

La Cantina

Antipasti

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

Zuppa

Cioppino <small>GF</small>	\$21
<i>Chef's selection of fresh seafood sautéed in a white wine garlic tomato broth</i>	
Minestrone <small>GF</small>	Small: \$7 Large: \$10
<i>Homemade tomato vegetable soup</i>	
Pasta e Fagioli	Small: \$7 Large: \$10
<i>Homemade tomato broth with romano beans and tubetti pasta</i>	
Nonna's Brodo	Small: \$7 Large: \$9
<i>Homemade chicken broth with small chicken meatballs and pastina</i>	

Insalate

Caprese <small>GF</small>	\$12
<i>Fresh bocconcini, tomatoes and basil drizzled with olive oil and balsamic vinegar</i>	
Roma <small>GF</small>	\$12
<i>Spring mixed greens with pecans, goat cheese and cherry tomatoes tossed in our house dressing</i>	
Tomato and Onion Salad	\$8
<i>Tomatoes and onions tossed in olive oil garlic, oregano and fresh basil</i>	
Caesar	Starter: \$6 Entrée: \$10
<i>Romaine lettuce, croutons and parmigiano tossed in a creamy garlic caesar dressing</i>	
Mista <small>GF</small>	Starter: \$5 Entrée: \$9
<i>Mixed Greens, cucumbers and tomatoes tossed in olive oil and red wine vinegar</i>	

Add To Your Salad:

Chicken	\$7	Salmon	\$9
Prawns	\$8	Calamari	\$9

Pizza

Pizzas may not be modified

** Pizzas are made with mozzarella and tomato sauce*

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

Groups of 8 or more are subjected to an 18% gratuity charge.
CICC members receive 10% off total bill.

Pasta

<p>Pasta Pescatore \$26 <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>Shrimp Capellini \$22 <i>Sautéed shrimp tossed in a rose sauce served on a bed of angel hair pasta</i></p> <p>Smoked Salmon Carbonara \$22 <i>Smoked salmon in a creamy egg & parmigiano sauce served on a bed of spaghetti</i></p> <p>Spaghetti Carbonara \$20 <i>Smoked pancetta, in a creamy egg & parmigiano sauce served on a bed of spaghetti</i></p> <p>Linguine Vongole \$21 <i>Clams served on a bed of linguini with a tomato sauce (or) a white wine butter sauce</i></p> <p>Seasonal Risotto \$19 GF <i>Ask your server for the flavour this season!</i></p>	<p>\$19</p> <p>\$18</p> <p>\$18</p> <p>\$17</p> <p>\$16</p> <p>\$16</p>	<p>Rigatoni Al Forno <i>Baked rigatoni with italian sausage, meatballs, and egg in a tomato sauce topped with melted mozzarella</i></p> <p>Traditional Cecchetto Lasagna <i>Original handmade recipe as it was created by Romano Cecchetto with veal and pork in a tomato sauce.</i></p> <p>Spaghetti and Meatballs <i>Spaghetti tossed with handmade beef and pork meatballs in a tomato sauce</i></p> <p>Classic Roma Stracci <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>Penne Salsiccia <i>Penne tossed with roasted red peppers and sausage in a tomato sauce</i></p> <p>Gnocchi Romano <i>Hand rolled potato dumplings in a tomato sauce</i></p>
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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>Vitello Funghi \$26 <i>Lightly floured veal scallopini in a creamy mushroom sauce</i></p> <p>Vitello al Limone \$25 <i>Lightly floured veal scallopini in a white wine lemon sauce</i></p> <p>Vitello Parmigiana \$23 Pollo Parmigiana \$20 <i>Lightly breaded veal or chicken cutlet topped with tomato sauce and baked mozzarella cheese</i></p> <p>½ Rack of St. Louis Ribs \$18 <i>Slow cooked ribs served in a traditional rub or with tangy BBQ sauce</i></p> <p>Braised Lamb Shank \$23 <i>Slowly braised lamb served with a mushroom demi glaze</i></p> <p>Pollo alla Boscaiola \$21 <i>Grilled chicken breast topped with a pancetta and mushroom cream sauce</i></p> <p>8oz Striploin \$21 GF <i>AAA Alberta striploin topped with sautéed Mushrooms</i></p> <p>Pollo Piccata \$20 GF <i>Grilled chicken breast in a lemon garlic caper sauce</i></p> <p>Grilled Salmon \$19 GF <i>Grilled salmon topped with olive oil and lemon</i></p> <p>Mediterranean Shrimp \$18 GF <i>Sautéed shrimp with fresh tomatoes and basil in a white wine garlic sauce</i></p>	<p>\$26</p> <p>\$25</p> <p>\$23</p> <p>\$20</p> <p>\$18</p> <p>\$23</p> <p>\$21</p> <p>\$21</p> <p>\$20</p> <p>\$19</p> <p>\$18</p>
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Pasta a Modo Tuo

Build your own pasta with our selection of pastas and sauces

\$16

Choose Your Pasta

- Penne (GF available upon request)
- Rigatoni
- Spaghetti
- Linguine
- Fettuccine
- Agnolotti

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

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