

DOLCI

Strawberry Tart shortbread crust, strawberry & lime curd, whipped cream, fresh strawberries 10

Pavlova Lemon Curd fresh seasonal berries, Chantilly cream. 10

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

Crème Brûlée blueberry tea infused.. 10

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

Sundae brown butter pretzel streusel, vanilla gelato, salted caramel sauce, whipped cream.....10

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

Terri's Cookie Dough Cheesecake Madagascar vanilla, chocolate crust, ganache, whipped cream.....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 lemon & herb rice croquettes, goat cheese center, golden fried, roasted garlic cream, fried basil ..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 pistachio crusted scallops, mint & pea purée, crisp pancetta..... 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 & thyme lacquer, roasted beet & orange insalata26

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, salsa verde, prosciutto wrapped new potatoes & root vegetables 30

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

Costata di Maiale Valley pork chop, prosciutto & provolone stuffed, crumb crusted, Marsala & demi-glace sauce, brown buttered potatoes, seasonal vegetables25

Chicken Scaloppine Lemon mascarpone cream, fregola, fresh herbs & charred broccolini25

PIZZE

Pomodoro San Marzano tomato, sundried & cherry tomatoes, tomato marmalade, basil infused goat cheese 18

Roasted Chicken San Marzano tomato, cherry tomatoes, charred corn, house smoked provolone 18

Prosciutto béchamel, radicchio marmalade, prosciutto, fior di latte, arugula.....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

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 chicken ragù, crushed red pepper, fresh oregano, parmigiano 20

Linguine housemade lamb sausage, mint & pistachio pesto, toasted garlic bread crumbs & parmigiano 18

Risotto con Piselli green pea & caramelized onions, 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.