

ANTIPASTI

SOCIALIZE & SHARE

Antipasto Board • four meats, five cheeses, artisan bread, marinated olives, pickled vegetables, lemon garlic hummus
\$32 FOR 2 • \$44 FOR 4 (GF option available)

APERITIVO

SOCIALIZE & SHARE

Bruschetta • tomato, garlic, olive oil, asiago, lemon, caper, herb cream cheese, baguette, basil
\$14 ½ (V) (GF option available)

Pasta Chips & Dips • crisp pasta chips, romesco dip, garlic basil aioli **\$14 ½ (V)**

*** Marinated Olives and Lemon Garlic Hummus** • mixed olives, hummus, flatbread, olive oil, gremolata **\$12 ½ (V)** (GF option available)

Chilled Sambuca Prawns • prawns, butter, garlic, sambuca, basil aioli, lemon gremolata **\$14 (GF)**

Arancini • panko, mushroom risotto, asiago, ranch, romesco sauce **\$14 ½ (V)**

Cicchetti • artisan breads, aged balsamic and olive oil **\$11 (V)**

Meatballs & Sauce • Piedmontese meatballs, bolognese sauce, artisan bread, asiago, basil **\$14 ½**

Lobster and Crab Raviolo Bites • Crisp lobster and crab raviolo with garlic basil aioli **\$14 ½**

LATI

SIDES

Minestrone Soup • seasonal vegetables, vegetable stock, cannellini beans **\$6 ¾ (V)** (GF)

Side Salad • side table (V) or caesar salad **\$6 ¾**

APERITIVO ORA

JOIN US DAILY FOR HAPPY HOUR AT THE
ITALIAN TABLE BAR • 3 PM - 530 PM

\$8 - COCKTAILS

\$8 - GLASSES OF WINE

\$8 - PINTS OF BEER

INSALATA

SALADS • SHARE SIZE ANY SALAD \$27

Panzanella • basil, prosciutto, artisan bread, mixed greens, arugula, tomato, asiago, lemon vinaigrette **\$15 ½ (V)** or GF option available)

Caprese Salad • tomato, pumpkin seed pesto, asiago, arugula, fior di latte, balsamic glaze **\$15 ½ (V)** (GF)

Table Salad • mixed greens, tomato, pumpkin seed, fennel, sundried tomatoes, asiago, ranch **\$14 ½ (V)** (GF)

Caesar Salad • romaine, artisan croutons, fried caper, prosciutto, asiago, roasted garlic dressing **\$15 ½** (served chopped or whole leaf)
(GF option available) (contains anchovy)

*** Roasted Vegetable & Quinoa Salad** • zucchini, mushroom, red onion, red pepper, pumpkin seed, asiago, mixed greens, quinoa, lemon vinaigrette **\$17 ½ (V)** (GF)

Soup & Salad • minestrone soup served with choice of table or caesar salad, focaccia **\$17 ½ (V)**
(GF option available)

ADD CHICKEN OR PRAWNS \$6
ADD SALMON \$8

PANINIS

SANDWICHES • CHOICE OF MINESTRONE SOUP, TABLE SALAD OR CAESAR SALAD

Chicken Parmigiana • panko, chicken breast, provolone, prosciutto, red sauce, ranch, baguette **\$19 ½**

*** Italian Dog** • mild italian sausage, herb cream cheese, garlic aioli, dijon mustard, pickled fennel and red onion, baguette **\$19 ½**

Meatball • Piedmontese meatballs, arugula, herb cheese, garlic aioli, romesco sauce, baguette **\$19 ½**

Italian Farm • prosciutto, coppa, genoa, arugula, provolone, garlic aioli, bolognese sauce, baguette **\$19 ½**

*** Portabella “Steak” Sandwich** • portabella mushrooms, tomato, pickled fennel and red onion, garlic aioli, sourdough **\$21 ¾ (V)**

Steak Sandwich • 5 oz sirloin steak, tomato, pickled fennel and red onion, garlic aioli, sourdough **\$23 ¾**

PRIMO

PASTA • SHARE SIZE ANY PASTA \$37 CHOICE OF PENNE, LINGUINI, OR GNOCCHI SERVED WITH FOCACCIA (GF PASTA AVAILABLE)

Table Carbonara • prosciutto, mushroom, white sauce, white wine, shallot, garlic, basil, asiago **\$20 ½**

