



◆◆◆◆ APPETIZERS ◆◆◆◆

Selection of antipasti from our show case Five items.....\$9 Seven items.....\$11 Nine items.....\$13	
Wild mushroom, prosciutto, bocconcini, arborio rice croquettes served with tomato basil pesto sauce	\$10
Bruschetta brushed with garlic, topped with chopped tomato, Friulano cheese, parmigiano	\$8
Seared Nova Scotia scallops atop crisp pancetta, Espagnole sauce	\$11
Panko crusted Roman style artichokes with chili aioli	\$10
Nova Scotia smoked salmon carpaccio, capers, chopped red onion, extra virgin olive oil, 12 year old balsamic, served with garlic crostini	\$12
Jumbo shrimp sautéed with garlic, cream and white wine	\$10
Fresh local mussels sautéed with onion, garlic, tomato, white wine, basil pesto	\$10
Escargot sautéed with roasted garlic, grape tomatoes, fresh herbs, cognac and cream with prosciutto wrapped seared polenta	\$11
Crostini topped with fresh ricotta, arugula, wild mushrooms, truffle oil, shaved pecorino	\$10

◆◆◆◆ FOCACCIA SANDWICHES ◆◆◆◆

Focaccia filled with roasted chicken, pancetta, avocado, arugula, dressed with chili aioli	\$13
Focaccia filled with slow roasted lamb, caramelized onions, fontina, fresh greens, with a honey Dijon aioli	\$13
Focaccia filled with prosciutto, balsamic roasted cherry tomatoes, arugula, buffalo mozzarella, sundried tomato aioli	\$13
Focaccia sandwiches above served with a side mixed green salad Caesar or spinach salad is available for an additional \$2.00	
Garlic toasted focaccia served <u>open face</u> with Sicilian tuna, green beans, black olives, fresh tomatoes, arugula, sliced egg, drizzled with herbed lemon vinaigrette	\$14

◆◆◆◆ PASTAS ◆◆◆◆

Spaghettini sautéed with olive oil, garlic, parsley, chilies and parmigiano	\$13
Handmade ravioli filled with roasted chicken, wild mushrooms and cambozola, finished with a mushroom sherry and cream sauce	\$15
Tagliolini sautéed with gorgonzola, cream, roasted pistachios and toasted focaccia crumbs	\$15
Rigatoni sautéed with pancetta, onions, tomato, black olive pesto, topped with goat cheese	\$15
Orecchiette sautéed with spring peas, broccolini, prosciutto, cream and parmigiano	\$15
Spaghettini sautéed with jumbo shrimp, fresh clams, mussels, seared scallops, aglio e olio and fresh lime	\$18
Classic handmade lasagna layered with ragu, béchamel, fresh mozzarella, parmigiano	\$15
Spaghettini alla Bolognese	\$15

◆◆◆◆ MAIN COURSES ◆◆◆◆

Basil pesto crusted Atlantic salmon, warm salad of bacon, green beans, pinenuts and roasted potatoes, lemon aioli	\$20
Organic chicken breast stuffed with prosciutto, fresh sage and fontina cheese, seared, served with a marsala wine reduction	\$21
Almond and gremolata crusted halibut seared with a brown butter and lemon white wine sauce	\$22
Whole grain mustard marinated rack of lamb, char grilled and finished with a demi-glace and port reduction	\$24
Jumbo shrimp, scallops, lobster, fresh clams, salmon and haddock sautéed with garlic, roasted onions and sweet peppers, white wine, fresh herbs and tomato, served with garlic crostini	\$23
Grilled AAA Angus striploin on garlic toasted focaccia with a red wine, green peppercorn demi-glace reduction	\$23

◆◆◆◆ SOUPS ◆◆◆◆

Cream of wild mushroom soup	\$9
Tomato and roasted garlic soup	\$9
Italian seafood soup	\$10
Italian-style vegetable and pasta soup with basil pesto	\$9

◆◆◆◆ SALADS ◆◆◆◆

Classic Caesar salad	\$9
Spinach salad with honey pinenut dressing, roasted chicken, tomato and grated parmigiano	\$10
Shredded red and green cabbage salad, warm dressing of roasted garlic, bacon, olive oil and balsamic, dusted with parmigiano	\$9
A variety of grilled vegetables, organic greens, goat cheese, drizzled with balsamic vinaigrette	\$10

◆◆◆◆ THIN CRUST PIZZAS ◆◆◆◆

Thin crust pizza topped with tomato, basil pesto and buffalo mozzarella	\$14
Thin crust pizza topped with portabello mushrooms, roasted chicken, garlic braised spinach, fontina, drizzled with truffle oil	\$15
Thin crust pizza topped with pancetta, fresh herb marinated artichokes, broccolini, mozzarella and balsamic drizzle	\$15
Thin crust pizza topped with basil pesto, balsamic roasted cherry tomatoes, charred green beans, pinenuts, goat cheese and fresh mozzarella	\$14
Thin crust pizza topped with Genoa salami, roasted onions and sweet peppers, chilies and montasio	\$15
Thin crust pizza topped with house made Italian sausage, caramelized onions, garlic roasted cherry tomatoes and fresh mozzarella	\$14

Tagliolini sautéed with smoked prosciutto, portabello mushrooms, cream and pecorino cheese	\$15
Handmade tasca stuffed with Nova Scotia lobster, scallions, mascarpone, with a tomato roasted garlic cream sauce	\$16
Linguine sautéed with green beans, roasted pinenuts, basil pesto, cream and parmigiano	\$14
Rigatoni sautéed with house made Italian sausage, tomato, chilies, roasted garlic and parmigiano	\$16
Fettuccine sautéed with red wine slow braised chicken, fresh herbs, garlic sautéed spinach and parmigiano	\$15
Penne sautéed with roasted sweet peppers and onions, arugula, chilies, tomato, topped with fresh ricotta	\$15
Penne sautéed with pancetta, onions and tomato	\$15
Spaghettini alla Carbonara	\$15

Veal scallopine topped with fresh mozzarella, sauced with white wine, fresh herbs and tomato	\$22
Pancetta wrapped pork tenderloin, roasted, served with caramelized garlic, sherry spiked cream sauce	\$20
Pan seared haddock, finished with a fresh Nova Scotia lobster sauce, truffle oil drizzle	\$22
Veal scallopine sautéed with wild mushrooms and gorgonzola dolce sauce, pan roasted polenta	\$23

All main courses are served with fresh vegetables and potatoes

SIDE DISHES

Penne with tomato sauce and basil	\$7
Fettuccine with cream and parmigiano	\$7
Side of vegetables and potato	\$5
Additions and extras, per item	\$3

All dishes at Il Mercato Trattoria are handmade and to order. Please inform us of any dietary restrictions upon ordering.

BUON APPETITO