

Antipasti

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| Gamberi Fritti GF | \$16 |
| <i>Gluten free battered shrimp, fried and tossed in a sweet chilli sauce</i> | |
| Cozze e Vongole alla Marinara GF | \$17 |
| <i>Fresh mussels & clams sautéed in a tomato broth with Pancetta</i> | |
| Calamari Fritti | \$16 |
| <i>Floured, seasoned and fried calamari served with a side of arrabiata sauce</i> | |
| Gamberi GF | \$18 |
| <i>8 Tiger shrimps sauteed in white wine, garlic & butter</i> | |
| Eggplant Polpette | \$13 |
| <i>Four homemade breaded eggplant & parmigiano spheres served with tomato sauce</i> | |
| Polpette | \$14 |
| <i>Four homemade beef and pork meatballs topped with tomato sauce</i> | |
| Arancini | \$14 |
| <i>Four breaded risotto croquettes stuffed with peas and mozzarella served with arrabiata sauce</i> | |
| La Cantina Antipasto | \$19 |
| <i>Italian Cold cuts, Parmigianno, asiago, olives Bruschetta, eggplant with bread</i> | |
| Bruschetta | \$9 |
| <i>Grilled crostini with tomatoes, garlic, basil and olive oil</i> | |
| Warm Olives GF | \$8 |
| <i>Mixed Mediterranean olives</i> | |

Zuppa

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| Cioppino | \$24 | |
| <i>Chef's selection of fresh seafood sautéed in a white wine garlic tomato broth</i> | | |
| Minestrone GF | Small: \$8 | Large: \$12 |
| <i>Homemade tomato vegetable soup</i> | | |
| Pasta e Fagioli | Small: \$9 | Large: \$13 |
| <i>Homemade tomato broth with romano beans and tubetti pasta</i> | | |
| Nonna's Brodo | Small: \$7 | Large: \$11 |
| <i>Homemade chicken broth with small chicken meatballs and pastina</i> | | |

Insalate

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| Caprese GF | \$16 |
| <i>Fresh Buffalo bocconcini, tomatoes and basil drizzled with olive oil and balsamic vinegar</i> | |
| Roma GF | Starter: \$9 Entrée: \$14 |
| <i>Spring mixed greens with pecans, goat cheese and cherry tomatoes tossed in our house dressing</i> | |
| Caesar | Starter: \$7 Entrée: \$12 |
| <i>Romaine lettuce, croutons, crispy pancetta & parmigiana tossed in a creamy garlic Caesar dressing</i> | |
| Mista GF | Starter: \$6 Entrée: \$10 |
| <i>Mixed Greens, cucumbers, Red onion & tomatoes tossed in olive oil and red wine vinegar</i> | |

Jalapenos \$4

Add To Your Salad:

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|---------|-----|----------|------|
| Chicken | \$9 | Salmon | \$12 |
| Prawns | \$9 | Calamari | \$9 |

*Complimentary basket of bread available upon request
Additional baskets are \$3.00 each*

12 Inch Pizza

Pizzas may not be modified

* Pizzas are made with mozzarella and tomato sauce

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| Wise Guy * | \$19 |
| <i>Capicollo, ham, and italian sausage topped with fresh prosciutto</i> | |
| Salmone Bianco | \$18 |
| <i>Smoked salmon, gorgonzola cheese, red onions and capers</i> | |
| Margherita * | \$15 |
| <i>Bocconcini, mozzarella and basil</i> | |
| Hawaiian * | \$16 |
| <i>Ham and pineapple</i> | |
| Italiano * | \$17 |
| <i>Capicollo, mushrooms and black olives</i> | |

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

Pasta

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| Pasta Pescatore | \$27 |
| <i>Chef's selection of seafood served on a bed of linguini with a tomato sauce (or) a white wine butter sauce</i> | |
| Orecchiette Con Salsiccia e Rapini | \$21 |
| <i>Sauteed with garlic, olive oil & anchovies</i> | |
| Tagliatelle con Funghi | \$21 |
| <i>Wild mushroom and prosciutto in a light cream sauce</i> | |
| Spaghetti Carbonara | \$21 |
| * Smoked pancetta in a creamy egg & parmigiano sauce | |
| * Smoked Salmon in a creamy egg sauce | |
| Linguine Vongole | \$21 |
| <i>Clams served on a bed of linguine with a tomato sauce (or) a white wine butter sauce</i> | |

