

DOLCI

Black Forrest Budino Callebaut chocolate bread pudding, Kirsch spiked, Amarena cherries, stracciatella gelato 10

Lemon Chiffon Tart sweet crust, fluffy lemon custard, Italian meringue..... 10

Terri's Cookie Dough Cheesecake Madagascar vanilla, chocolate crust, ganache, whipped cream.....10

Apple Crostata shortcrust, caramelized apples, vanilla gelato,salted caramel, almond oat crumble.....10

Tiramisu Trifled layers of mascarpone mousse, biscotti butter, espresso & rum soaked lady fingers, cocoa dust....10

Chocolate Hazelnut Torte chocolate cake, caramel cream cheese frosting, chocolate hazelnut clusters10

Ginger Crème Brûlée torched Demerara, gingered brandy snaps..10

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

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PIATTO PICCOLO

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

Arancini smoky tomato rice croquettes, fresh mozzarella centre, golden fried, tomato & basil sauce.....10

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

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

Lumache snails, roasted garlic, tomato, prosciutto, mushrooms, sautéed, soft polenta..... 10

Bagna Càuda warm garlic & anchovy dip, tempura battered artichokes, cauliflower, broccolini & red onions.... 10

PESCI & CARNI

Halibut in Acqua Pazza tomato garlic broth, spinach, shallots, fennel28

Salmone Atlantico wildflower honey & thyme lacquer, Brussels sprouts & bacon slaw, seared polenta26

Tuna Tagliata fresh tuna seared rare, roasted root vegetables, risotto nero ...27

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

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

Cappasante seared local scallops, ruby beet purée, crisp 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, parmigiano10

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

Lamb Chops Scottadito chargrilled, salmoriglio, fregola Sarde, roasted roots30

Filetto di Maiale stuffed pork tenderloin wrapped in prosciutto, spinach & ricotta filling, fig & radicchio risotto, roasted Brussels sprouts 26

Pollo Fritto chicken scaloppine, lemon mascarpone cream, crisp smashed Yukon Golds & charred broccolini..25

La Frasca Tenderloin Burger caramelized onions, roasted garlic, soft frico, shaved lettuce,Dijon aioli, toasted cheese bun, parmigiano fries.....20

PIZZE

4-Pomodoro San Marzano, sundried, cherry & tomato marmalata, basil studded goat cheese 18

Roasted Chicken San Marzano, charred broccolini, blistered cherry tomatoes, fior di latte 18

Bresaola béchamel, gorgonzola, cured beef, arugula, shaved parmigiano, balsamic.....18

Wild Mushroom béchamel, crisp pancetta, cipollini onions, sweet garlic pesto, smoked provolone, arugula, truffle oil.....18

PASTA, RISOTTI & FARINACEI

Gnocchi di Patate roasted Bosc pears, gorgonzola, cream & crushed hazelnuts 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

Agnolotti ricotta, spinach, raisin, dark chocolate & spices, brown sage butter, parmigiano 18

Spaghettoni housemade beef & pork meatballs, San Marzano tomato sauce, parmigiano ... 18

Spaghetti green beans, black olives, smoked tomato, e.v.o.o, chilies, garlic, topped with seared rare fresh tuna 22

Paccheri Sugo di Carne veal & pork ragù, fresh mozzarella, basil pesto, parmigiano.....18

Fettuccine cast iron seared scallops, garlic, pancetta, Brussels sprouts leaves, lemon.....24

Tagliatelle prosciutto di San Daniele, mushrooms, cream, parmigiano.....18

Spaghettoni cacio e pepe, peppercorn crusted tenderloin, seared rare.....22

Risotto con Lepre rabbit, slow braised with red wine, mirepoix & herbs, shaved parmigiano....22

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

Polenta & Mushroom Gratin wild mushrooms, garlic, onions, béchamel, melted Montasio.....18

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