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## 1ST GEAR

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Two-minute flash Fried Calamari, fresh Herb aioli 10.

Prosciutto di Parma, housemade Grissini, flash fried Roman Artichokes, roasted garlic, lemon aioli 17.

Yellowfin Tuna Tartare with Avocado, Sesame cucumber spaghetti, Pickled ginger wasabi cream 14.

Schiacciata, grilled flatbread topped with honey roasted Cherry tomatoes, arugula, Pistachio pesto, fresh Mozzarella & crisp Prosciutto 15.

Local Scallops with Almond, panko & caper crust, White wine, lemon & fresh Chives 13.

Classic Nova Scotia Lobster & roasted Corn Chowder, new potatoes, Vidalia onions, cream & smoked Bacon 14.

Panzanella salad, 'Here 'n There' greens, charred Asparagus, Green beans, Heirloom red tomatoes, garlic toasted croutons, fresh Mozzarella, Pesto Genovese vinaigrette 10.

Home-grown Mussels sautéed with tomato, caramelized onions, garlic, Basil pesto, White wine 10.

Jumbo Shrimp sautéed with garlic, Cognac, charred Grape tomatoes, Splash of cream 12.

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## HIGH GEAR

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Downeast fresh Lobster Roll on an Old School split bun, lemon spiked mayo, Sea salted hand-cut Frites & vinaigrette drizzled Greens 22.

Insalatona, the Italian lunch salad with almond crust crispy Chicken Breast, romaine, arugula & radicchio Mista, Cucumber, tomato, artichokes, fresh Mozzarella, Crispy leeks, lemon vinaigrette 20.

Pistachio honey-crust Atlantic Salmon, oven roasted, Wildflower honey, fresh herb beurre blanc, Herb roasted Red potatoes & buttered Green Beans 26.

Slow roasted Pork Ribs lacquered with Our Own BBQ sauce, Parmigiano dusted sea salted Frites 19.

The Infamous BT housemade chopped Tenderloin Burger, double smoked Bacon, Caramelized onions, very old Cheddar cheese, lettuce & tomato, Sea salted frites 20.

Spaghettoni 'Aglio e Olio', Jumbo Shrimp, Scallops, Mussels, fresh herbs, Lemon Gremolata 22.

Linguine al'Aragosta, fresh Nova Scotia Lobster, garlic, Sherry, cream, tomato, Parmigiano & Italian parsley 24.

Bucatini alla Papalina, prosciutto di Parma, Wild mushrooms, cream & Grana Padano 19.

Linguine Fra Diavola, Jumbo Shrimp sautéed with garlic, Cognac, Green onions, chilies, White wine, San Marzano tomato sauce & Italian parsley 22.

Casarecce, braised Beef Short Rib ragù, Wild mushrooms, San Marzano tomato, Grana Padano 22.

Spaghettoni alle Vongole, South Shore Baby Clams, roasted garlic & chilies, White wine, Italian parsley, crisp Bacon 22.

Spaghettoni, housemade Meatballs stuffed with Fior di Latte Mozzarella, San Marzano tomato, pesto Genovese & Parmigiano 18.

Handmade Gnocchi, julienned Salami, sweet peas, San Marzano tomato & cream, gratinéed with fresh Mozzarella, parmigiano 18.