

## Antipasti

<b>Gamberi Fritti</b> GF	\$16
<i>Gluten free battered shrimp, fried and tossed in a sweet chilli sauce</i>	
<b>Cozze Marinara</b> GF	\$15
<i>Fresh mussels sautéed in a tomato broth</i>	
<b>Calamari Fritti</b>	\$14
<i>Floured, seasoned and fried calamari served with a side of arrabiata sauce</i>	
<b>Pork Riblets</b>	\$14
<i>Deep fried garlic pork riblets served with a roasted pepper &amp; garlic aioli</i>	
<b>Eggplant Polpetta</b>	\$13
<i>Four homemade breaded eggplant &amp; parmigiano spheres served with tomato sauce</i>	
<b>Polpetta</b>	\$13
<i>Four homemade beef and pork meatballs topped with tomato sauce</i>	
<b>Arancini</b>	\$12
<i>Four breaded risotto croquettes stuffed with peas and mozzarella served with arrabiata sauce</i>	
<b>Breaded Fried Artichokes</b>	\$12
<i>Lightly breaded and fried artichokes served with a roasted red pepper aioli sauce</i>	
<b>Bruschetta</b>	\$8
<i>Grilled crostini with tomatoes, garlic, basil and olive oil</i>	

## Zuppa

<b>Cioppino</b>	\$21
<i>Chef's selection of fresh seafood sautéed in a white wine garlic tomato broth</i>	
<b>Minestrone</b> GF	
<i>Small:</i>	\$8
<i>Large:</i>	\$12
<i>Homemade tomato vegetable soup</i>	
<b>Pasta e Fagioli</b>	
<i>Small:</i>	\$8
<i>Large:</i>	\$12
<i>Homemade tomato broth with romano beans and tubetti pasta</i>	
<b>Nonna's Brodo</b>	
<i>Small:</i>	\$7
<i>Large:</i>	\$11
<i>Homemade chicken broth with small chicken meatballs and pastina</i>	

## Insalate

<b>Caprese</b> GF	\$12
<i>Fresh bocconcini, tomatoes and basil drizzled with olive oil and balsamic vinegar</i>	
<b>Roma</b> GF	\$12
<i>Spring mixed greens with pecans, goat cheese and cherry tomatoes tossed in our house dressing</i>	
<b>Caesar</b>	
<i>Starter:</i>	\$6
<i>Entrée:</i>	\$10
<i>Romaine lettuce, croutons, crispy prosciutto &amp; parmigiana tossed in a creamy garlic Caesar dressing</i>	
<b>Mista</b> GF	
<i>Starter:</i>	\$5
<i>Entrée:</i>	\$9
<i>Mixed Greens, cucumbers and tomatoes tossed in olive oil and red wine vinegar</i>	
<b>Jalapenos</b>	\$2

### Add To Your Salad:

<b>Chicken</b>	\$7	<b>Salmon</b>	\$9
<b>Prawns</b>	\$8	<b>Calamari</b>	\$9

\*Complimentary basket of bread available upon request  
Additional baskets are \$2.50 each\*

## Pizza

**Pizzas may not be modified**

\* Pizzas are made with mozzarella and tomato sauce

<b>Wise Guy</b> *	\$18
<i>Capicollo, ham, and italian sausage topped with fresh prosciutto</i>	
<b>Salmone Bianco</b>	\$17
<i>Smoked salmon, gorgonzola cheese, red onions and capers</i>	
<b>Margherita</b> *	\$14
<i>Bocconcini, mozzarella and basil</i>	
<b>Hawaiian</b> *	\$15
<i>Ham and pineapple</i>	
<b>Italiano</b> *	\$16
<i>Capicollo, mushrooms and black olives</i>	
<b>Pesto Chicken</b>	\$16
<i>Chicken, pesto and tomatoes</i>	

## Pasta

<p><b>Pasta Pescatore</b> <span style="float: right;"><b>\$26</b></span>  <i>Chef's selection of seafood served on a bed of linguini with a tomato sauce (or) a white wine butter sauce</i></p>		<p><b>Rigatoni Al Forno</b> <span style="float: right;"><b>\$19</b></span>  <i>Baked rigatoni with italian sausage, meatballs, and egg in a tomato sauce topped with melted mozzarella</i></p>
<p><b>Shrimp Capellini</b> <span style="float: right;"><b>\$22</b></span>  <i>Sautéed shrimp tossed in a rose sauce served on a bed of angel hair pasta</i></p>		<p><b>Traditional Cecchetto Lasagna</b> <span style="float: right;"><b>\$18</b></span>  <i>Original handmade recipe as it was created by Romano Cecchetto with veal and pork in a tomato sauce.</i></p>
<p><b>Tagliatelle con Funghi</b> <span style="float: right;"><b>\$21</b></span>  <i>Wild mushroom and prosciutto in a light cream sauce</i></p>		<p><b>Spaghetti and Meatballs</b> <span style="float: right;"><b>\$19</b></span>  <i>Spaghetti tossed with handmade beef and pork meatballs in a tomato sauce</i></p>
<p><b>Spaghetti Carbonara</b> <span style="float: right;"><b>\$20</b></span>  <i>Smoked pancetta, in a creamy egg &amp; parmigiano sauce served on a bed of spaghetti</i></p>		<p><b>Classic Roma Stracci</b> <span style="float: right;"><b>\$17</b></span>  <i>3 handmade egg crepes stuffed with veal and pork in a tomato sauce (or) spinach and ricotta in a cream sauce</i></p>
<p><b>Linguine Vongole</b> <span style="float: right;"><b>\$21</b></span>  <i>Clams served on a bed of linguine with a tomato sauce (or) a white wine butter sauce</i></p>		<p><b>Gnocchi Romano</b> <span style="float: right;"><b>\$18</b></span>  <i>Hand rolled potato dumplings in a tomato sauce</i></p>
		<p><b>Vegetarian Lasagna</b> <span style="float: right;"><b>\$17</b></span>  <i>Layered with eggplant, zucchini &amp; fresh pasta with tomato sauce</i></p>

