Antipasti
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Antipasti		Insalate				
Gamberi Fritti GF Gluten free battered shrimp, fried and tossed in a sweet chilli sauce	\$16	Caprese GF Fresh bocconcini, tomatoes and basil drizzled with olive oil and balsamic vinegar				
Cozze Marinara GF Fresh mussels sautéed in a tomato broth	\$15	Roma GF Spring mixed greens with pecans, goat	\$12			
Calamari Fritti Floured, seasoned and fried calamari served with a side of arrabiata sauce	\$16	cheese and cherry tomatoes tossed in our house dressing  Caesar				
Pork Riblets  Deep fried garlic pork riblets served with a roasted p & garlic aioli	<b>\$14</b> pepper	Romaine lettuce, croutons, crispy prosciutto & parmigiana tossed in a creamy garlic Caesar	t <b>rée: \$1</b> 0 dressing			
Eggplant Polpette Four homemade breaded eggplant & parmigiano spheres served with tomato sauce	\$13	Mista GF  Starter: \$5 En  Mixed Greens, cucumbers and tomatoes tossed in olive oil and red wine vinegar	trée: \$9			
Polpette Four homemade beef and pork meatballs topped with tomato sauce	\$13	Heirloom Tomato Salad Fresh seasonal Tomatoes tossed with Garlic, Bas & olive oil	\$12 iil, Spices			
Arancini Four breaded risotto croquettes stuffed with	\$12	Jalapenos	\$2			
peas and mozzarella served with arrabiata sauce		<u>Add To Your Salad:</u>				
Breaded Fried Artichokes Lightly breaded and fried artichokes served with a roasted red pepper aioli sauce	\$12	Chicken \$7 Salmon Prawns \$8 Calamari  *Complimentary basket of bread available request	\$9 \$9 upon			
Bruschetta Grilled crostini with tomatoes, garlic, basil and olive oil	\$8	Additional baskets are \$2.50 each*				
La Cantina Wings (1 Dozen) Hot, Honey Garlic, Thai Chili, Teryaki, Salt & Peppe	<b>\$15</b> er	Pizza				
Steak Bites GF  1/2 LB Prime beef Charbroiled & served with garlic A  Zuppa	<b>\$16</b> Aioli	Pizzas may not be modified  * Pizzas are made with mozzarella and tomato s	auce			
Cioppino \$2 Chef's selection of fresh seafood sautéed	3	Wise Guy * Capicollo, ham, and italian sausage topped with fresh prosciutto	\$18			
a a white wine garlic tomato broth  Minestrone GF		Salmone Bianco Smoked salmon, gorgonzola cheese, red onions and capers	<b>\$17</b>			
Small: \$8 Large: \$2  Iomemade tomato vegetable soup	12	Margherita * Bocconcini, mozzarella and basil	\$14			
<b>Pasta e Fagioli</b> <i>Small:</i> \$8 <i>Large:</i> \$1  Iomemade tomato broth with romano beans  nd tubetti pasta	12	Hawaiian * Ham and pineapple	\$15			
Nonna's Brodo  Small: \$7 Large: \$1	1	Italiano * Capicollo, mushrooms and black olives	<b>\$16</b>			
Iomemade chicken broth with small chicken neatballs and pastina	- <u>-</u>	Pesto Chicken Chicken pesto and tomatoes	<b>\$16</b>			

Chicken, pesto and tomatoes

#### **Pasta**

Rigatoni Al Forno

Baked rigatoni with italian sausage, meatballs,

and egg in a tomato sauce topped with melted mozzarella

**\$19** 

**\$26** 

**Pasta Pescatore** 

Chef's selection of seafood served on a bed of

linguini with a tomato sauce (or)

a white wine butter sauce

			Traditional Cecchetto Lasagna	<b>\$18</b>	
<b>Shrimp Capellini</b> Sautéed shrimp tossed in a rose sauce			Original handmade recipe as it was created by Romano Cecchetto with veal and pork in a tomato sauce.		
served on a bed of ang	el hair pasta			<b>\$19</b>	
<b>Tagliatelle con Funghi</b> Wild mushroom and prosciutto in a light cream sauce		\$21	Spaghetti and Meatballs Spaghetti tossed with handmade beef and pork meatballs in a tomato sauce		
iigiii cream sauce			Classic Roma Stracci	<b>\$17</b>	
Spaghetti Carbonara Smoked pancetta, in a creamy egg & parmigiano sauce served on a bed of spaghetti		\$20	3 handmade egg crepes stuffed with veal and pork in a tomato sauce (or) spinach and ricotta in a cream sauce		
<i>J</i> 1		<b>\$21</b>	Gnocchi Romano	<b>\$18</b>	
	Linguine Vongole Clams served on a bed of linguine with a tomato sauce		Hand rolled potato dumplings in a tomato sauce		
( <b>01</b> ) a white white buile	<i>i sauce</i>		Pasta Primavera  Spaghetti sauteed with seasonal garden vegetables  Choice of Garlic white wine sauce (V) or Light Cream sauce	\$19	
All entrées are ser	ved with two side dishes:		Pasta a Modo Tuo		
Vegetables Mista Salad Penne Marinara Caesar Salad			<b>\$17</b>		
Potatoes Golden Fries Extra charges apply for any changes made to pasta and/or s		sauce	<u>Choose Your Pasta</u>		
			Penne		
			Rigatoni		
			Spaghetti		
Vitello Funghi		<b>\$26</b>	Linguine		
Lightly floured veal scal	lopini in a creamy mushroom sauce		Tagliatelle		
Vitello al Limone		\$25	Tortellini		
	lopini in a white wine lemon sauce	Φ43			
	···		Choose Your Sauce		
Vitello Pescatore		\$28			
Pollo Parmigiana	oini with scallops & shrimp with rose sau	ісе <b>\$21</b>	Marinara GF		
Lightly breaded chicken		<b></b>	(Tomato)		
tomato sauce and baked	mozzarella cheese		Bolognese GF		
Pollo alla Boscaiola	•	\$22	(Meat and Tomato)		
	opped with a pancetta and		Aglio Olio GF		
mushroom cream sauce			(Garlic, Olive Oil & Chili Flakes)		
Osso Buco GF		\$30	Pesto GF		
<b>Osso Buco GF</b> Slow braised Veal shank	s in a Espagnole sauce	φου	(Garlic, Basil, and Olive Oil) <b>Rosé</b>		
			(Tomato and Cream)		
Pollo Piccata GF	1.	<b>\$20</b>	Alfredo		
Grillea chicken breast if	a lemon garlic caper sauce		(Cream and Parmigiano)		
Grilled Salmon GF		<b>\$21</b>	La Cantina		
Grilled salmon topped w	vith olive oil and lemon		(Rosé with Mushrooms, Peas, and Prosciutto)		
М. 194	•	<b>Φ4</b> Ω	(11050 mm 11mm 100mm, 1 cm, mm 1 1050mm)		
Mediterranean Shr Sautéed shrimp with fres white wine garlic sauce	<b>imp GF</b> sh tomatoes and basil in a	\$18	Add To Your Pasta:		
3 2			Chicken \$7 Mild Italian Sausage \$3 Salmon \$9 Shrimp \$3		

