

Lunch Menu



Lunch served from Wednesday to Friday at 12 PM – 4 PM, Saturday & Sunday: 11 AM – 4PM

Appetizers

Marinated Olives - \$12.00

Orange zest, olive oil, fennel seed (V)

Arancini - \$12.00

Lightly breaded risotto balls, peas, parmigiano, marinara (V)

Bruschetta (4) - \$12.00

Heirloom cherry tomatoes, organic garlic, basil, balsamic, olive oil, crostini (V)

Foraged Mushroom Crostini (4) - \$16.00

Sauteed mushroom medley, thyme, garlic, chives, olive oil, grilled bread (V)

Red Pepper Crostini (4) - \$10.00

Grilled bread, roasted red pepper, organic garlic, olive oil (V)

Polpette (2) - \$18.00

5oz meatballs braised in tomato sauce, grilled bread (S)

Brussels Sprouts - \$14.00

Crispy fried, spicy pancetta, 15 yr old balsamic, maldon sea salt

Salmon Tartare - \$21.00

Lemon, avocado, cucumber, chive, trout caviar, organic seedling salad, crostinis

Impepata di Cozze - \$21.00

PEI mussels, white wine, garlic, crostinis

Frittura di Pesce - \$26.00

Lightly battered calamari & shrimp | peppers | lemon, chili & lime aioli (S)

Posta Antipasto - \$42.00

Chef's selection of 3 cheeses & 3 meats, honey, mustard, jam, olives, seasonal fruit, crostini

Eggs

Served with garden salad.

Frittata - \$18.00

Baked organic free-run eggs, potatoes, caramelized onions, crostini

Rudy - \$16.00

Organic free run scrambled eggs, double smoked bacon on a brioche bun

Salad

With additional protein options

Baby Gem - \$18.00

Little gem leaves, fresh herbs, avocado, radish, toasted walnuts, edamame, pecorino, sherry vinaigrette (V)

Burrata D.O.P - \$22.00

Ontario heirloom cherry tomatoes, arugula, olive oil, 15 yr old balsamic (V)

Posta Caesar - \$18.00

Romaine, capers, brioche croutons, parm, bacon

Add to any salad (GF):

Grilled Chicken - \$12.00

Boneless 6oz chicken breast, olive oil, lemon

Salmon - \$16.00

Wild New Brunswick salmon 6oz fillet, lemon

Sauteed Shrimp - \$12.00

3 tiger shrimp, white wine, garlic, butter, lemon

Pizza & Pasta

Fresh dough made in-house daily. Gluten free available (+\$4)

Margherita - \$20.00

Fior di latte, tomato, basil (V)

Canadese - \$22.00

Spicy pepperoni, tomato, basil (S)

Regina - \$24.00

Tomato, prosciutto, arugula, fior di latte, parmigiano

Quattro Fromaggi - \$24.00

Provolone, mascarpone, fior di latte, parm (V)

Funghi - \$24.00

Mushroom, fior di latte, truffle oil, chives (V)

Verde - \$22.00

Pesto, cured tomatoes, parm, fior di latte, basil, chilies (V)

Spaghetti Al Pomodoro - \$20.00

Spaghetti, tomato, basil, fior di latte (V)

Pappardelle Bolognese - \$26.00

Pappardelle, ontario beef & pork ragu, parmigiano

Spaghetti Alla Pescatora - \$29.00

Tiger shrimp, mussels, calamari, basil, white wine, tomato sauce

Cavatelli Con Salsiccia E Rapini - \$26.00

Cavatelli, fennel sausage, rapini, parmigiano, lemon zest (S)

Gnocchi Di Pistachio - \$24.00

Light and pillowy in-house ricotta gnocchi, pistachio truffle cream, shaved parmigiano, pistachio crumble

Rigatoni Alla Norma - \$24.00

Fresh in-house rigatoni, fried eggplant, tomato sauce, parmigiano, basil (V)

Sandwich

Served with garden salad.

Pollo - \$19.00

Grilled chicken breast, roasted red peppers, pesto, arugula, fior di latte

Polpette - \$19.00

Homemade meatballs, basil, tomato sauce, parmigiano (S)

Salumi - \$19.00

Salami, soppressata, prosciutto, fior di latte, arugula, pepperoncini aioli (S)

Salsiccia E Rapini - \$19.00

Spicy fennel sausage, garlic rapini, fresno chilies (S)

Melanzane - \$18.00

Marinated eggplant, roasted red peppers, basil, arugula, balsamic

Kids

Kids Pasta - \$10.00

Spaghetti with your choice of tomato sauce or oil & parm

Kids Pizza - \$10.00

Personal size pizza with tomato sauce and fresh mozzarella

Chicken Fingers - \$10.00

Breaded chicken fingers and fries

Dessert

Freshly made in-house

Kremino Crema Di Cafe - \$10.00

Cold creamed espresso, whipped crema, shaved dark chocolate, cocoa nibs

Tiramisu - \$15.00

Italian lady finger cookies, mascarpone, espresso, cacao

Chilled Nutella Cheesecake - \$16.00

Oreo crumble, dark chocolate ganache

Funneltella - \$20.00

Fried pizza dough, nutella, fresh berries

Gelato - \$16.00

Artisan made, ask your server for your favourite