

Our dishes are handmade,
fresh & made-to-order.

Please let us know
if you have any dietary
considerations.



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

Open Monday - Saturday
4pm - 11pm

902-422-2866
lafrasca.ca



TAKE
AWAY

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PIATTO PICCOLO

Arancini roasted tomato risotto croquettes, fresh mozzarella centre, golden fried, tomato sauce & basil pesto 10.

Calamari flash-fried, tomato, roasted garlic, chilies 10.

Crostata ai Quattro Formaggi herbed local goat cheese, ricotta, parmigiano & mascarpone, fresh herbs, asparagus, garlic roasted cherry tomatoes, crispy prosciutto 10.

Pedoci local mussels, crushed tomatoes, roasted garlic, caramelized onions, white wine & oregano 10.

Carciofi Fritti fried Italian artichokes, pangrattato, lemon aioli 10.

Gamberi in Padella jumbo shrimp, white wine & garlic sauté, toasted almond gremolata 12.

PASTE e RISOTTI

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

Spaghettoni AOP green beans, black olives, smoked tomato, e.v. olive oil, chillies, garlic, topped with seared rare fresh tuna 21.

Tagliatelle con Funghi di Bosco wild mushrooms, speck, caramelized shallots, LBV porto, cream, parmigiano 20.

Fettuccine Cacio e Pepe topped with peppercorn crusted tenderloin, seared medium rare 22.

Bucatini con Polpette housemade meatballs, San Marzano tomato, parmigiano 22.

Cannelloni ricotta & spinach filling, tomato basil sauce, béchamel, grated parmigiano 19.

Capesante seared local scallops, pistachio crusted, vino bianco & lemon sauce 13.

Costicine Brasate pork ribs, house rubbed & braised in Bombetta ale, charred lime BBQ sauce 12.

Zuppa di Pesce jumbo shrimp, scallops, clams, mussels & local fish, tomato broth 13.

Insalata Burrata grilled peaches, prosciutto, heirloom tomatoes, fresh basil, white balsamic vinaigrette 16.

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

Insalata Cesarina romaine leaves, classic dressing, grated parmigiano, crisp prosciutto, grilled crostini 10.

Handmade Ravioloni stuffed with fresh local Lobster, Mascarpone, chives, shelled Lobster garnish, tomato, Parmigiano fonduta, dusted with crispy Crumbs 25.

Linguine e Frutti ai Mare jumbo shrimp, mussels, scallops & clams, roasted garlic, white wine, San Marzano tomato 24.

Penne con Salsiccia housemade sausage, garlic, vino bianco, rapini, sweet butter, spicy bread crumb, pecorino 20.

Gnocchi di Patate gorgonzola dolce crema, toasted hazelnuts, parmigiano 22.

Risotto with seared Local scallops, Carnaroli rice, green peas, Grana Padano, crispy Prosciutto 24.

PIZZE

Margherita Burrata San Marzano base, fresh burrata, basil 20.

Prosciutto di San Daniele Cambozola base, Prosciutto di San Daniele, figs, fresh herbs 18.

Salsiccia San Marzano base, housemade sausage, caramelized onions, roasted sweet pepper, fresh mozzarella 18.

Funghi Confit garlic base, wild mushrooms, sweet onions, goat cheese, fresh herbs 18.

PESCI e CARNI

Halibut with fresh tomato herb sugo, sautéed ruby red swiss chard, patate alla lionese 30.

Salmone Atlantico NS salmon, maple & pink peppercorn lacquer, roasted beets & root vegetables 29.

Tagliata di Tonno fresh tuna seared rare, summer vegetables, lemon risotto, arugula 29.

Provimi Veal Chop porcini crusted, marsala & veal demi-glace, sautéed king oyster mushrooms, asparagus, roasted garlic mashed potatoes 35.

Filetto di Manzo beef tenderloin, caramelized pearl onions & brandy sauce, crispy brussel sprouts, heirloom carrots, fontina potatoes 34.

DOLCI

Torta al Cioccolato 7 layer devilish chocolate cake with melted marshmallow, peanut butter ganache, raspberry coulis 10.

Torta al Cocco coconut cream pie with caramelized pineapple, graham cracker & macadamia nut crust 10.

Torta Estiva multilayer cake with berries, limoncello infused lady fingers, whipped lemon mascarpone frosting 10.

Toffee Coffee Crunch Cake chocolate & vanilla cake layers, coffee cream, chocolate toffee crumble 10.

