

# La Forchetta Ristorante

## Dinner Menu

### ANTIPASTI / Appetizers

<b>Zuppa</b> - made fresh daily (see daily features)	10.95
<i>La Forchetta's Sicilian Rolls</i> stuffed with smoked mozzarella, roasted red peppers & fresh basil Chipotle-Roma tomato dipping sauce	10.95
<b>P.E.I. Mussels</b> , fresh scallions, roasted garlic and fresh pepperoncini with oregano infused olive oil, tomato and shrimp fumé brodetto	13.95
<b>Beef Tenderloin Carpaccio</b> , Parmigiano Reggiano, arugula, lemon & estate bottled extra virgin olive oil	16.95
<b>Pan Seared Sea Scallops</b> , Black olive Mascarpone cream, lime-olive oil dressed watercress and reduced balsamic glaze.	21.95
<b>Grilled Jumbo Calamari</b> , Jumbo calamari, Caper berries, grilled yellow and green zucchini and spicy chipotle-scallion mayo ... <i>add shrimps \$7</i>	17.95
<b>White Wine Streamed Pasta Clams</b> , white wine, fresh garlic, spicy peperoncini oil and chives	16.95
<b>Goat's Cheese Filled Portobello Cap</b> , baked pistachio-crusted goat cheese served on a Portobello mushroom cap with roasted red peppers, fresh tomato, smoked mozzarella melt & a chive oil drizzle	16.95
<b>Duck Prosciutto</b> (smoked Duck breast), Asiago Crotonese, Grilled Bosc pear & a Tuscan Vincotto finish	19.95
<b>Funghi Shiitake, Polenta Calda &amp; Crema di Balsamico</b> , pan seared organic Shiitake mushrooms, marinated artichoke hearts, warm corn meal cake, roasted fresh leeks & cream of Balsamic drizzle	19.95
<i>La Forchetta Antipasto Platter for 2+</i> (Please ask your server for availability)	<i>per person - 12.95</i>

### INSALATE / Salads

#### **Red & Orange Salad**

Radicchio, fresh grape tomatoes, orange hearts & a balsamic blood orange dressing

11.95

#### **Classic Caesar Salad**

Romaine hearts, herbed crostini, crispy prosciuttino, shaved Grana Padano, traditional homemade Caesar dressing

9.95

#### **Fior' di Latte Caprese Salad**

Fresh soft Mozzarella cheese, vine-ripened tomatoes, house basil oil, aged balsamic

11.95

#### **Rockette Greens & Watercress**

Baby arugula, grape tomatoes, carrot-parsnip julienne, balsamic-white wine & e.v. olive oil vinaigrette & grated Ricotta salata  
cheese finish

12.95

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## PRIMI / Pastas

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<b>Tagliatelle Napoli</b> , Moroccan black olives, Neapolitan cherry tomatoes, fresh basil, garlic & extra virgin olive oil	16.95
<b>Farfalle con Pollo</b> , smoked chicken, caramelized onions, chickpeas, artichoke hearts, fresh scallions in a white wine & sun-dried tomato sugo	18.95
<b>Homemade Spaghetti Bolognese</b> , original "Ragu" meat sauce from Bologna - add <i>crimini mushrooms</i> ... \$3	16.95
<b>Linguine with Sea Scallops, Black Tiger Shrimps, Manila Clams &amp; P.E. I. Mussels</b> seared fresh scallops, shrimps, mussels, white wine, garlic, fresh scallions, caper berries, spicy light tomato sauce - add 5 oz. <i>lobster tail</i> ... \$23	25.95
<b>Butternut Squash Agnolotti Torinese</b> , Parmigiano Reggiano, crispy sage, brown butter	17.95
<b>Homemade Yukon Gold Potato Gnocchi</b> baby spinach, gorgonzola dolce cream & toasted Pecans	21.95
<b>Orecchiette Con Salsiccia Barese</b> , seared Barese sausage, Cannellini beans, red onion, rapini florets, peperoncini, white wine & shaved Parmigiano al aglio e olio	17.95
<b>Penne alla Puttanesca</b> , fresh wild Atlantic Cod, black olives, capers, fresh garlic, oregano infused olive oil & arabirata sauce	19.95
<b>Pappardelle with Seared Duck Breast &amp; Shiitake Mushroom</b> seared duck breast julienne, shiitake, roasted leek and porcini broth-brandly cream	26.95

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## Risottos - *La Forchetta* Originals

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*We serve the highest quality superfino Carnaroli rice  
for the ultimate risotto texture worthy of its ingredients*

### **Risotto Milanese**

Fine Spanish saffron, house chicken broth & Parmigino Reggiano

19.95

### **Risotto Funghi**

Mixed forest mushrooms, shaved Parmigiano Reggiano, porcini broth, white truffle oil

21.95

### **Smoked Duck Breast Risotto**

Lean smoked duck breast, cherry tomatoes, grilled artichokes hearts, Asiago cheese & fresh baby arugula.

