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## 1ST GEAR

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- Two-minute flash Fried Calamari, garlic & sundried Tomato 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.