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| Rigatoni Al Forno | \$20 |
| <i>Baked rigatoni with italian sausage, meatballs, and egg in a tomato sauce topped with melted mozzarella</i> | |
| Traditional Cecchetto Lasagna | \$20 |
| <i>Original handmade recipe as it was created by Romano Cecchetto with veal and pork in a tomato sauce.</i> | |
| Spaghetti and Meatballs | \$19 |
| <i>Spaghetti tossed with handmade beef and pork meatballs in a tomato sauce</i> | |
| Classic Roma Stracci | \$20 |
| <i>3 handmade egg crepes stuffed with veal and pork in a tomato sauce (or) spinach and ricotta in a cream sauce</i> | |
| Gnocchi Romano | \$18 |
| <i>Hand rolled potato dumplings in a tomato sauce</i> | |

All entrées are served with two side dishes:

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| Vegetables | Mista Salad |
| Chef's Choice of Pasta | Caesar Salad |
| Potatoes | Golden Fries |
| *Extra charges apply for any changes made to pasta and/or sauce. | |

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| Vitello ai Funghi | \$28 |
| <i>Lightly floured veal scallopini in a creamy mushroom sauce</i> | |
| Vitello al Limone | \$27 |
| <i>Lightly floured veal scallopini in a white wine lemon sauce</i> | |
| Vitello alla Pescatore | \$30 |
| <i>Lightly floured veal scallopini with scallops & shrimp with rose sauce</i> | |
| Pollo Parmigiana | \$24 |
| <i>Lightly breaded chicken cutlet topped with tomato sauce and baked mozzarella cheese</i> | |
| Pollo alla Boscaiola | \$25 |
| <i>Grilled chicken breast topped with a pancetta and mushroom cream sauce</i> | |
| Pollo Piccata GF | \$23 |
| <i>Grilled chicken breast in a lemon garlic caper sauce</i> | |
| Salmone Grigliato GF | \$26 |
| *Grilled salmon topped with olive oil and lemon or | |
| *Roasted red pepper cream sauce | |
| Mediterranean Halibut GF | \$28 |
| <i>Poached Halibut with tomatoes, olives capers & garlic</i> | |
| La Cantina Bistecca (For 2) GF | \$99 |
| <i>(subject to availability)</i> | |
| <i>24 oz Bone in Ribeye served with grilled vegetables, roasted potatoes, baked parmesan tomato & brandy sauteed mushrooms.</i> | |

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| Spaghetti Cacio e Pepe | \$21 |
| <i>Spaghetti with Parmigiano & Romano Cheese's & Black Pepper</i> | |

Pasta a Modo Tuo

\$17

Choose Your Pasta

Penne
Spaghetti
Linguine
Tagliatelle

Choose Your Sauce

Marinara GF (Tomato)
Bolognese GF (Meat and Tomato)
Aglione 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 | \$9 | Mild Italian Sausage | \$6 |
| Salmon | \$12 | Shrimp | \$9 |

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CICC members receive 10% off total bill, please inform server of your membership

White Wine

| | 6oz | 9oz | ½ Litre | 750ml |
|-------------------------------|------------|------------|----------------|--------------|
| Iuzzolini Ciro Bianco Blend | \$9.95 | \$11.75 | \$21 | \$35 |
| Cavalieri Pinot Grigio DOC | \$10.95 | \$13.25 | \$25 | \$37 |
| Cantina Nebbiolo Moscato DOCG | \$10.50 | \$13.50 | | \$37 |

Rosato Wine

| | 6oz | 9oz | 750ml |
|---------------------------------|------------|------------|--------------|
| Iuzzolini Ciro Rosato Gaglioppo | \$10.75 | \$15.25 | \$42 |

Red Wine

| | 6oz | 9oz | ½ Litre | 750ml |
|--------------------------------------|------------|------------|----------------|--------------|
| Terrae Toscanae Sangiovese | \$8.95 | \$11.75 | \$21 | \$35 |
| Albergotti DOCG Chianti Reserva DOCG | \$12.25 | \$16.75 | | \$45 |
| Volo Cabernet Sauvignon | | | | \$50 |
| La Fortezza Aglianico DOCG, | | | | \$58 |
| Terre Cevico Appassimento Sangiovese | | | | \$60 |
| Zenato Ripassa | | | | \$63 |

Sparkling Wine

| | 750ml |
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| Mangilli Prosecco DOC | \$39 |

La Cantina



Reserve Wine

| | 750ml |
|--------------------------|-------|
| Collazzi Otto Muri Fiano | \$60 |
| Zenato Amarone DCOG | \$99 |
| Collazzi (Super Tuscan) | \$110 |
| Moz Art Brunello DCOG | \$115 |
| Reva Barolo DCOG | \$115 |

