

DOLCI

Citrus Tart shortbread crust,
fresh citrus curd, whipped
cream 10

Panna Cotta amarena cherries,
housemade graham cracker. . 10

Chocolate Hazelnut Torte
chocolate cake, caramel cream
cheese frosting, chocolate
hazelnut clusters 10

Bread Pudding cinnamon spiked
apples, spiced rum caramel
sauce, vanilla gelato.....10

Crème Brûlée ginger spiced..10

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

Cookies 'n Cream Sundae
stracciatella gelato,
flourless chocolate cookies,
chocolate sauce & whipped
cream.....10

Tiramisù all'Amaretto
ladyfingers soaked with
espresso & amaretto,
mascarpone mousse, amaretti
crumble.....10

Affogato al Caffè vanilla
gelato, Illy espresso,
Bailey's Irish Cream, whipped
cream.....10

Cheesecake bourbon smoked dark
chocolate, toasted
marshmallow.....10

Gelati & Sorbetti handmade,
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
lafrasca.ca



**TAKE
AWAY**

902-422-2866

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 almond Gremolata12

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

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

Cappasante seared scallops, crisp prosciutto, parsnip purée, roasted pumpkin insalata.....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, parmigiano10

Caesar Insalata chopped romaine, garlic-laced focaccia croutons, crisp bacon, classic dressing, grated parmigiano10

PESCI & CARNI

Halibut in Acqua Pazza tomato broth, garlic, white wine & fennel, rosemary potatoes, buttered green beans 28

Salmone Atlantico wildflower honey lacquer, warm kale & cabbage insalata, roasted parsnips26

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

Beef Tenderloin crimini mushroom & cipollini onion sauté, accordion baked potato, honey glazed carrots, buttered green beans 30

Lamb Chops Scottadito chargrilled, sour cherry demi-glace, prosciutto wrapped new potatoes & root vegetables 30

La Frasca Burger hand chopped tenderloin, caramelized onions, fontina, tomato marmalade, shaved lettuce, toasted rosemary bun, parmigiano fries20

Costata di Maiale Valley pork chop, prosciutto & provolone stuffed, crumb crusted, Marsala & demi-glace sauce, brown buttered potatoes, flash fried brussels sprouts25

Chicken Scaloppine wild mushrooms, port demi-glace, fregola, fresh herbs & charred broccolini25

PIZZE

Goat Cheese béchamel, honey roasted squash, flash fried kale, goat cheese & mozzarella 18

Roasted Chicken San Marzano tomato sauce, charred broccolini, roasted garlic, mozzarella18

Housemade Sausage San Marzano tomato sauce, basil pesto, peperonata & mozzarella 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

Italiano Mac & Cheese cambozola, mascarpone, Friulano & pecorino, caramelized onions, bacon, garlic breadcrumbs, gratinéed 18

Fettuccine jumbo shrimp, garlic, roasted tomatoes, e.v. olive oil, fresh basil, parmigiano 19

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

Ravioli roasted veal, herbs & ricotta stuffing, parmigiano cream sauce, red wine reduction 21

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

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

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

Spaghettini homemade beef & pork meatballs, San Marzano tomato sauce, parmigiano... 18

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

Spaghetti Cacio e Pepe peppercorn crusted tenderloin, seared rare 22

Pappardelle braised beef ragù, wild mushrooms, ricotta & truffled demi-glace 20

Linguine housemade sausage, spinach, e.v. olive oil, garlic, chilies & parmigiano 18

Risotto con Zucca roasted butternut squash, brodo, white wine, crisp prosciutto 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.