22.95

### **Braised Lamb & Red Wine Risotto**

Barbera red wine, slow braised lamb shank meat, roasted leeks, Parmiggiano Reggiano & Natural jus

23.95

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## SECONDI / Mains

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### Meat / Carne

<b>Crispy Duck Breast</b> , pomegranate, cointreau and natural jus roasted sweet potato mash & Chef's daily seasonal vegetable preparation	26.95
<b>Rosemary Pork Tenderloin</b> , Marsala (semi dolce), Mascarpone & Natural jus roasted mini potato duo & Chef's daily seasonal vegetable preparation	22.95
<b>Grilled Dry Aged (for 6 weeks) Prime Striploin</b> charred corn-asiago soft polenta, grilled asparagus & a house Chipotle BBQ sauce	42.95
<b>Roasted Chicken Supreme</b> , natural jus & white wine herb reduction roasted leek mashed potato & Chef's daily seasonal vegetable preparation	21.95
<b>Oven Roasted Australian Rack of Lamb</b> , honey, raw sugar and Pistachio crust, roasted garlic Yukon Gold mash & steamed fresh French beans	36.95

### Fish / Pesce

<b>Pan Seared Sea Scallops</b> , roasted leek mashed potato, steamed bok choy & snow peas, spicy chive oil drizzle and cream of balsamic glaze	32.95
<b>Grilled European Sea Bass Filet (Spigola)</b> , saffron lemon emulsion & fresh chives roasted mini new potato duo & seasonal vegetable preparation.	23.95
<b>Oven Roasted Atlantic Salmon</b> , Du Puy French lentils with baby spinach, Neapolitan cherry tomatoes and honey-Pommery mustard glaze	23.95
<b>Grigliata Di Pesce <i>A La Forchetta</i></b> in citrus infused Chipotle herb sugo large P.E.I scallops, mussels, clams, jumbo calamari, sea bass & Tiger shrimps, with chef's preparation of long grain fine rice & daily seasonal vegetable preparation	38.95

*Please note that a 18% gratuity is applied to parties of 6 or more  
and \$1 per person charge will apply to additional orders of our house rosemary bread.*

## **Prix Fixe Menu**

- Please choose two (out of three) courses - \$28  
(Not available on Friday or Saturday or for online reservations)
- Please choose three (out of three) courses - \$35

### **ANTIPASTI / Appetizers**

*La Forchetta's* **Sicilian Rolls** stuffed with smoked mozzarella, roasted red peppers and fresh basil with a chipotle-Roma tomato coulis

**Featured Soup of the Day**, made fresh daily (please refer to the daily features)

**Classic Tomato Bruschetta** chopped fresh tomatoes, fresh garlic, chopped parsley, extra virgin olive oil & parmigiana reggiano shavings

**Fior' di Latte Caprese Salad**, fresh soft Mozzarella cheese, vine-ripened tomatoes, house basil oil, aged balsamic

**Classic Caesar Salad**, romaine hearts, herbed crostini, crispy prosciuttino, shaved Grana Padano, traditional homemade Caesar dressing

### **SECONDI / Mains**

**Oven Roasted Chicken Supreme** natural jus-white wine herb reduction, Chef's daily starch and seasonal vegetable preparation

**Butternut Squash Agnolotti Torinese**, Parmigiano Reggiano, crispy sage, brown butter

**Roasted Atlantic Salmon**, Du-Puy lentils with baby spinach, whole cherry tomatoes and honey-Pommery mustard glaze

**Grilled European Sea Bass Filet** (Spigola), saffron lemon emulsion & fresh chives  
Chef's daily starch and seasonal vegetable preparation.

**Rosemary Roasted Pork Tenderloin** Marsala (semi dolce), Mascarpone & Natural jus  
Chef's daily starch and seasonal vegetable preparation

### **Dolce / Desert**

Vanilla **Panna Cotta** with fresh raspberry coulis

Honey *Crème brûlée*

Classic Sicilian **Gelato**