# Wine Menu

wate mean				
BY THE GLASS				
RED	6oz	9oz	½ Litre	1 Litre
Pasqua Sangiovese	\$7.75	\$10.25	<b>\$19</b>	\$38
Aromas of cassis with hints of fresh cherries; light delicate blueberry fruit.				
Zenato Veneto Rosso	\$11.00	\$16.50	Bottle	<b>\$46</b>
Good structure with tastes of wild berries and maraschino cherries			'	
WHITE, SPARKLING & ROSE	6oz	9oz	½ Litre	Bottle
Cavalieri Pinot Grigio	\$8.95	<b>\$</b> 13.25	\$25	\$37
Dry white wine, smooth, delicate and fresh with apple, pear and citrus aroma			lı.	
Ciro Bianco	<b>\$9.95</b>	\$14.25	\$26.50	<b>\$</b> 39
Soft, Fresh Sprightly, pleasantly harmonic				
Moscato	<b>\$</b> 9.50	\$12.50	Bottle	<b>\$</b> 36
Intense, Pear, Peach, semi-sweet and light-bodied with a slight fizz		ı		
Tenuta Iuzzolini Rosato	\$10.00	\$14.75	Bottle	<b>\$41</b>
Delicate floral with flowers and spices, fresh soft and Harmonic				
BY THE BOTTLE				
RED				
Volo Cabernet Sauvignon			Bottle	\$57
Full and perfectly balanced, spicy with a great body		'	I	
Terre del fohn Pinot Nero			Bottle	<b>\$</b> 59
Fresh, agreeable with a long deep spicy finish			1	
Vignamaggio Chianti Classico			Bottle	\$52
Dry, elegant wine with cherry and raspberry flavours				
Zenato Ripassa			Bottle	<b>\$</b> 59
Refined and concentrated wine, extremely smooth and velvety, with vibran	nt red fruit aro	mas		
Terre Civico Appassimento Sangiovese			Bottle	<b>\$</b> 59
Bold red cherry, dried plum, chocolate and coffee, lingering sweet finish				
Zenato Amarone			Bottle	\$85
Majestic full bodied wine, intense flavors of dried fruit, dark cherries and c	assis			
SPARKLING WINE				
Mangilli Prosecco				
•			Pottlo	<b>#20</b>

Lively fruit flavors of strawberry and cherry with a crisp acidity, finishing on a

slightly sweet note.

**Bottle** 

**\$39** 

## Drink Menu

#### **BFFR**

**IMPORT BEERS** \$7.50 Perani Moretti BirraStretta 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

Belgian Dip I.F.A

#### ALCOHOLIC BEVERAGES

**PREMIUM** \$7.50 Vadka Tanguerary Gin Grant's Scotch White Rum Dark Rum Spiced Rum Gibson's Rye

Crown Royal Jack Daniel's Glenfiddich Cognac Grand Marnier Sambucca Frangelico Jagermeister Bailey's

TOP SHELF

\$8 Tia Maria Maliku Kahlua Aperol Grappa Limancella Cinzano Campari Tequila \* All Spirits contain 1oz of alcohol \*

**SPECIALTY** Caesar **Paralyzer** White Wine Spritzer Italian Spritzer (5 oz) \$12 \*White Wine, Aperol & Soda Negroni (3oz) \$12

Italian Capo Tonic \*202 Vecchio Amaro Del Capo, Lemon & soda \$10.00

### **NON- ALCOHOLIC BEVERAGES**

**POP** \$2.75 Pepsi Diet Pepsi Ginger ale 7 Up Ice Iea Soda

JUICE | \$3.50 Cranberry Orange **Tineapple** Clamata

**SANPELLEGRINO** \$3.50 **Aranciata** Aranciata Rosa Limonata Brio \$3.00

250 ml Sanpellegrino

750 ml Sanpellegrino