



**ITALIAN FLAVOURS
GOURMET STORE**

Harbor View Marina
Phone 441 4949
italianflavours@live.com

FROZEN FOOD
Individual portion

PASTA

ZITI AL FORNO \$ 7.50

Ziti cut pasta with meat sauce, veggie, parmesan & mozzarella cheese

CANNELLONI RICOTTA & SPINACI \$8.50

Spinach, ricotta and parmesan cheese, eggs, tomato sauce

MEAT LASAGNA \$ 10.00

Ground beef, Mushroom, carrots, peas, tomato sauce, onions, bechamel sauce(butter, flour, milk) parmesan cheese

VEGETABLES LASAGNA \$ 8.50

Peppers, mushrooms, onions, carrots, peas, zucchini, ricotta & parmesan cheese

LASAGNA SALSICCIA & BROCCOLI \$10.00

Mild Sausage, Broccoli, parmesan & mozzarella cheese, heavy cream

EGGPLANT PARMIGIANA \$11.00

Eggplants, tomato sauce, parmesan & mozzarella cheese, basil

LASAGNA WITH CHICKEN \$ 10.00

Chicken Breast, Broccoli, Tomato and pesto sauce, béchamel sauce



FILETTO DI SALMONE \$13.50

Pan fried Salmon Fillet with dill and capers & Farfalle pasta in tomato creamy sauce,

PIZZA

Our authentic pizza is crafted in the tradition of Italy. We use fresh ingredients and our freshly prepared hand dough creates the authentic thin crust that made Italian pizza famous.

MARGHERITA \$7.50

Cheese

ALLE VERDURE \$10.00

With Vegetables

PROSCIUTTO & FUNGHI \$12.00

With Ham and Mushroom

SALSICCIA \$12.00

With Mild Sausage, peppers, mushrooms, onions

SALMONE \$14.00

Smoked Salmon, capers, dill, cream cheese, mozzarella

Ask or place an order for a special pizza!!!

DESSERTS

TIRAMISU Italiano \$7.00

CHOCOLATE MOUSSE \$5.00

CHEESECAKE \$4.00

The shop is located in East End area but if you cannot reach us please call and we will arrange for a delivery.