Rose • red sauce, white sauce, white wine, shallot, garlic, basil, asiago **\$19 ¾ (V)**

Pesto Cream • pumpkin seed pesto, white sauce, white wine, shallot, garlic, asiago **\$19 ¾ (V)**

Arrabiata • red sauce, chile oil, white wine, shallot, garlic, basil, asiago **\$19 ¾ (V)**

Bolognese • Piedmontese beef, pork, red sauce, white wine, shallot, garlic, basil, asiago **\$20 ½**

Primavera • roasted seasonal vegetables, red sauce, white wine, shallot, garlic, basil, asiago **\$20 ½ (V)**

ADD CHICKEN OR PRAWNS \$6
ADD SALMON \$8

PASTA & STROMBOLI

STUFFED PASTA & PIZZA

Lasagna with Bolognese • Piedmontese beef, pork, red sauce, ricotta, mozzarella, white sauce, basil, asiago **\$21 ½**

Four Cheese and Spinach Raviolo • garlic, shallot, red sauce, white sauce, basil, asiago **\$23 ¾ (V)**

Lobster and Crab Raviolo • lemon pan sauce, mascarpone, basil, asiago, gremolata **\$25 ½**

*** Stromboli Carne** • pizza dough, red sauce, mozzarella, asiago, prosciutto cotto, mild italian sausage, bolognese and served with caesar salad **\$21**

*** Stromboli Vegetariano** • pizza dough, red pepper, red onion, mushroom, zucchini, herb cream cheese, pumpkin seed pesto, mozzarella, asiago, lemon garlic hummus and served with caesar salad **\$21 (V)**

ADVISE YOUR SERVER IF YOU HAVE ANY
FOOD ALLERGIES OR SENSITIVITIES.

GF - GLUTEN FREE V - VEGETARIAN

*** NEW MENU ITEMS**

SECONDO

MAINS • SERVED WITH CHOICE OF SIDES

Citrus Chicken • squeezed orange, red sauce, garlic, shallot, white wine, basil, asiago **\$28 ½ (GF)**

Chicken Marsala • asiago, marsala wine, mascarpone, white sauce, garlic, shallot **\$28 ½ (GF)**

*** Chicken Parmigiana** • panko, chicken breast, red sauce, toasted fennel seed, mozzarella and asiago **\$31**

Sambuca Prawns • prawns, sambuca, shallot, garlic white wine, butter, gremolata **\$31 (GF)**

Salmon Milanese • salmon, shallot, white sauce, white wine, lemon, garlic, arugula, gremolata **\$31**

Filet with Burro Bianco Truffle Sauce • beef tenderloin, cipollini onions, truffle butter, white sauce, white wine, garlic, shallot **\$45 (GF)**

Sirloin & Side • 7oz sirloin steak, served with choice of side **\$34**

Short Rib Ragù Polenta • beef short rib, red wine, garlic, shallot, red sauce, jus, asiago, gremolata, served with fried polenta and roasted vegetables **\$33**

SIDES:

- MASCARPONE MASHED & ROASTED VEGETABLES
- MASCARPONE MASHED & CAESAR SALAD
- FRIED POLENTA BOLOGNESE & ROASTED VEGETABLES
- PENNE WITH ROSE SAUCE

DOLCE

DESSERT

Olive Oil Cake • olive oil cake, mascarpone, limoncello, strawberry, cream • **\$10 ½**

Tiramisu • lady fingers, espresso, egg, mascarpone, cocoa, kahlua • **\$10 ½**

Gelato • seasonal selection • **\$8 ½**

Italian Soda Float • vanilla bourbon gelato with strawberry basil soda or raspberry peach soda • **\$8**

Affogato Al Caffè • vanilla bourbon gelato, espresso • **\$8**

Cannoli • (CHOOSE 2) ask your server for current selection • **\$12 • 4 PACK TO GO \$18**

Socialize and Share Dessert • Olive Oil Cake, Tiramisu and Gelato to share • **\$22**

WE INVITE YOU TO SIT WITH FRIENDS
AND FAMILY AT OUR ITALIAN TABLE
TO EAT, SOCIALIZE AND SHARE. IT IS
MY HOPE THAT WE HAVE CREATED
A SPACE THAT ENCOURAGES YOU
TO CONNECT AND ENGAGE IN
CONVERSATION, THE ITALIAN WAY.



