

Lunch Menu

Anti Pasti

Caprese \$9.75 ♥

ripe tomato with buffalo mozzarella and red onions on a bed of mixed greens and infused basil EVOO

Bruschetta \$6.25

toasted Italian bread topped with fresh tomato, basil and herbs

Salsici e Rapini \$9.75

Nonnos homemade sausage with rapini, roasted garlic and a little bite of chili pepper with a light tomato sauce

Impepata di Cozze \$11.00

steamed mussels in a white wine tomato sauce

Gamberi ai Ferri \$11.25 ♥

charbroiled shrimp in a lemon garlic herb EVOO sauce

Calamari ai Ferri \$10.50 ♥

charbroiled squid in a lemon garlic herb EVOO sauce

Tonno \$12.00

Ahi tuna seared with spicy/salt, finished with a smoked paprika aioli over a tomato herb salsa

Tagliere di Formaggi \$14.95

assortment of cured Italian and Canadian cheese, marinated olive and dried figs

Tagliere del Salumiere \$14.95

prosciutto/spicy calabrese supresatta/bresaola cured beef tenderloin parmesan/dried figs/marinated olives

Tagliere Mezzo e Mezzo \$16.95

Selection of the previous two

Antipasto Misto \$14.00

prosciutto and salami, marinated olives, assorted cheese, artichoke hearts, roasted red peppers, marinated eggplants, tomatoes and buffalo mozzarella

Zuppe

Pasta e Fagioli \$5.50 ♥

artesian bean soup with a pancetta and pepperocino

Tortellini Brodo \$4.25

cheese stuffed noodles in a light chicken broth

Zuppe di Pesce \$16.00 ♥

an assortment of seafood seasoned with fresh herbs simmered in a light tomato fish stock

Insalate

Pomodori con Cipolla \$8.25 ♥

ripe tomato, mixed fresh greens and spanish onions with balsamic vinaigrette

Fresh Baby Spinach Salad \$11.99 ♥

baby spinach served with a hint of fresh lemon, EVOO, shaved parmesan and roasted sliced almonds

Raw Veg Fresco \$8.99 ♥

Fresh tomatoes, peppers, carrots, zucchini and red sweet onions with a lemon herb EVOO

Classic Caesar Salad \$7.25

with grilled chicken \$14.75

Grilled Salmon Salad \$12.99 ♥

grilled asparagus, ripe tomato and herb goat cheese with a lemon garlic herb vinaigrette

Ahi Tuna Salad \$16.95 ♥

lightly grilled tuna served over mixed greens with tomato and red onion

Insalata Gabbiano \$14.95 ♥

ripe tomato, spanish onions, olives, artichokes, red and yellow peppers and shaved parmigiana friulano cheese and ginger balsamic vinaigrette

Il Gabbiano's Perfect Healthy Lunch



Fresh raw vegetables with a lemon herb vinaigrette and mixed green salad with a red wine vinaigrette.

Choice of protein.



Grilled Nonno's Homemade Italian Sausage \$11.99

Grilled Milk Fed Veal Medallions \$13.99

Grilled Chicken Breast \$12.99

Grilled Salmon Filet \$14.99

Primi Piatti Pasta

All pasta dishes are served with our fresh Artesian Italian bread and roasted red pepper dip.

♥ Whole wheat pasta substitution available

Risotto del Giorno \$14.00

creative risotto made by our chef's daily

Parpadelle Pomodoro \$11.00 ♥

egg noodle parpadelle with a fresh tomato, basil sauce

Parpadelle Aglio Olio \$10.00 ♥

egg noodle parpadelle with a fresh garlic, tomatoes, herbs and EVOO sauce

Parpadelle Fresco \$14.00 ♥

egg noodle with sauteed spinach roasted garlic and sliced fresh salmon in a light tomato sauce

Fresh Parpadelle Gamberi e Gorgonzola \$14.00

sauteed shrimp in a garlic herb gorgonzola cream sauce

Fresh Linguine con Pesto \$14.00

basil pesto, prosciutto and sauteed shrimps in a light cream sauce

Whole Wheat Rigatoni all'Arabiata \$13.00 ♥

sauteed pancetta, capers and black olives in a spicy fresh tomato sauce

Gnocchi alla Ragu \$14.00

prosciutto, sauteed medley of mushrooms with our homemade bolognese sauce

Whole Wheat Fettuccine alla Sophia \$15.00

sauteed breast of chicken with roasted garlic, shiitake mushrooms and artichokes in a blush sauce

Fresh Fettuccine alla Bella Donna \$14.00 ♥

roasted sweet peppers, artichoke hearts, olives, capers and fresh tomato, garlic and EVOO

Whole Wheat Fettuccine del Capo \$14.00 ♥

whole wheat fettuccine with sauteed zucchini, red peppers, sweet onion, asparagus in a fresh tomato sauce tossed with goat cheese.