Digestivo

| | 1oz | 2oz |
|-------------------------------------|-----|------|
| Nonino Grappa | \$8 | \$12 |
| Diletta Grappa | \$8 | \$12 |
| Diletta Barricate Grappa | \$8 | \$12 |
| Paternmum Barricata Grappa Calabria | \$9 | \$13 |
| Poli Miele Grappa | \$9 | \$13 |
| Poli Camomilla Grappa | \$9 | \$13 |
| Vecchio Amaro del Capo Calabria | \$8 | \$12 |
| Limoncino Dell Isola Calabria | \$8 | \$12 |
| Clementino Della Piana Calabria | \$8 | \$12 |



La Cantina



Cocktails

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| Cantina Caesar | \$9.95 |
| 1oz Newfoundland Seaweed Gin Worchester, Tabasco, Clamato Garnished With Pickled Bean, Olive, Chorizo Stick | |
| Tom Colins | \$9.95 |
| 1oz Gin, Fresh Lemon, Simple Syrup, Soda | |
| Mio Gusto | \$9.95 |
| Hugo Elderflower & Mint Wine Spritzer | |
| Aperol Spritz | \$12.95 |
| 2oz Aperol Spritz topped up with Prosecco and Soda | |
| Cantina Capo | \$12.95 |
| 2oz Amaro del Capo lemon juice and soda | |
| Limonsecco | \$12.95 |
| 2oz Limoncino Dell Isola top up with prosecco | |
| Mandarino | \$12.95 |
| 2oz Clementino Della Piana top up soda | |
| Old Fashion | \$12.95 |
| 2oz bourbon, Amaro del Capo | |
| Negroni | \$13.95 |
| 1oz Gin, 1oz Vermouth, 1oz Campari | |
| Espresso Martini | \$13.95 |
| 1oz Vodka, 1oz Coffee liqueur, shot espresso | |
| Classic Cantina Martini | \$13.95 |
| 2oz Vodka or Gin and dry Vermoth | |

Beer

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| Birra Stretto | \$7.95 |
| Peroni | \$7.95 |
| Moretti | \$7.95 |
| Stella Artois | \$7.95 |
| Heineken | \$7.95 |
| Corona | \$7.95 |
| Tool Shed People Skills Patio Ale 473ml | \$8.95 |
| Tool Shed Red Rage Amber Ale 473ml | \$8.95 |
| Kokanee | \$7.25 |
| Canadian | \$7.25 |
| Coors Light | \$7.25 |

La Cantina



Spirits & Liqueurs

| | 1oz | 2oz |
|---|------------|------------|
| Might Moose Vodka | \$8 | |
| Grey Goose Vodka | \$9 | |
| Newfoundland Seaweed Gin | \$9 | |
| Tanquerary Gin | \$8 | |
| Bacardi White Rum | \$8 | |
| Captin Morgan Spiced Rum | \$8 | |
| Gibsons Finest Sterling | \$8 | |
| Crown Royal | \$9 | |
| Hogs 3 Kentucky Bourbon | \$8 | \$12 |
| Grangestone Single Scotch Malt Rum Cask Finish | \$10 | \$14 |
| Grangestone Single Scotch Malt Sherry Cask Finish | \$10 | \$14 |
| Hardy Congac VSOP | \$10 | \$14 |
| Cimarron Tequila Blanco | \$8 | |
| Frangelico | \$8 | |
| Campari | \$8 | \$12 |
| Apreol | \$8 | \$12 |
| Baileys | \$8 | |



La Cantina



Specialty Coffees

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| Bocce Ball Espresso & 1oz Grappa | \$10.25 |
| Baileys Macchiatto | \$10.25 |
| Blueberry Tea 1oz Gran Marnier, 1oz Disaronno | \$10.25 |

Non-Alcoholic Beer

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| Tool Shed Zero People Skills | \$6.25 |
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Café

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| Espresso | \$3.25 |
| Espresso Macchiato | \$3.75 |
| Cappuccino | \$4.25 |
| Latte | \$4.25 |
| Flavoured Cappuccino or Latte | \$5.25 |
| Americano | \$4.00 |
| Coffee or Higgins & Burke Tea | \$3.50 |

Non-Alcoholic

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|--|--------|
| Soft Drinks | \$3.25 |
| Brio Aranciata | \$4.25 |
| Brio Aranciata Rosa | \$4.25 |
| Brio Limonata | \$4.25 |
| Brio Chinotto | \$4.25 |
| S.Pellegrino Sparkling Water 250ml | \$3.75 |
| Mangiatorella Natural Sparkling Spring Water 750ml | \$7.50 |

La Cantina



Desserts

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| Mario's gelato (Ask your server for selections) | \$7.50 |
| Kahlua Crème Brulee Garnished with fresh cream & berries | \$8.25 |
| Affogato (Vanilla gelato smothered with espresso) | \$9.00 |
| Chocolate torte (flourless with cream & chocolate sauce) GF | \$9.25 |
| Tiramisu (Espresso soaked cookies with marscarpone) | \$10.00 |



La Cantina

