

## Small Plates

### Antipasto for Two \$15

A selection of Italian meats, cheese and olives.

### Steamed Mussels \$14

Mussels steamed in white wine, fresh tomatoes, garlic, Basil and cracked chili.  
Served with a herb crostini.

### Prociutto Wrapped Scallops \$14

Qualicum seared Prociutto wrapped scallops on top of green pea purée, braised cipolini and Pinot Gris reduction.

### Beef Carpaccio \$15

Alberta AAA tenderloin, warm Brie cheese fondue and seared Cromini mushrooms.

### Shrimp, Crab & Artichoke Dip \$11

Served with tortilla chips.

### Flash Fried Calamari \$12

Served with Marinara sauce.

### Zucchini & Eggplant Flan \$12

Served warm in a Thyme and fresh tomato sauce.

### Capri Style Prawns \$10

Sautéed in our specialty herb Rosemary butter.

## Soups & Salads

### Caprese Salad \$10

Buffalo Mozzarella, heirloom tomatoes, fresh Basil, Oregano and extra virgin olive oil.

### Beet Salad \$11

Roasted golden and red beets, baby Arugula, Pistachio, soft goat cheese, orange wedges, lentils and apple cider vinaigrette.

### Caesar Salad \$7

Crispy Romaine lettuce, house made dressing, crunchy croutons and shaved Asiago cheese.

### Starter \$4

### Signature Chicken Caesar Salad \$12

Crispy Romaine lettuce, house made dressing, crunchy croutons and shaved Asiago cheese topped with chicken breast sautéed in our specialty herb butter.

### Salmon Fennel Salad \$13

Sliced fresh fennel, diced seared salmon, roasted cherry tomatoes, toasted pine nuts and Arugula leaves with lemon oil vinaigrette.

### Spinach Salad \$13

Diced crispy Pancetta, julienne yellow beets, egg and spinach leaves with a mustard vinaigrette.

### Minestrone Soup

Frankie's signature Minestrone soup.

Bowl \$6

Cup \$4

### Soup Of The day \$6

Created daily by our Chef

Bowl \$6

Cup \$4

## **Fresh House Made Pastas**

### **Rigatoni Salsiccia \$14**

Pasta mixed in a rich tomato sauce with Italian sausage.

### **Leek & Eggplant Ravioli \$16**

Fresh Ravioli stuffed with leek and eggplant in a fresh tomato and pine nut pistou.

### **Honey Mussel Tagliatelle \$15**

House made pasta tossed with honey mussels, Pinot Gris, cherry tomatoes, asparagus tips and Basil.

### **Salmon Maltagliati \$15**

Fresh sockeye salmon in broccoli, cream and sliced Pecorino cheese.

## **Traditional Dried Pasta & Risotto**

### **Spaghetti & Meatballs \$14**

Tossed in tomato sauce and topped with shaved, aged Ricotta cheese.

### **Seafood Linguine \$18**

In prawn ragout with half court bouillon lobster, mussels, scallops and prawns.

### **Garganelli Bolognese \$13**

Tossed in a classic Bolognese sauce and shaved parmesan cheese.

### **Chicken Linguine \$14**

Chicken in a sun dried tomato pesto cream sauce.

### **Classic Spaghetti Carbonara \$14**

Pancetta, egg yolks, a touch of cream and ground black pepper.

### **Pacific Fish Risotto \$16**

Prawns, scallops, cod, mussels and clams in a fresh tomato broth.

### **Seasonal Vegetable Risotto \$15**

Carnaroli risotto with seasonal vegetables and saffron.

## **Baked House Made Pasta**

### **Lasagne \$15**

Home made fresh classic Emilian lasagna with Bolognese sauce, Procuitto cotto and Parmesan.

### **Conchiglioni Frutti Di Mare \$16**

Large pasta shells stuffed with Dungeness crab, cod, Swiss chard au gratin in rosé sauce.

### **Chicken & Ricotta Cannelloni \$16**

Stuffed pasta with sliced chicken, Ricotta cheese and sun-dried tomato. Topped with rosé sauce and Asiago cheese.

**Pizza**

Fresh dough made daily in our kitchen and hand stretched.

**Frankie's \$13**

Capicola ham, fresh herbs, Kalamata olives and Mozzarella cheese.

**Margherita \$11**

Tomato sauce, Mozzarella cheese, fresh Basil and Oregano.

**Funghi \$12**

Mixed wild mushrooms, caramelized onion, Asiago and Mozzarella cheese.

**Norma \$12**

Sautéed eggplant, artichoke hearts, fresh basil, green olives, Pancetta and Mozzarella cheese.

**Piazza \$13**

Asparagus, Pancetta, eggs liaison, and a cheese topped with fresh Parmesan.

**Twisted Salciccia \$13**

Gorgonzola, fresh sausage and Ancona green olives.

**Amato \$15**

Prociutto, Bocconcini Mozzarella and Arugula.

**Fish & Meat**

(Served with oven roasted Rosemary fingerling potatoes and seasonal vegetables)

**Sockeye Salmon \$16**

Pan seared in Canadian whiskey, cream and chives.

**Sole Filets \$15**

Filets in caper, shallots, black olives, fresh tomato and Basil.

**Thyme Crusted Haida Gwaii Halibut \$20**

Pan fried halibut in a lemon Marscapone sauce.

**Tuscan Fish Stew \$19**

Local fish and shellfish in a with julienne vegetables, in a red wine tomato broth scented with star anise, served with a grilled crostini.

**Fraser Valley Chicken Breast \$19**

Stuffed with roasted red peppers and Gorgonzola cheese & lemon cream sauce.

**Grilled Sirloin \$24**

Center cut 10 oz. steak topped with our own herb butter.

**Beef Tenderloin \$24**

7 oz. Grilled Triple A tenderloin with red wine reduction.

**Veal Italiano \$19**

Breaded veal Milanese pan fried and topped with diced tomato & Bocconcini Mozzarella.

**Italian Sandwiches**

Served with French fries or green salad.

**Beef Dip Italiano \$14**

Shaved top round stacked on fresh Ciabatta with melted Fontina cheese & au jus for dipping.

**Garden Panino \$12**

Grilled Portabella mushrooms, goat cheese and sun-dried tomato pesto.

**Italian Chicken Club \$14**

Grilled chicken with Pancetta, lettuce, Ailoi, tomato and Cambozola on sourdough.

**Mediterranean Panino \$15**

Capocollo, provolone and roasted red peppers.

**Lamb Burger \$15**

House made lamb patty, charred onions, Ailoi and lettuce.