

## LUNCH MENU



POLPETTE D'AGNELLO <i>Ewe-nique Farms lamb meatballs Creamy barley, spicy braising jus</i>	12.99
MINESTRA DI PATATE <i>Potato soup with smoked paprika and tomato broth Cold seasons vegetables</i>	10.99
CALAMARETTI <i>In casserole with cherry tomatoes, nicoise olives Onion and rosemary bread</i>	12.99
INSALATA <i>Salad leaves, organic hothouse tomatoes Balsamic, EVOO, grana padano</i>	12.99
UOVA STRAPAZZATE <i>Creamy scrambled hens egg Mushroom, leek and pancetta soffritto Toasted bread</i>	13.99
MANZO ALLA GRIGLIA <i>Scallopine of Spring Creek Ribeye Crisp potatoes, arugula Lemon, EVOO, grana padano</i>	27.99
POLLA STRA <i>Confit leg of Grain Fed Chicken Mushroom risotto, porcini essence</i>	22.99
PESCE DEL GIORNO <i>Seasonal sea and freshwater fish</i>	Market Price
ORCHIETTE <i>Egg-less pasta Slow cooked beef ragu, ricotta salata</i>	13.99
GNOCCHI <i>House made potato dumplings Rapini, smoked bacon, chili, brown butter</i>	11.99
CARNOLI RISOTTO <i>Chefs risotto of the season</i>	12.99

CHEF DE CUISINE: CHRISTOPHER PICEK

*Il Sogno imports only the finest Italian products available.*

*For the comfort of all our guests, please silence all cellular telephones. Please notify your server of any dietary concerns and/or allergies. Applicable taxes will be added.*

## ANTIPASTI

FEGATO DI POLLO <i>Sugar glazed parfait of chicken liver Roasted garlic cream, young beets, micro herbs Apple balsamic, Fonte di Foiano EVOO</i>	12.99
ZUPPA DI PORRO E PANCETTA <i>Cream of white leeks and potato Slow cooked pork belly Crispy quails egg, porcini essence</i>	14.99
TAGLIATA DI MANZO <i>Seared rare Filet of Alberta Beef Pickled mushrooms, crisp potato, vinegar glazed shallots Crème fraiche</i>	17.99
PANZANELLA <i>Bread salad Crisp carrot ribbons, orange and white anchovy Sweet and sour dressing, shaved pecorino</i>	11.99
CALAMARETTI <i>In casserole with cherry tomato sauce, nicoise olives Onion and rosemary bread</i>	12.99
PRIMI	
GNOCCHI <i>Hand made ricotta dumplings Brussel sprout leaves, foraged mushrooms Butter fondue, white truffle essence</i>	18.99
FRANCOBOLI <i>Beef ragu filling Caramelized onions, crème fraiche Grated horseradish</i>	16.99
TAGLIOLINI <i>Butter poached side stripe prawns Dried cherry tomato Thyme and lima bean ragu</i>	15.99
RISOTTO CARNAROLI <i>Chefs risotto of the season</i>	13.99

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## SECONDI



<b>POLLA STRA</b> <i>Breast of grain fed chicken Rosemary and grana farce Bread sauce, glazed chestnuts Natural jus</i>	25.99
<b>COSTINE DI MANZO</b> <i>Spring Creek Centre Cut Ribeye Rutabaga fondants and puree Foraged mushroom tortellini Burro rosso</i>	37.99
<b>BRASATO DI BISONTE</b> <i>High Country Bison Short Rib Roasted parsnips, rapini Russet potato mousseline Braising Jus</i>	27.99
<b>CAPESANTE</b> <i>Qualicum Beach Scallops Slow cooked Broek Acres pork hock Yellow pea puree White balsamic gastrique</i>	33.99
<b>PESCE FRESCO DI STAGIONE</b> <i>Seasonal sea or freshwater fish Details provided by your server</i>	Market price

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## DOLCI

PERA AFFOGATA <i>Red wine poached pear Spiced jelly, vanilla tuille Organic double cream chantilly</i>	11.95
FROLLINI PISTACCHIO <i>Shortbread with Pistachio cream Warm chocolate milkshake</i>	10.95
CREMA DI MELE <i>Orange custard with caramelized sugar Shortbread cookie</i>	10.95
CREPELLA MELA <i>Warm crepe with apple, gorgonzola and brown sugar Buttermilk gelato Spiced Walnuts</i>	10.95
FROMAGGI NOSTRANI <i>A selection of Italian and Canadian farmhouse cheese Bread and condiments</i>	Market price
DEGUSTAZIONE DI GELATI I SORBETTI <i>A tasting of frozen cream and ice</i>	9.95

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*All desserts are freshly prepared in-house.*

## ESPRESSO AND COFFEE

*Il Sogno is proud to serve only the finest quality "ILLY" espresso*

*"Illy" uses a single blend of the finest 100% Arabica beans meticulously selected from around the world... skillfully roasted and air-cooled... then packaged in an air-free pressurized environment. The result: Illy's distinctive, consistent taste and exceptional freshness provide an unforgettable coffee experience!*

"ILLY" ESPRESSO	3.25
DOPPIO	4.25
CON PANNA <i>Espresso with whipped cream</i>	3.95
"ILLY" CAPPUCCINO	4.95
"ILLY" LATTE	4.95
CAFFÉ CORRETTO <i>Coffee &amp; liquer</i>	8.95
BREWED "ILLY " COFFEE	2.95

## TEA

*Il Sogno is proud to serve the finest grade of artisan-crafted whole leaf tea from "Mighty Leaf"*

BLACK TEAS	2.95
ORGANIC BREAKFAST <i>A robust wide awake blend of premium organic black tea leaves</i>	
BOMBAY CHAI <i>Black tea leaves with subtle hints of orange, cinnamon, cardamom, pepper and clove</i>	
ORGANIC EARL GREY <i>Gold tipped buds of rich organic black tea leaves with a twist of organic bergamot</i>	
WHITE ORCHARD <i>Melon and peach blended with pure China white tea (lightly caffeinated)</i>	
GREEN TEAS	2.95
ORGANIC HOJICHA GREEN TEA <i>Slow roasted organic green tea leaves yield a rich, nutty brew</i>	
MOUNTAIN SPRING JASMINE <i>Arabian jasmine blossoms scent China green tea leaves</i>	
HERBAL BLENDS	2.95
CHAMOMILE CITRUS <i>Soothing Egyptian chamomile flowers with subtle slices of orange &amp; lemon</i>	
ORGANIC MINT MÉLANGE <i>Renew and refresh with the finest mint leaves from the Middle Atlas mountain range in Morocco</i>	
AFRICAN NECTAR <i>African rooibos leaves team with notes of vanilla, mango and blossoms</i>	