Rigatoni Boscaiola \$13.00

smoked ham, peas and mushrooms in a blush meat sauce

Gnocchi Formaggi \$14.00

a select blend of savory cheeses melted in a light cream sauce

Add a House or a Classic Caesar Salad or raw vegetable for \$3.50

For a healthy choice see our Heart Smart choices. ♥ EVOO Only using Extra Virgin Olive Oil.

We cater all events. Semi-private seating for 10 to 100 guests. Open 7 days for lunch and dinner.

GIVE AN ITALIAN FEAST!

Lunch or dinner at Il Gabbiano makes the perfect gift card for a friend, family member or co-worker! Get your gift card today.

Il Gabbiano
Ristorante & Catering

Grilled Panini

All Panini are grilled with our fresh Artisan artigiano bread.

Classic Italian \$11.99

prosciutto, spicy calabrese supresatta cappicola, pesto, roasted peppers, tomato, lettuce and cheese

Petto di Pollo \$12.99 ♥

grilled breast of chicken with pesto, tomato, cheese and mixed greens

Vitello \$15.99 ♥

milk fed grilled medallions of veal with tomato, eggplants, peppers, cheese and mixed greens

Vegetarian \$9.99 ♥

tomato, cheese, marinated eggplants, roasted red peppers and mixed fresh salad greens

Frittata \$11.99

Italian omelette with red onion, red peppers, mushrooms and tomato

Beef Tenderloin \$15.99 ♥

grilled tender beef medallions with tomato lettuce, onion and our house sauce

Fish \$14.99 ♥

Blackened white fish with spinach and cheese with a smoked paprika

All our sandwiches come with our House Salad, Caesar or raw vegetable salad.

Secondi Piatti

Vitello

Milk fed Ontario choice veal

Vitello Pizzaiola \$14.99

medallion of veal in a fresh tomato and oregano herb sauce

Vitello con Funghi Misti \$14.99 ♥

medallions sautéed with a medley of mushrooms in a wine herb reduction

Vitello Piccata \$14.99

breaded veal with a caper, artichoke and lemon EVOO sauce

Classic Veal Milanese \$12.99

a breaded veal in a roasted garlic blush sauce with a side of pasta

Carne

Premium choice cuts of meat grilled on our open flame charbroiler

Lamb Lolly Pops \$16.00 ♥

grilled lamb lolly pops with a fresh herb salsa and EVOO

Filetto Gorgonzola \$16.00

Ontario AAA 5 OZ. beef filet grilled on an open flame broiler with a gorgonzola cheese sauce

Involtini di Filetto \$16.00

stuffed 5 OZ. veal filet with peppers, buffalo mozzarella with roasted tomato sauce

New York Strip \$22.00

Ontario AAA select centre cut grilled with our porcini rub and drizzled EVOO

Pork Tenderloin \$16.00 ♥

Ontario fresh premium 8 OZ. pork tenderloin seasoned and finished with a balsamic glaze

Pesci

Chefs selection of premium seafood

Salmon ai Ferri \$16.00 ♥

salmon filet grilled to perfection with our special lemon garlic herb EVOO sauce

Gamberoni ai Ferri \$16.00 ♥

charbroiled jumbo shrimps with our special house sauce

Pesci Bianco con Pomodoro e olive \$16.00 ♥

pacific white fish sautéed with black olives, fresh spinach with a light tomato sauce

Salmon Paradis \$17.00 ♥

blackened salmon filet with braised fennel with a reduced merlot and roasted tomato sauce

Blackened Tuna \$17.00 ♥

Cajun seared Ahi tuna with smoked paprika wasabi aioli

Catch of the Day - Market Price ♥

chefs choice of fresh seafood weekly

Pollo

Free range all natural chicken breast

Petto di Pollo alla Spiedo \$12.00 ♥

marinated grilled breast of chicken lightly seasoned with rosemary and finished with EVOO

Petto di Pollo alla Gabbiano \$14.00

breast of chicken sautéed with asparagus, red pepper and artichoke in a garlic blush sauce

Petto di Pollo alla Marsala \$14.00

breast of chicken pan seared and finished with a sweet marsala wine sauce

Involtini di Pollo \$16.00 ♥

stuffed chicken breast with goat cheese spinach and roasted red peppers with a roasted tomato and garlic sauce

Sides

Rigatoni Pomodoro \$4.50

Rigatoni Bolognese \$4.50

Rigatoni Alio Olio \$4.50

Sautéed Mushrooms \$4.00

Gorgonzola Cream Sauce \$4.00

Rapini Sauteed with Garlic and EVOO \$3.00

All meat and fish dinners served with potatoes and vegetable of the day and fresh Italian artigiano.

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