All entrées are served with two side dishes:

Vegetables	Mista Salad
Penne Marinara	Caesar Salad
Potatoes	Golden Fries

*\*Extra charges apply for any changes made to pasta and/or sauce*

<p><b>Vitello Funghi</b> <span style="float: right;"><b>\$26</b></span>  <i>Lightly floured veal scallopini in a creamy mushroom sauce</i></p>		
<p><b>Vitello al Limone</b> <span style="float: right;"><b>\$25</b></span>  <i>Lightly floured veal scallopini in a white wine lemon sauce</i></p>		
<p><b>Vitello Pescatore</b> <span style="float: right;"><b>\$28</b></span>  <i>Lightly floured veal scallopini with scallops &amp; shrimp with rose sauce</i></p>		
<p><b>Pollo Parmigiana</b> <span style="float: right;"><b>\$21</b></span>  <i>Lightly breaded chicken cutlet topped with tomato sauce and baked mozzarella cheese</i></p>		
<p><b>Pollo alla Boscaiola</b> <span style="float: right;"><b>\$21</b></span>  <i>Grilled chicken breast topped with a pancetta and mushroom cream sauce</i></p>		
<p><b>Osso Buco</b> <span style="float: right;"><b>\$25</b></span> <span style="float: right; font-size: small;">GF</span>  <i>Slow braised Veal shanks in a Espagnole sauce</i></p>		
<p><b>Pollo Piccata</b> <span style="float: right;"><b>\$20</b></span> <span style="float: right; font-size: small;">GF</span>  <i>Grilled chicken breast in a lemon garlic caper sauce</i></p>		
<p><b>Grilled Salmon</b> <span style="float: right;"><b>\$21</b></span> <span style="float: right; font-size: small;">GF</span>  <i>Grilled salmon topped with olive oil and lemon</i></p>		
<p><b>Mediterranean Shrimp</b> <span style="float: right;"><b>\$18</b></span> <span style="float: right; font-size: small;">GF</span>  <i>Sautéed shrimp with fresh tomatoes and basil in a white wine garlic sauce</i></p>		

## Pasta a Modo Tuo

\$17

Choose Your Pasta

**Penne**  
**Rigatoni**  
**Spaghetti**  
**Linguine**  
**Tagliatelle**  
**Tortellini**

Choose Your Sauce

**Marinara** GF  
*(Tomato)*  
**Bolognese** GF  
*(Meat and Tomato)*  
**Aglio Olio** GF  
*(Garlic, Olive Oil & Chili Flakes)*  
**Pesto** GF  
*(Garlic, Basil, and Olive Oil)*  
**Rosé**  
*(Tomato and Cream)*  
**Alfredo**  
*(Cream and Parmigiano)*  
**La Cantina**  
*(Rosé with Mushrooms, Peas, and Prosciutto)*

Add To Your Pasta:

Chicken	\$7	Mild Italian Sausage	\$5
Salmon	\$9	Shrimp	\$8

Groups of 8 or more are subjected to an 18% gratuity charge.  
 CICC members receive 10% off total bill, please inform server of your membership

## ***La Cantina Patio menu***

***Available on the Patio from 11:00am until close Daily***

**Steak Bites \$16.00**

*½ Pound of Prime Beef Charbroiled and served with garlic Aioli*

**Heirloom Tomato Salad \$12.00**

*Fresh Seasonal Tomatoes tossed with Garlic, Basil, Spices & olive oil*

**La Cantina Chicken Wings \$14.00**

*A Dozen wings floured with your choice of sauce*

*(Hot, Honey garlic, Thai Chili, Teriyaki, Salt & Pepper)*

*Gluten free available*

**The Roma Burger \$16.00**

*5 oz Beef Patty Charbroiled and served with Grilled Pancetta & Provolone on a Brioche bun with Fries or Salad*

