



ANTIPASTI

BRUSCHETTA toasted garlic and parmesan crostini, tomato bruschetta topping, parmesan cheese 9

STEAMED MUSSELS in a garlic, tomato and white wine broth with fresh herbs 14
add spicy chorizo sausage 2.50

STUFFED CREMINI MUSHROOMS filled with crab, cheese and fresh herbs on field greens drizzled with balsamic vinaigrette 13

CALAMARI FRITTI delicately seasoned, flash-fried calamari served with house garlic aioli 13

WONTON SHRIMP flash-fried and served with a sweet chili sauce 11

CHEESE-FILLED RAVIOLI lightly breaded, flash-fried and served with house marinara sauce 10

VEGETARIAN SPRING ROLLS hand-made, served with house sweet chili soy dipping sauce 8

SAUSAGE AND RED ONION grilled spicy chorizo, sautéed red onion and fresh parmesan shavings 9

SOUP & SIDE SALADS

SOUP OF THE DAY 6

SOUP & SALAD

bowl of Soup with your choice of garden salad or Caesar salad 10
add 2 for tomato & cucumber salad or Greek salad

BISTRO SALAD mixed greens, kale, dried cranberries, sunflower seeds, white balsamic vinaigrette 10

CLASSIC CAESAR bacon, herb croutons, shaved parmesan 8

TOMATO CUCUMBER SALAD with feta cheese, red onions, kalamata olives and Italian vinaigrette 10

GREEK SALAD field greens, tomatoes, red onion, kalamata olives, cucumbers and feta, red wine vinaigrette 10

ENTREE SALADS

CHICKEN CAESAR grilled chicken breast, bacon, herb croutons, grated parmesan 14

APPLE AND CRANBERRY CHICKEN SALAD grilled chicken, mushrooms, bacon, almonds, gorgonzola cheese, apples and dried cranberries over field greens, white balsamic vinaigrette 15

PEAR SALAD field greens, red peppers, premium blue cheese, caramelized pecans and fresh pear slices, Champagne vinaigrette 14

SALMON COBB SALAD warm grilled salmon, baby greens and spinach, sliced mushrooms, avocado, hard-boiled egg, cucumber, red onion, mustard-caper vinaigrette 18

CILANTRO LIME SHRIMP SALAD field greens, romaine lettuce, grilled shrimp, diced Roma tomatoes, red bell pepper, corn, monetary jack cheese, crushed tortilla chips, cilantro-lime vinaigrette 20

BAKED GOAT CHEESE ANTIPASTO SALAD warm sesame-crust goat cheese, roasted red peppers and tomato, grilled zucchini and eggplant, portobello mushroom and field greens, dijon-balsamic drizzle 15

LUNCH

Ciao,

Our menu items are individually made to order using the freshest farm-to-table ingredients. Please allow us adequate time to prepare them for you.

Bon Appetito!

SANDWICHES

SERVED WITH YOUR CHOICE OF SOUP, GARDEN OR CAESAR SALAD, OR FRIES

SPICY CHORIZO SAUSAGE SANDWICH pan seared, sliced chorizo sausage, caramelized onions 14

VEAL PARMESAN SANDWICH 15

CHICKEN PARMESAN SANDWICH 15

STEAK AAA Alberta rib-eye, caramelized onions, sautéed mushrooms, provolone cheese and horseradish aioli 16

BISTRO BURGER 6 oz. all beef burger 14

GRILLED PORTOBELLO MUSHROOM BURGER with provolone and roasted vegetables 14

OVEN-ROASTED TURKEY breast, tomato, cheese, citrus cranberry chutney 16

TURKEY CLUB oven roasted turkey breast, bacon, tomato 16

CHICKEN CLUB grilled chicken, bacon, tomato and garlic aioli 14

BALSAMIC CHICKEN grilled chicken, roasted red peppers, goat cheese and balsamic glaze 14

PESTO CHICKEN grilled chicken, basil pesto, tomato 14

ROASTED VEGETABLE portobello mushroom, roasted red pepper, eggplant, zucchini and goat cheese 14

