

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 11:30am 'til
late
closed Sundays

902-422-2866
lafrasca.ca



TAKE
AWAY

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lafrasca.ca

PIATTO PICCOLO

Ostriche local oysters, gratinéed, garlic butter, shallots & sundried tomato
OR crudo w/Prosecco mignonette ...18 per ½ doz

Arancini saffron risotto croquettes, ragù centre, golden fried, tomato sauce & salsa verde.....10

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

Bruschettone focaccia rosmarino, speck, porcini & wild mushroom sauté, melted taleggio 10

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

Prosciutto di Parma honeydew & cantaloupe, toasted crostini, soft Italian cheeses 11

Capesante seared local scallops, pancetta wrapped, brown butter sage & salmoriglio13

Gamberi in Padella jumbo shrimp, white wine & garlic sauté, toasted almond gremolata12

Costicine 12-spice rub pork ribs, slow roasted, balsamic & wildflower honey glaze12

Zuppa di Pesce alla Veneziana jumbo shrimp, scallops, mussels & local fish soup, tomato broth, sweet garlic...13

Insalata Estiva arugula, fennel, tomatoes, cantaloupe, mozzarella, fresh herbs, citrus vinaigrette10

Insalata R&R charred romaine & radicchio, hot bacon & garlic dressing, parmigiano10

PASTE e RISOTTO

Gnocchi alla Sorrentina potato gnocchi, San Marzano tomato, smoked mozzarella, parmigiano, gratinéed..... 19

Linguine e Frutti di Mare jumbo shrimp, mussels, clams, calamari, lobster, garlic, white wine, San Marzano tomato, baked al cartoccio .. 22

Ravioli Grande con Granchio crab & pancetta stuffing, lemon mascarpone sauce, crispy leeks..... 20

Caserecci con Polpette housemade meatballs baked with San Marzano tomato & fresh mozzarella..... 18

Linguine Aglio e Olio jumbo shrimp, garlic, fresh ginger, chilies, sweet pepper confetti..... 20

Rigatoni alla Carbonara guanciale, egg & asparagus, parmigiano 18

Spaghetti green beans, black olives, tomatoes, evoo, chilies, garlic, topped with seared rare fresh tuna 22

Cannelloni ricotta & spinach filling, tomato basil sauce, béchamel, grated pecorino1

Orecchiette housemade sausage, rapini, garlic, chilies, parmigiano1

Fettuccine Cacio e Pepe tellicherry peppercorn crusted tenderloin, seared rare2

Risotto con Aragosta carnaroli rice, butter poached NS lobster, tomato, brodo, Prosecco & parmigiano, lime zest2

PIZZE

Salsiccia San Marzano base, housemade sausage, 'nduja, provolone dolce 18

Vegetariana pesto Genovese base, cherry tomatoes, roasted red onions, artichokes, fresh mozzarella 18

Funghi e Prosciutto San Marzano base, roasted wild mushrooms, fresh mozzarella, prosciutto crudo 18

Bianco béchamel base, taleggio, speck, arugula, truffle oil..... 18

PESCI & CARNI

Pesce Spada seared swordfish, salmoriglio, charred cherry tomatoes, potato sabbiate...26

Tuna Tagliata fresh tuna seared rare, sesame seed crusted, balsamic reduction, saffron risotto, grilled asparagus27

Salmone Atlantico roasted salmon, maple & pink peppercorn lacquer, buttered parsley potatoes, green beans26

Suprema di Pollo roasted chicken supreme, speck, mushrooms, fresh herb & montasio stuffing, chicken gravy, sautéed rapini, buttered parsley potatoes ..25

Beef Tenderloin prosciutto wrapped & seared, slow roasted shallots, madeira sauce, rosemary roasted potatoes, glazed carrots & parsnips.. 30

Agnello alla Romana rack of lamb roasted with artichokes, fresh herbs & vino bianco, potato sabbiate..... .30

Maiale alla Milanese Oulton's pork chop, breadcrumb crusted, melted fontina cheese, roasted potatoes, glazed carrots & parsnips..... 25

DOLCI

Brutti ma Buoni "ugly-but-good", milk chocolate mousseline & caramel layers, graham cracker hazelnut crust, scorched Italian meringue 10

Limone e Amarena Slice lemon custard, coconut macaron crust, Amarena cherry syrup 10

Gelati & Sorbetti handmade, per scoop.....3

Frittelle warm Italian fritters, strawberry rhubarb splatter, panna gelato & streusel crumble..... 10

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

Crème Brûlée alla Zenzero ginger flavoured, demerara sugar crust, biscotti..... 10