



SHAREABLES

MARINATED OLIVES sm \$8 lrg \$14
organic garlic | fresno chilies | fennel seed | olive oil

POSTA BRUSCHETTA (1) \$8 (2) \$14
sourdough crostini | ontario heirloom tomatoes
stracciatella cheese | sea salt flakes | basil | olive oil

POSTA MEATBALLS (1) \$9 (2) \$16
braised 3.5 oz meatballs | creamy ricotta | tomato sauce
braised greens | grilled bread

PATATAS BRAVAS \$16
crispy fried potatoes | bravas sauce | pimenton
spicy aioli | spring onions

FRITTURA DI PESCE sm \$18 lrg \$32
lightly dusted calamari & shrimps | peppers | lemon chili aioli

* **BABY GEM SALAD \$19**
little gem leaves | parsley | avocado | dill | radish | toasted walnuts
edamame | shaved ricotta salata | sherry vinaigrette

* **POSTA CAESAR SALAD \$18**
Ontario baby romaine | garlic | white anchovy dressing
brioche croutons | shaved parmigiano | smoked bacon

* **CAPRESE SALAD \$21**
Ontario heirloom tomatoes | organic beets | burrata DOP cheese
olive oil | 15 yr old balsamic | new farm spicy mix lettuce

* ADD-ON TO ANY SALAD

Grilled Chicken 6oz \$12

3 Sauted Shrimps \$16
white wine | butter | lemon

Salmon Fillet 4oz \$16

Lamb Speducci \$10
2 skewers

SPANISH PIMENTON SHRIMP \$24
wild gulf shrimps | heirloom cherry tomatoes
organic garlic | spanish olive oil | sherry | served on grilled bread

PEI GRASSFED BEEF TENDERLOIN TARTAR \$21
capers | shallots | parmigiano tuille
kozliks triple crunch mustard | crostini | banderillas

BURRATA D.O.P \$22
ontario cherry tomatoes | fresh basil | extra virgin olive oil
15yr old balsamic vinegar | Maldon sea salt | crostini

GALACIAN STYLE OCTOPUS \$22
crispy | spicy cured pancetta | 15 yr old balsamic | maldon sea salt

ATLANTIC SALMON CARPACCIO \$21
preserved lemon | olive oil | black sesame seeds
salmon caviar | garden watercress | Maldon salt flakes

1970 CLASSIC SHRIMP COCKTAIL \$22
court bouillon poached jumbo shrimps
cocktail sauce | lemon

ATLANTIC SUSHI GRADE TUNA \$22
shaved cucumber | okazu chili miso | organic seedlings
pickled shimeji mushrooms

SEARED AHI TUNA \$30
chilled, atlantic sushi-grade | pickled shimeji mushrooms
romesco | pickled shallots
avocado crema | organic miso yuzu vinaigrette

SALUMI & CHEESE BOARDS

SALUMI (4) \$28
local and imported italian meats
mustards, jams, crostinis

FORMAGGI (4) \$26
local and imported italian cheeses
mustards, jams, crostinis

MISTO \$42
chef's selection of 3 cheeses and 3 meats,
mustards, jams, crostinis

PIZZA

PIZZA ROSSO

MARINARA \$18

tomato | fresh garlic | oregano

MARGHERITA \$19

tomato | FDL | basil

CANADESE \$22

spicy pepperoni | tomato sauce | FDL | pecorino

REGINA \$24

cherry tomato | prosciutto | arugula | FDL | shaved parmigiano

CARNE DIAVOLA \$24

tomato | spicy sopressata | FDL | black olives | 'nduja sausage

PIZZA BIANCA

QUATTRO FORMAGGI \$22

provolone | gorgonzola | FDL | parmigiano

FUNGHI \$22

mushrooms | truffle oil | FDL | chives

VERDE \$22

genovese pesto | cured tomatoes | shaved parmigiano
FDL | maldon salt | torn basil | chilies

ROCCO \$22

potato | pork sausage | FDL | caramelized onion

MARCO \$24

smoked salmon | FDL | arugula
capers | thin lemon slices

FDL=fior di latte cheese-
traditional fresh whole cow's
milk mozzarella

**GLUTEN FREE
OPTION +\$4**
*may contain traces of wheat

PIZZA METRO TRIO

ITALIANO \$40

quattro formaggi | funghi | carne diavola

POSTA \$42

rocco | regina | marco

PASTA FRESCA

FRESH MADE IN HOUSE

GLUTEN FREE OPTION

penne or fusilli pasta

*may contain traces of wheat

SPAGHETTI AL POMODORO \$20

tomato sauce | fior di latte | fresh basil

PAPPARDELLE BOLOGNESE \$24

beef & pork ragu | parmigiano-reggiano

GNOCCHI DI RICOTTA E NOCCIOLA \$24

brown butter | crispy sage | hazelnuts | shaved parmigiano

FORAGED MUSHROOM AGNOLOTTI \$24

roasted wild mushroom & ricotta filling | mascarpone & chive crema

*based on availability

PUGLIESE BURRATA D.O.P RAVIOLI \$28

brown butter | sage | vincotta | pinenuts

*based on availability

CAVATELLI \$24

fresh pasta shells | braised Ontario lamb
tomato sauce | Ontario peas | shaved parmigiano

Ask your Server for
* availability!

