

# La Cantina

## Antipasti

<b>Gamberi Fritti</b> <small>GF</small>	\$16
<i>Gluten free battered shrimp, fried and tossed in a sweet chilli sauce</i>	
<b>Cozze Marinara</b> <small>GF</small>	\$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 arrabbiata sauce</i>	
<b>Pork Riblets</b>	\$14
<i>Deep fried garlic pork riblets served with a roasted pepper &amp; garlic aioli</i>	
<b>Eggplant Polpette</b>	\$13
<i>Four homemade breaded eggplant &amp; parmigiano spheres topped with tomato sauce</i>	
<b>Polpette</b>	\$12
<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 arrabbiata sauce</i>	
<b>Breaded Fried Artichokes</b>	\$11
<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> <small>GF</small>	\$18
<i>Chef's selection of fresh seafood sautéed in a white wine garlic tomato broth</i>	
<b>Minestrone</b> <small>GF</small>	<i>Small: \$7    Large: \$10</i>
<i>Homemade tomato vegetable soup</i>	
<b>Pasta e Fagioli</b>	<i>Small: \$7    Large: \$10</i>
<i>Homemade tomato broth with romano beans and tubetti pasta</i>	
<b>Nonna's Brodo</b>	<i>Small: \$7    Large: \$9</i>
<i>Homemade chicken broth with small chicken meatballs and pastina</i>	

## Insalate

<b>Caprese</b> <small>GF</small>	\$12
<i>Fresh bocconcini, tomatoes and basil drizzled with olive oil and balsamic vinegar</i>	
<b>Roma</b> <small>GF</small>	\$12
<i>Spring mixed greens with pecans, goat cheese and cherry tomatoes tossed in our house dressing</i>	
<b>Lattuga Iceberg</b>	\$9
<i>Crisp iceberg lettuce, crumbled pancetta and gorgonzola cheese tossed in a blue cheese dressing</i>	
<b>Caesar</b>	<i>Starter: \$6    Entrée: \$9</i>
<i>Romaine lettuce, croutons and parmigiano tossed in a creamy garlic caesar dressing</i>	
<b>Mista</b> <small>GF</small>	<i>Starter: \$5    Entrée: \$8</i>
<i>Mixed Greens, cucumbers and tomatoes tossed in olive oil and red wine vinegar</i>	

### Add To Your Salad:

<b>Chicken</b>	\$6	<b>Salmon</b>	\$8
<b>Prawns</b>	\$7	<b>Calamari</b>	\$7

## Pizza

### *Pizzas may not be modified*

*\* Pizzas are made with mozzarella and tomato sauce*

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

Groups of 8 or more are subjected to an 18% gratuity charge. We are unable to provide separate cheques  
CIC members receive 10% off total bill.

## Pasta

<p><b>Pasta Pescatore</b> <span style="float: right;">\$24</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;">\$17</span>  <i>Baked rigatoni with italian sausage, meatballs, and egg in a tomato sauce topped with melted mozzarella</i></p>
<p><b>Scallop and Gamberi Fettuccine</b> <span style="float: right;">\$22</span>  <i>Scallops and prawns sautéed with asparagus in a zesty tomato sauce served on a bed of fettuccini</i></p>		<p><b>Traditional Cecchetto Lasagna</b> <span style="float: right;">\$17</span>  <i>Original handmade recipe as it was created by Romano Cecchetto with veal and pork in a tomato sauce.</i></p>
<p><b>Smoked Salmon Carbonara</b> <span style="float: right;">\$21</span>  <i>Smoked salmon in a creamy egg &amp; parmigiano sauce served on a bed of spaghetti</i></p>		<p><b>Spaghetti and Meatballs</b> <span style="float: right;">\$16</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;">\$19</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;">\$16</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;">\$19</span>  <i>Clams served on a bed of linguini with a tomato sauce (or) a white wine butter sauce</i></p>		<p><b>Penne Salsiccia</b> <span style="float: right;">\$16</span>  <i>Penne tossed with roasted red peppers and sausage in a tomato sauce</i></p>
<p><b>Seasonal Risotto</b> <span style="float: right;">\$19</span> <b>GF</b>  <i>Ask your server for the flavour this season!</i></p>		<p><b>Gnocchi Romano</b> <span style="float: right;">\$15</span>  <i>Hand rolled potato dumplings in a tomato sauce</i></p>

### Entrées

All entrées are served with one side dish:

Vegetables and Potatoes	Mista Salad
Penne Marinara and Vegetables	Caesar Salad
Penne Marinara	Golden Fries

\*Additional charges apply to change pasta and or sauce

<p><b>Vitello Funghi</b> <span style="float: right;">\$25</span>  <i>Lightly floured veal scallopini in a creamy mushroom sauce</i></p>	
<p><b>Vitello al Limone</b> <span style="float: right;">\$24</span>  <i>Lightly floured veal scallopini in a white wine lemon sauce</i></p>	
<p><b>Vitello Parmigiana</b> <span style="float: right;">\$23</span>  <b>Pollo Parmigiana</b> <span style="float: right;">\$19</span>  <i>Lightly breaded veal or chicken cutlet topped with tomato sauce and baked mozzarella cheese</i></p>	
<p><b>Baccala</b> <span style="float: right;">\$21</span>  <i>Lightly floured and fried salted cod topped with caramelized onions in a tomato sauce</i></p>	
<p><b>Veal Short Ribs</b> <span style="float: right;">\$20</span>  <i>Slowly braised veal short ribs with a merlot demi glaze</i></p>	
<p><b>Pollo alla Boscaiola</b> <span style="float: right;">\$19</span>  <i>Grilled chicken breast topped with a pancetta and mushroom cream sauce</i></p>	
<p><b>8oz Striploin</b> <span style="float: right;">\$19</span> <b>GF</b>  <i>AAA Alberta striploin topped with sautéed Mushrooms</i></p>	
<p><b>Pollo Piccata</b> <span style="float: right;">\$18</span> <b>GF</b>  <i>Grilled chicken breast in a lemon garlic caper sauce</i></p>	
<p><b>Grilled Salmon</b> <span style="float: right;">\$18</span> <b>GF</b>  <i>Grilled salmon topped with olive oil and lemon</i></p>	
<p><b>Mediterranean Shrimp</b> <span style="float: right;">\$16</span> <b>GF</b>  <i>Sautéed shrimp with fresh tomatoes and basil in a white wine garlic sauce</i></p>	

### Pasta a Modo Tuo

*Build your own pasta with our selection of pastas and sauces*

\$15

#### Choose Your Pasta

<b>Penne</b> <span style="font-size: small;">(GF available upon request)</span>
<b>Rigatoni</b>
<b>Spaghetti</b>
<b>Linguine</b>
<b>Fettuccine</b>
<b>Agnolotti</b>

#### Choose Your Sauce

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

#### Add To Your Pasta:

Chicken	\$6	Mild Italian Sausage	\$5
Salmon	\$8	Shrimp	\$7

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