

SHARABLES

ARANCINI 14

House made arancini (3) served with house pomodoro sauce (chef's choice)

MANZO FRIES 22

A Sala Staple- crispy fries, marinated flank steak, aioli, tomatoes + green onion

NOT YOUR NONNA'S MOZZA 18

Handmade mozzarella sticks with pomodoro sauce + fresh basil

CALAMARI 19

Cornmeal breaded squid, served with chipotle mayo + aioli

CRISPY CAULIFLOWER BITES 17

Crispy cauliflower tossed in choice of wing sauce + blue cheese dip

HOT HONEY FINGERS 18

Crispy chicken fingers in hot honey sauce served with dill ranch

SPINACH DIP 17

House made Spinach Dip topped with mozzarella, served with fried naan

NACHOS 24

Double layered with three cheese blend, flank steak, sauteed peppers + onions, topped with tomatoes, green onions, pickled jalapenos, cilantro + chipotle lime sour cream

INSALATA

FALL SALAD 19

Apples, blueberries, arugula, pie crust croutons, cinnamon ricotta, dried cranberries, roasted pecans + apple vinaigrette

STRAWBERRY SALAD 19

Mix leaf, strawberries, watermelon, quinoa, watermelon radish, pomegranate, goat cheese + honey roasted pecan with a strawberry balsamic vinaigrette

BURRATA MEETS CAPRESE 18

Burrata cheese, wedged tomato, heirloom cherry tomatoes, prosciutto di parma, aged balsamic, EVOO + fresh basil

CAESAR 17

Romaine, asiago, croutons, crispy pancetta, parmesan tuile, + caesar dressing

ADD CHICKEN TO ANY SALAD +6



P	OSSO BUCCO Orecchiette, red wine braised veal shank topped with shaved parmesan + fresh basil 28	TRUFFLE RIGATONI Rigatoni in a truffle cream sauce topped with sautéed mushrooms, fresh basil and shaved parmesan 26	JERK CHICKEN Linguine, braised chicken thighs, jerk cream sauce, green peas, roasted red peppers, topped with crispy chicken skin 26
A			
S	PENNE A LA VODKA Penne, vodka sauce, crispy pancetta, pecorino cheese, parmesan tuile + fresh basil 25	CHICKEN PARMA-SEAN Linguine, pomodoro sauce, chicken parmesan, pesto, parmesan tuile + fresh basil 25	RIGATONI BOLOGNESE Rigatoni in our house bolognese topped with fresh mozzarella + fresh basil 24
T			
A			

Garlic knot served with each pasta dish

Gluten Free Pasta +5

WANNA SANGWHEECH?

Served with your choice of side: House Salad or French Fries. | Caesar Salad or Sweet Potato Fries +3.50

DATS' A BEEF DIP 22

Marinated roast beef, crispy onions, aioli,
+ swiss cheese on a fresh roll, served with beef jus

GODFATHER PHILLY 23

Marinated flank steak, bell peppers, onion,
mushrooms, provolone cheese, crispy onion, mayo
+ Italian dressing on a fresh roll

ROMA WRAP 20

Flour tortilla, grilled chicken breast, bacon,
lettuce, roma tomato, crispy onion + aioli

VEAL PARM 24

Breaded veal, house pomodoro sauce,
fresh mozzarella, caramelized onions, arugula,
aioli + pesto on a house made bun

THE ABRUZZO 21

Prosciutto, spicy salami, mortadella, fresh mozzarella,
arugula, banana peppers, roma tomato + aioli
on an Italian herbed schiacciata

THE SICILIAN 21

Spicy chicken breast, red cabbage slaw, lettuce,
tomato, pickle + dill ranch on a brioche bun

P	MARGHERITA House pizza sauce, fresh mozzarella, fresh basil, + EVOO 19	MUSHROOM Mushroom cream sauce, gruyere cheese, mozzarella, mushrooms caramelized onion, green onion + balsamic 22	SALA SWEET HEAT House sauce, mozzarella, spicy calabrese, banana peppers, red peppers, onion, + hot honey 24	MANZO Garlic oil base, marinated flank steak, goat cheese, mozzarella, + red onion 25
L				
Z	PESTO Pesto, fresh mozzarella, prosciutto, arugula, red onion sliced tomato + balsamic glaze 23	MEAT LOVER House sauce, mozzarella, pepperoni, bacon + ham 24	BUTTER CHICKEN House made butter chicken, mozzarella, bell peppers, mint cilantro yogurt + picked red onions 25	CLASSICO The traditional favourite. House pizza sauce + pepperoni 20
Z				
A				

Build Your Own Pizza

Regular crust, your choice of pizza sauce, mozzarella cheese + three toppings -25

Sauce Options: house red, garlic oil, pesto, BBQ

Add Protein + Dairy + 4 | Add Veg + 2
Make ANY pizza gluten free +5

Toppings:

Pepperoni, Prosciutto, Chicken, Bacon, Ham, Tomato, Bell Pepper,
Roasted Red Pepper, Hot Peppers, Mushrooms, Red Onion, Caramelized Onion, Arugula,
Fresh Basil, Mozzarella, Goat Cheese

Choose Your Flavour:

MILD • MEDIUM • HOT • BBQ • HONEY GARLIC •

SPICY GARLIC PARM • DRY CAJUN • SALT & PEPPER • JERK BBQ +3

CHICKEN WINGS

1 lb 15
2 lb 28
3 lb 39

served with celery, carrots and blue cheese

All items subject to tax. Parties of 8+ subject to 18% gratuity.