FLAMING POSTA PARMIGIANO WHEEL

Rigatoni Cacio e Pepe

Available a la carte Tuesday-Thursday \$52 (serves 2)

WEEKEND SET MENU FOR 2-\$130 per couple

Available Friday-Sunday (by reservation only)

4 course menu includes: Charcuterie Misto Plate (serves 2)

Choice of our Salads : Caesar, Baby Gem or Caprese Salad (per person)

Rigatoni Cacio e Pepe (serves 2)

Dessert : Poached Pear (per person)

Italian poached bosco pear | chianti wine | cinnamon | cloves | star anise
whipped lemon-orange cheese crema

* Ask your Server
for availability!

MAIN DISHES

ROAST MENNONITE CHICKEN \$34

roasted mennonite chicken | roast potatoes | roast peppers
wilted Ontario greens | vidalia onions | lemon-parsley dressing

THE KRACKEN \$44

grilled moroccan T-1 octopus | fried chick peas | chimichurri
charred shishito peppers | olive oil

NEW BRUNSWICK SALMON \$38

pan seared crispy skin salmon | butternut squash crema
agro dolce sauce | black venetian rice

ONTARIO LAMB SHANK \$39

12 hour chianti wine braised Ontario lamb shank
celeriac-parsnip crema | wilted Ontario greens

BROME LAKE DUCK \$40

crispy skin duck breast | butternut squash-celeriac crema
orange fresno chilies | sea buckthron gastrique

WELLINGTON COUNTY NY STRIPLOIN \$50

12 oz striploin | cremini mushroom confit | roast potatoes
red peppers | vidalia onions

100KM SIDES

WILTED ONTARIO FALL MARKET GREENS \$10

fresno chilies | Ontario garlic | olive oil | pinenuts

ONTARIO HEIRLOOM CARROTS \$10

slow roasted | vincotta | rosemary | cracked black pepper | maldon sea salt

SAUTEED FORAGED MUSHROOMS \$12

thyme | garlic | parsley | olive oil

LENNOX FARMS BRUSSELS SPROUTS \$12

crispy | spicy cured pancetta | 15 yr old balsamic | maldon sea salt

DOLCI

Kremino CREMA Di CAFFE \$12

frozen creamed espresso | whipped cream
shaved dark chocolate | cocoa nibs
Add a half shot of Bailey's for \$4

POSTA'S REAL TIRAMISU \$15

Italian lady fingers | mascarpone crema | espresso | cocoa

CHILLED NUTELLA CHEESE CAKE \$16

chantilly cream | berries

POSTA'S FUNNELTELLA \$16

fried dough | nutella | strawberries

CAFFÉ & TEA

BREWED COFFEE | ESPRESSO \$3

AMERICANO \$4

CAPPUCCINO | LATTE \$6

COGNAC & BRANDY

	1oz
St.Remy Brandy	\$12
Hennessy VS	\$14
Hennessy VSOP	\$16
Hennessy XO	\$40
Remy Martin XO	\$40

LIQUOR

	1.5oz
Amaretto Luxardo	\$8
Bailey's Irish Cream	\$8
Benedictine D.O.M.	\$8
Galiano	\$8
Jagermeister	\$8
Kahlua	\$8
Pernod	\$8

Sambuca Ramazotti	\$8
Frangelico	\$10
Drambuie	\$8
St. Germaine	\$10
Gran Marnier	\$12
Limoncello	\$12
Chico Coffee	\$12
Clase Azul Pomegranate	\$12
Lucid Superieure Absinthe	\$18

SINGLE MALT SCOTCH

	1oz
Oban 14 yr.	\$20
Lagavulin 16 yr.	\$25
The Macallan 12yr.	\$20

FORTIFIED 3 oz

\$16	Taylor Fladgate 10 yr Port
\$22	Graham's 20yr Port
\$22	Taylor 20yr

AMARO 1.5oz

Averna	\$10
Cynar	\$10
Fernet Branca	\$10
Lucano	\$10
Montenegro	\$12
Nonino	\$12
Amaro Poli	\$12
Fuoriclasse Prosecco	\$10
Poli Taidea	\$10
Poli Arzente	\$17
Leon Amarone Riserva	\$25
Poli Pauillac	\$42
Montanaro:	
Grappa di Camomilla	\$14
Barolo Cannubi	\$30