

PESCI & CARNI

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

Salmone Atlantica seared, cucumber radish salad, buttermilk & dill dressing, 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 Chops Scottadito char-grilled, salsa verde, prosciutto wrapped potatoes, green beans with butter & toasted almonds 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

Monte Bianco Bombe chocolate & vanilla gelato, Amarena cherry layers, torched Italian meringue, almond meringue crumble 10

Summer Sundae handmade vanilla gelato & strawberry sorbet, layered with shortbread cookie crumbs, fresh strawberries, coulis & whipped cream ... 10

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

Lemon Tart shortbread crust, zesty lemon curd, whipped cream, fresh berries 10

Cheesecake lime infused, ginger snap crust, black berries & sweet cream 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
- Soft Polenta** homemade sausage ragu, sauteed wild mushrooms, parmigiano12
- Gamberi in Padella** jumbo shrimp, white wine & garlic sauté, toasted almonds, breadcrumbs & parsley12
- Capasante** scallops, double smoked bacon wrapped, charred corn & cucumber insalatina, aged balsamic vinegar13
- 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** potato gnocchi, summer basil pesto, sweet garlic, toasted almonds, cream, & Grana Padano19
- 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
- Linguine alla Vongole** clams, sweet garlic, white wine, Italian parsley, parmigiano.20
- Spghettini** homemade veal & pork meatballs, San Marzano tomato sauce, garlic toasted breadcrumbs, parmigiano18
- Ravioli** asparagus filling, toasted almonds, brown butter & grated parmigiano 22
- 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 squeeze 24
- Spaghetti Cacio e Pepe** peppercorn crusted tenderloin, seared rare 22
- Risotto Carciofi** pancetta, Roman artichokes, sweet peas, San Marzano tomato, parmigiano 22
- Seafood Risotto** lobster, shrimp, scallops, smoked tomatoes, Prosecco, Italian parsley, parmigiano 25

