



*Fresh Market Cuisine & Wine Bar*

## APPETIZERS

|   |           |   |                     |
|---|-----------|---|---------------------|
| <b>SOUP OF THE DAY</b>  | <b>9</b>  | <b>Carpaccio DI Manzo</b>   | <b>17</b>           |
| <b>Gourmet Bruschetta</b>   | <b>15</b> | with roasted red peppers, parmigiana cheese, lemon mustard dressing and extra virgin olive oil                                |                     |
| focaccia flat bread with tomato sauce, bruschetta mix and three cheese  |           | <b>P.E.I. Lobster and Crab Cakes</b>  | <b>18</b>           |
| <b>Mix Green Salad</b>  | <b>15</b> | with charred corn, jalapeno mayo and lemon  |                     |
| organic baby green, arugula, baby spinach, asparagus green peas and red onion with honey balsamic vinaigrette                 |           | <b>Crispy Calamari</b>  | <b>16</b>           |
| <b>Carmelina Caesar Salad</b>   | <b>15</b> | alla Mediterranean con salsa agliata  |                     |
| romaine hearth, creamy Caesar dressing, herbed focaccia croutons, prosciutto crisp and parmigiana crisp                       |           | <b>Grilled Calamari</b>   | <b>17</b>           |
| <b>Caprese Salad</b>  | <b>17</b> | on a crisp poppadum basket, charred marinated Vidalia onions, black olives oven dried tomatoes in an orange mango vinaigrette |                     |
| vine ripened tomato, Bocconcini cheese, with arugula salad drizzled with balsamic reduction, basil and extra virgin olive oil |           | <b>Steam PEI Mussels</b>  | <b>16</b>           |
| <b>Grilled Portobello Mushroom</b>  | <b>17</b> | homemade tomato or lemon cream sauce with garlic, basil, onion, mixed herbs and white wine                                    |                     |
| caramelized onion, goat cheese in a bed of baby green salad with balsamic reduction   |           | <b>Chef Antipasti Platter.....</b>  | <b>Market Price</b> |

## PASTA

|   |           |  |           |
|---|-----------|--|-----------|
| <b>Orecchiette Con Gamberoni e Rapini</b>   | <b>26</b> | <b>Spaghettoni alla Francoise</b>  | <b>30</b> |
| with fresh tomato, Kalamata olives, and spicy lemon shrimp  |           | sautéed lobster, sea scallop, tiger shrimps, bell peppers, julienne of carrots, with a white wine, and brandy sauce and touch of cream |           |
| <b>Pappardelle al Verde</b>   | <b>26</b> | <b>Linguini Frutti di Mare</b>   | <b>29</b> |
| with mushroom, caramelized onion, arugula gorgonzola, sundried tomato in a roasted walnut cream sauce |           | with mussels, shrimps, scallops, calamari and fresh fish in saffron red wine tomato sauce  |           |
| <b>Cheese Tortellini Smoked Chicken</b>   | <b>27</b> | <b>Fettuccini Blue Crab</b>  | <b>26</b> |
| with baby spinach, Kalamata olive, vine ripened tomato in a aglio olio , pesto and chili flakes       |           | broccoli fleurette, sundried tomato and Scallion in a lemon cream sauce  |           |

**Pasta of the day ..... ask your server**

*Our Chefs will be happy to accommodate any dietary or allergy request. Please inform your server.*



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## **RISOTTO**

### **Seafood 29**

mussels, shrimps, scallops, salmon and calamari in a rich saffron broth

### **Fungi Portobello 26**

mixed mushrooms, onions, garlic and porcini broth served with a parmigiana cheese crisp, grilled Portobello and parsley truffle oil

### **Verde 26**

asparagus, green peas, zucchini, spinach, mix of fresh herbs and garlic

### **Short Rib 28**

with sweet peas, tomato , concasse and parmigiana cheese

## **ENTRÉE**

### **Torre Di Pisa 24**

grilled vegetable pyramid of eggplant, zucchini, red peppers, Portobello mushroom, tomato, with goat and Bocconcini cheeses, served with penne tomato sauce

### **Chicken Kebob 24**

grilled marinated skewered chicken breast served with rice, seasonal vegetable, and tzatziki sauce

### **Chicken Carmelina 30**

chicken breast topped with shrimp, scallop, mushroom and our four cheeses blend baked to perfection , served with potatoes and seasonal vegetable

### **Veal Scaloppini 28**

veal striploin with your choice of marsala mushroom, lemon capers, pizzaiola sauce or paillard , served with seasonal vegetable and potato

### **Surf N Turf 41**

grilled beef striploin and jumbo tiger shrimp with red wine jus, mixed herbs and garlic butter, served with potatoes and seasonal vegetables

### **Rack of Lamb 42**

grilled rack of fresh Ontario lamb with capers red wine balsamic reduction served with potatoes and seasonal vegetable

### **Seafood Alla Newburg 39**

lobster tail, jumbo tiger shrimp and sea scallop with Newburg sauce, served with seasonal vegetable and rice

### **Crispy Skin Atlantic Salmon 30**

roasted peppers, charred onions, rice and browned butter garlic vinaigrette

*Add Sautéed mushroom \$7, Mushroom Risotto 8, Tiger Shrimps, or 6oz Steak \$16, Lobster Tail \$20*