



# LUNCH IN FRETTA

**IL PRANZO** **\$19**  
Includes choice of salad + main + chef selected dessert

## INSALATA

Insalata Cesare  
With croutons, bacon, parmigiano reggiano, lemon,  
extra-virgin olive oil

**Or**

Organic Mixed Greens with cherry tomatoes, lemon,  
extra-virgin olive oil

## MAIN

### PASTA

Penne arrabiata - tomato, hot chilies + garlic

Penne in pink vodka cream sauce with pancetta

Rigatoni in traditional Bolognese meat sauce + parmigiano reggiano

Fusilli with chicken + mushrooms in a light cream sauce

Spaghetti carbonara - pancetta, egg yolk, parmigiano reggiano

### PIZZA

**Pizza's are stone baked made with fresh homemade  
dough and sauces**

Margherita  
Tomato, mozzarella, basil

da Napoli  
Tomato chunks, mozzarella, grana padano, garlic, oregano

Quattro Stagioni  
Tomato, mozzarella, olives, ¼ red peppers, ¼ mushrooms,  
¼ eggplant, ¼ zucchini

Americana  
Tomato, mozzarella, pepperoni, mushroom, green peppers

San Giorgio  
Tomato, mozzarella, spicy soppressata, black olives

## SECONDI

**\$17**

### SEARED AHI TUNA

Green beans, arugula, roasted red pepper,  
grape + black olive salsa

### CRISPY TROUT

Baby summer squash, cherry tomato, fava ragu,  
brown butter, lemon caper sauce

### FRESH ATLANTIC SALMON

Grilled asparagus, fennel + orange salad

### POLLO PARMIGIANA

Breaded boneless organic chicken breast,  
melted mozzarella, parmigiano, tomato sauce,  
seasonal vegetables, roasted potatoes

## INSALATA GRANDE

**\$10**

### INSALATA CESARE WITH GRILLED CHICKEN

Croutons, bacon, parmigiano reggiano, lemon,  
extra-virgin olive oil

### ORGANIC MIXED GREENS WITH SAUTEED SHRIMP

Cherry tomatoes, lemon, extra-virgin olive oil

### ARUGULA WITH PROSCIUTTO DI PARMA

Shaved parmigiano reggiano, red wine vinegar,  
extra-virgin olive oil

### SPINACH SALAD WITH ORANGE + DRIED FIG

pine nuts, cranberries, brie, capellini crisps,  
strawberry vinaigrette

## PANINI OR GRILLED FLAT BREAD

**\$11**

**Baked fresh in our stone-oven served  
with mixed greens**

### ITALIAN CLUB

Sliced chicken breast, crispy pancetta, tomato,  
spinach, pesto aioli

### WARM VEG

Baked eggplant, tomato, fior di latte, basil, balsamic drizzle

### PROSCIUTTO

Prosciutto di Parma, brie, arugula, lemon dressing

### CHICKEN PARMIGIANA

Tomato sauce, mozzarella, basil leaves

### BISTECCA

Grilled 6oz New York steak, sautéed red onions,  
fontina, arugula

TORONTO  
YORKVILLE · KING STREET WEST · YONGE STREET  
MIAMI BEACH · CORAL GABLES

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