**Spolumbo's Sausage Served 2 ways \$13.00**

*1. Sausage on a lightly crusted bun served with your choice of fries or salad*

*2. Grilled & sliced (2 Links) served with tomato sauce & Peppers*

**Roma Fish & Chips \$15.00**

*Beer Battered Cod served with house made chips & Tartar sauce*

## ***New Beers Available***

***Shop Local as we have teamed up with Tool Shed Brewing company***

***People Skills Patio Style Ale & Red Rage Amber Ale 473ml \$8.50***

# Wine Menu

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## BY THE GLASS

RED	6oz	9oz	½ Litre	1 Litre
<i>Pasqua Sangiovese</i> Aromas of cassis with hints of fresh cherries; light delicate blueberry fruit.	<b>\$7.50</b>	<b>\$10.00</b>	<b>\$19</b>	<b>\$37</b>
<i>Zenato Veneto Rosso</i> Good structure with tastes of wild berries and maraschino cherries	<b>\$8.50</b>	<b>\$11.00</b>	<b>Bottle</b>	<b>\$34</b>
WHITE, SPARKLING & ROSE	6oz	9oz	½ Litre	Bottle
<i>Cavalieri Pinot Grigio</i> Dry white wine, smooth, delicate and fresh with apple, pear and citrus aroma	<b>\$7.50</b>	<b>\$10</b>	<b>\$18</b>	<b>\$32</b>
<i>Chardonnay</i> Unoaked, notes of green apple, and apricot and hints of hazelnut	<b>\$9.00</b>	<b>\$11.50</b>	<b>Bottle</b>	<b>\$34</b>
<i>Moscato</i> Intense, Pear, Peach, semi-sweet and light-bodied with a slight fizz	<b>\$8.50</b>	<b>\$11.00</b>	<b>Bottle</b>	<b>\$35</b>
<i>Tenuta Tuzzolini Rosato</i> Delicate floral with flowers and spices, fresh soft and Harmonic	<b>\$9.00</b>	<b>\$11.75</b>	<b>Bottle</b>	<b>\$36</b>

## BY THE BOTTLE

RED	
<i>Volo Cabernet Sauvignon</i> Full and perfectly balanced, spicy with a great body	<b>Bottle \$50</b>
<i>Terre del John Pinot Nero</i> Fresh, agreeable with a long deep spicy finish	<b>Bottle \$54</b>
<i>Vignamaggio Chianti Classico</i> Dry, elegant wine with cherry and raspberry flavours	<b>Bottle \$45</b>
<i>Zenato Ripassa</i> Refined and concentrated wine, extremely smooth and velvety, with vibrant red fruit aromas	<b>Bottle \$50</b>
<i>Terre Civico Appassimento Sangiovese</i> Bold red cherry, dried plum, chocolate and coffee, lingering sweet finish	<b>Bottle \$51</b>
<i>Zenato Amarone</i> Majestic full bodied wine, intense flavors of dried fruit, dark cherries and cassis	<b>Bottle \$75</b>

## SPARKLING WINE

<i>Cinzano Prosecco</i> Lively fruit flavors of strawberry and cherry with a crisp acidity, finishing on a slightly sweet note.	<b>Bottle \$38</b>
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# Drink Menu

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## BEER

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IMPORT BEERS || **\$7.50**

*Peroni*  
*Moretti*  
*Stella Artois*  
*Heineken*  
*Corona*

DOMESTIC BEERS || **\$6.75**

*Kokanee*  
*Canadian*  
*Coors Light*

TOOL SHED BREWING

|| **473 ML CAN \$8.50**

*People Skills Patio Ale &*  
*Red Rage Amber Ale*

## ALCOHOLIC BEVERAGES

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REGULAR || **\$7.50**

*Vodka*  
*Tanquerary Gin*  
*Grant's Scotch*  
*White Rum*  
*Dark Rum*  
*Spiced Rum*  
*Gibson's Rye*

PREMIUM || **\$8**

*Crown Royal*  
*Jack Daniel's*  
*Glenfiddich*  
*Cognac*  
*Grand Marnier*  
*Sambucca*  
*Frangelico*  
*Jagermeister*  
*Bailey's*  
*Tia Maria*  
*Malibu*  
*Kahlua*  
*Aperol*  
*Grappa*  
*Limoncello*  
*Cinzano*  
*Campari*  
*Tequila*

SPECIALTY || **\$8**

*Caesar*  
*Paralyzer*  
*White Wine Spritzer*  
*Italian Spritzer (5 oz) \$12*  
*\*White Wine, Aperol & Soda*  
*Negroni (3 oz) \$12*  
|| **\$8.50**  
*Italian Soda Highball*  
*\*choice of flavoured Sanpellegrino*  
*and alcohol*

*\* All highballs contain 1oz of alcohol \**

## NON-ALCOHOLIC BEVERAGES

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POP || **\$2.75**

*Pepsi*  
*Diet Pepsi*  
*Ginger ale*  
*7 Up*  
*Ice Tea*  
*Soda*

JUICE || **\$3.50**

*Cranberry*  
*Orange*  
*Pineapple*  
*Clamato*

SANPELLEGRINO || **\$3.50**

*Aranciata*  
*Aranciata Rosa*  
*Limonata*  
*Brio*

|| **\$3.00**

*250 ml Sanpellegrino*

|| **\$6.50**

*750 ml Sanpellegrino*