

Lunch

HOT AND COLD APPETIZERS

Calamari Fritti 🌶️

Crispy squid, lightly floured and flash fried, served with a side of spicy tomato, chilli, and garlic sauce. 10.

Crab Cakes

Pan fried risotto crab cakes served with a lemon pepper cream sauce. 11.

Steamed Mussels al Vino

Atlantic mussels in *either* tomato, wine, and herbs, *or* white wine and basil cream. 9.

SOUPS

Lobster Bisque Acadienne

With pommery mousseline and fresh lobster. 10.

Zuppa di Pesce

Fresh salmon, scallops, shrimp, mussels, and white fish in a savoury tomato fennel broth. 12.

Butternut Squash Soup 🍅

Served hot with a hint of green apple. 7.

Zuppa di Giorno

Ask your server for the fresh daily made soup. 7.

SALADS

Capricciosa Salad 🍅

Italian mixed greens with asparagus, tomatoes, olives, and pimentos, in a sweet herb vinaigrette. 8.

Traditional Caesar Salad

Served with crisp bacon, homemade croutons, parmigiano, and lots of garlic. 7.

For two: 13.

Warm Spinach Salad

With sweet basil vinaigrette, smokey bacon, Bermuda onion, organic tomatoes, and shaved asiago. 10.

Grilled Radicchio Salad

Radicchio leaves stuffed with bocconcini cheese, prosciutto, finished with a sour cherry vinaigrette. 12.

Authentic Greek Salad 🍅

Freshly sliced tomatoes, green peppers, red onions, and cucumber tossed in extra virgin olive oil, with a sprinkle of oregano and fresh feta. 9.

SPECIALTY BREADS

Traditional Bruschetta alla Chianti 6. 🍅

Garlic Bread 4.

Four Cheese Garlic Bread 5.

PASTA DISHES

Pasta Platter

A sampling of manicotti, cannelloni, and lasagna, topped with a tomato and béchamel sauce, and a sprinkle of parmigiano. 14.

Linguine alla Marco Polo

Charbroiled free range chicken breast served over linguine with mushrooms and red peppers, tossed with cream, wine, tarragon, garlic, and parmigiano. 14.

Linguine Pescatore

Scallops, mussels, shrimp, and lobster, tossed with green onions, red peppers, and mushrooms, finished with extra virgin olive oil, garlic, and chilies. 18.

Gluten-Free Fusilli Chianti

Fusilli tossed with roasted garlic, extra virgin olive oil, seasonal organic tomatoes, asparagus, and parmigiano. 14.

Also available in non gluten-free penne

House Made Ravioli Pollo con Funghi

Ravioli stuffed with grilled free-range chicken and fresh thyme, tossed with cremini mushrooms and a sherry cream sauce. 15.

Spaghetti with Meatballs

A classic traditional spaghetti served with tomato sauce and meatballs, and enhanced with fresh herbs and parmigiano. 13.

LUNCH SPECIALTIES

Pan Fried Haddock

Semolina crusted haddock, pan seared in virgin olive oil, served with a choice of caesar or capricciosa salad. 14.

Nova Scotia Lamb Burger

Charbroiled 6oz burger topped with roasted red peppers and goat cheese, served with caesar or capricciosa salad. 14.

Seafood Crêpe

A fresh crêpe filled with scallops, shrimp, mussels, white fish and salmon, topped with a mild curry and sherry cream sauce, served with caesar or capricciosa salad. 17.

Chicken Parmigiana

Free-range chicken breast, breaded and sautéed, topped with parmigiano and our traditional marinara sauce, served over spaghetti with tomato sauce. 14.

Transylvanian Goulash

Our homemade smoked paprika sausage and tender pork loin, simmered with sauerkraut and onion, served with crisp spatzel and sour cream. 14.

Grilled Salmon and Salad

Grilled Nova Scotia salmon with a truffle chive olive oil, served with fresh greens, in a sweet herb vinaigrette. 14.

9" THIN CRUST PIZZAS

Pino's famous recipe from Tuscany

Quatro Fromagio

Asiago, fontina, mozzarella, and parmigiana. 14.

Italiano

Italian sausage, prosciutto, capicola, asiago, and sweet peppers. 15.

Romanesco

Spinach, artichokes, sun dried tomatoes, fresh basil, and feta. 14.

Chianti

Genoa salami, mushrooms, bacon, sweet peppers, and onions. 14.

Add grilled chicken to any pizza: 3.

FOR CHILDREN

12 and under

Spaghetti

Choice of meat, tomato, cream sauce, or butter and cheese. 8.

Children's Pizza

Cheese or pepperoni and cheese. 10.

Chicken Strips

Free-range chicken served with julienne vegetables and plum sauce. 9.

PANINIS

Grilled Herb Chicken

Free-range chicken breast, caramelized onions, fresh tomatoes, crisp bacon, and basil mayonnaise. 9.

Grilled Vegetarian

Roasted red peppers, avocado, fresh greens, and organic tomatoes, with salsa verde. 9.

Grilled Chianti

Capicollo ham, asiago cheese, onion rémoulade, basil mayonnaise, fresh greens, and organic tomatoes. 10.

Smoked Salmon

Served with red onions, fresh greens, organic tomatoes, and cream cheese. 10.

Steak Sandwich

Open faced grilled strip loin with sautéed mushrooms and onion red wine caramel, au gratin. 13.

Served with a cup of daily soup or a side caesar salad: 4.

Dolci

DESSERTS

Mini Zucatto

Chocolate coated amaretto cake roulade, filled with fresh whipped cream, nuts, and chocolate, topped with candied almonds. 9.

Crêpes Romanoff

Stuffed with vanilla and chocolate ice cream, smothered in white and dark chocolate sauce. 8.

Sex in a Pan, Italian Style

A delicious combination of vanilla and chocolate mousse, served on a walnut square. Too good to be true! 9.

Tiramisù

A traditional Italian dessert made with lady fingers, espresso, mascarpone cheese, marsala, and fresh whipped cream. 8.

Triple Chocolate Cheesecake

Served with crème fraîche. 8.

Black Sambuca Mission Figs

Marinated in black sambuca, and served over homemade vanilla ice cream. 11.

Lemon Layer Cake

Served with a raspberry coulis. 7.

Sorbetto al Giorno

In-house made fresh fruit sorbetto (non-dairy). 7.

Special Occasion Cake

Strawberry layer cake (Chef requires 24 hours notice). 39.