Fritto Misto** jumbo shrimp, calamari & zucchini flash-fried, roasted garlic, lemon & fresh herb aioli, insalatina verde ..... 24

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

**Beef Tenderloin** crimini mushroom & cipollini onion sauté, accordion baked potato, spring vegetables ..... 30

**La Frasca Burger** hand chopped tenderloin, caramelized onions, fontina, Dijon aioli, shaved lettuce, Cambozola, toasted mozzarella bun, hand-cut fries .....20

**Lamb Chops Scottadito** chargrilled, salsa verde, prosciutto wrapped new potatoes, green beans with butter & toasted almonds ...30

**Costata di Maiale** Valley pork chop, provolone & prosciutto stuffed, focaccia crumb crust, Marsala & demi-glace sauce, brown butter potatoes & spring vegetables .....25

**Scaloppine di Pollo** chicken breast sautéed with white wine, mascarpone, fresh lemon & rooftop herbs, buttered spinach, roasted new potatoes .....25

## PIZZE

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

**Roasted Chicken** sundried tomato pesto & béchamel, roasted artichokes, spinach & mozzarella .....18

**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

**Lasagne** 4-Italian cheeses, onion marmalata & tomato confit layers, baked with béchamel ..... 18

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

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

**Ravioli** lemon ricotta & spinach stuffing, fresh basil pesto, Parmigiano & toasted almonds ..... 21

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

**Linguine** littleneck clams, roasted garlic, white wine, San Marzano tomato, parmigiano ..... 21

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

**Spaghettini** homemade veal & pork meatballs, San Marzano tomato sauce, garlic toasted breadcrumbs, parmigiano.... 18

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

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

**Risotto con Asparagi** green asparagus spears, brodo, white wine, fresh lemon, mascarpone swirl, frico crisp..... 22

**Risotto ai Crostacei** NS lobster, jumbo shrimp, scallops, smoked tomato, brodo, Prosecco & parmigiano ..... 25

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