WE BELIEVE IN COMMUNITY AND
SOCIAL RESPONSIBILITY. WHILE YOU
SOCIALIZE AND SHARE AT OUR ITALIAN
TABLE, YOU ARE ALSO PLAYING A ROLE
IN SUPPORTING YOUTH CHARITIES.
THANK YOU FOR SUPPORTING US,
WE WILL PAY IT FORWARD.

MICHAEL MARCOTTE • PROPRIETOR

MENU DI BASE

MENU BASICS

Cicchetti • (CHI-KETT-EE) - small snacks to share for the table

Antipasti • (AHN-TEE-PAHS-TEE) - is the traditional first course of a formal Italian meal, and often includes various meats, cheeses, or other appetizers

Arancini • (ARE-AN-CHEE-NEE) - crispy Sicilian balls of rice with a sauce and cheese filling and crunchy breadcrumb coating

Prosciutto • (PRO-SHOOT-TOH) - thinly sliced Italian dry-cured ham

Gremolata • (GREH-MOH-LAH-TAH) - a chopped herb condiment classically made of lemon zest, garlic, and parsley

Minestrone • (MIN-E-STRO-NE) - a thick classic Italian soup made from seasonal vegetables

Panzanella • (PAN-ZAH-NEHL-LAH) - a Tuscan salad of bread and tomatoes

Caprese • (CAH-PREHY-ZAY) - a fresh salad originally from Capri, Italy, made from fresh tomatoes, mozzarella, and basil

Gnocchi • (NYOH-KEE) - small dough dumplings made from semolina flour, egg, and potato

Arrabiata • (AH-RAH-BEE-AH-TAH) - literally means "angry" in Italian; the name of the sauce refers to the spiciness of the chili peppers

Bolognese • (BOH-LON-NYEH-ZEAH) - a tomato and meat-based sauce originally from Bologna, Italy.

Milanese • (MEE-LAH-NEY-ZE) - tenderized meat served with a breaded coating, originating from Milan, Italy

Piedmontese • (PEED-MON-TEEZ) - named for a breed of cattle raised in Piedmont, Italy known for producing lean and tender beef

Stromboli • (STROM-BOH-LEE) - pizza dough stuffed with cheese and other toppings, rolled and baked

Cannoli • (CAH-NOH-LEE) - fried pastry dough, filled with a sweet, creamy filling

TO ME, BRUNCH EXEMPLIFIES EATING THE ITALIAN WAY. LOTS OF FOOD, LAUGHS, AND RECONNECTING WITH FRIENDS AND FAMILY. WHAT I LOVE ABOUT BRUNCH IS FAMILY STYLE DINING, MULTIPLE COURSES, AND HOT FOOD SERVED FRESH. SO, SIT BACK, TAKE YOUR TIME AND ENJOY THE PEOPLE YOU CHOSE TO SPEND SUNDAY WITH.

SOCIALIZE AND SHARE SUNDAY BRUNCH

11 AM - 1 PM • SERVED WITH COFFEE, TEA OR JUICE

APERITIVO • TO START

Cold appetizers for the table

SECONDO • SECOND COURSE • SERVED FAMILY STYLE INCLUDES:

- BACON
- AVOCADO TOAST
- CAESAR SALAD
- HASHBROWNS
- EGGS BENEDICT
- TABLE CARBONARA
- STRAWBERRY FRENCH TOAST

DOLCE • DESSERT

- FRUIT SALAD
- TIRAMISU

ADULTS • \$28

SENIORS • \$26

5-11 YRS • \$12 (WITH ADULT BRUNCH PURCHASE)

BRUNCH COCKTAILS • \$7

- FEATURE MIMOSA
- CAESAR
- ITALIAN COFFEE

ITALIAN TABLE IS PROUD TO WORK WITH ALBERTANS PRODUCING QUALITY INGREDIENTS:

LET'S PASTA • LETHBRIDGE
HOLI CANNOLI • CALGARY
MESSINGER MEATS • LACOMBE
CUPPERS COFFEE & TEA • LETHBRIDGE

HOMESTEAD BAKERY • FORT MACLEOD
STRONGHOLD BREWING CO. • FORT MACLEOD
THEORETICALLY BREWING COMPANY • LETHBRIDGE

- OUR SEAFOOD IS CERTIFIED OCEAN-WISE
- WE SERVE 100% CANADIAN BEEF
- OUR EGGS AND POULTRY ARE FREE-RUN