LUNCH PLATES

STEAK & CAESAR 10oz AAA Alberta NY strip served with Caesar salad 28

MEAT LASAGNA fresh, baked to order served with Caesar salad and garlic crostini 17
add 2 for tomato & cucumber salad or Greek salad

CHICKEN PARMIGIANA grilled chicken breast topped with fresh tomato sauce, parmesan and smoked mozzarella cheese, served over linguine 24

VEAL PARMIGIANA tender provimi veal scallopini with tomato sauce, parmesan and smoked mozzarella cheese, served over linguine 26

EXTRAS:

ADD TO ANY PASTA OR SALAD
3 OZ CHICKEN 3.50
3 OZ GRILLED SALMON 5.50
3 SHRIMP 5

FOOD ALLERGIES:

KINDLY ADVISE OUR STAFF IF YOU HAVE ANY FOOD ALLERGIES – WE WILL DO OUR BEST TO ACCOMMODATE

HAND-MADE, THIN CRUST PIZZA & PANZEROTTI

GLUTEN FREE PIZZA IS AVAILABLE ONLY IN DINNER SIZE AT DINNER PRICE PLEASE ASK YOUR SERVER FOR DETAILS

MARGHERITA tomato sauce, mozzarella, fresh basil 8

MEDITERRANEAN tomato sauce, roasted vegetables (red peppers, eggplant, zucchini), red onion, kalamata olives, goat cheese, mozzarella 11

GIARDINO tomato sauce, tomato, green pepper, red onions, mushrooms, mozzarella 10

POLLO tomato sauce, grilled chicken, roasted red peppers, mozzarella 11

SAN MICHELLE pesto, garlic, sliced tomato, grilled chicken, spinach, goat cheese, mozzarella 11

CLASSIC tomato sauce, pepperoni, mushroom, fresh peppers, mozzarella 11

SAN MARCUS tomato sauce, pepperoni, hot banana peppers, gorgonzola, mozzarella 11

CARNIVORE spicy tomato sauce, Italian sausage, pepperoni, bacon, mozzarella 11

SORRENTI tomato sauce, Italian sausage, roasted red peppers, goat cheese, mozzarella 11

QUATTRO STAGIONE tomato sauce, prosciutto, artichoke hearts, black olives, roasted red peppers, basil, mozzarella 11

BOMBA olive oil and roasted garlic, bomba sauce, pepperoni, mozzarella and side marinara dipping sauce 12

SIDE OF SPICY GARLIC AIOLI OR MARINARA SAUCE ADD 1.25

PASTA SPECIALTIES

ALL OUR PASTAS ARE AVAILABLE WITH GLUTEN-FRIENDLY NOODLES

RIGATONI BOLOGNESE with meat sauce 14
with meat balls 16

SAUSAGE PENNE ARRABBIATA spicy Italian sausage, peppers and smoked mozzarella in a tomato-basil sauce 18

CHICKEN PENNE roasted red peppers, tomato-basil rosé sauce 17

CHICKEN AND SAUSAGE PENNE our two favourite pastas combined in one; spicy rosé sauce 22

CHICKEN DIAVOLO bowtie pasta, spicy roasted red pepper and tomato cream sauce 17

BUTTERNUT SQUASH RAVIOLI in a chipotle cream sauce with fresh spinach 18

GARDEN PENNE asparagus, broccoli, sun-dried tomatoes, artichoke hearts, mushrooms and red peppers in a pesto cream sauce 16

CHICKEN ALFREDO grilled chicken, field mushrooms, broccoli and fettuccine in a parmesan cream sauce 18

SHRIMP ALFREDO shrimps, red and yellow peppers, broccoli and asparagus in a parmesan cream sauce 20

SMOKED SALMON PENNE with peas in a delicate cream sauce 20

SEAFOOD LINGUINE shrimps, scallops and clams with spinach and diced tomatoes in a lobster cream sauce 22