

APPETIZERS

Shrimp Diavolo **S-140\$ I L-250\$**
Tiger shrimp, cooked in onion, garlic, chilli flakes, served with a foccacia, cooked in white wine and a spicy marinara sauce.

Mozzarella Sticks **3\$ Each**
Deep fried mozzarella served with San Marzano tomato sauce and garlic sauce.

Mussels **S-85\$ I L-170\$**
BC mussels, Chef’s special tomato sauce, San Marzano tomato sauce, white wine, onion and garlic.

Wings **S-60\$ I L-115\$**
Garlic Parmesan / Salt-Pepper / Frank’s Hot Sauce. Served with our house-made garlic sauce.

Calamari Arrabiata **S-75\$ I L-140\$**
Lightly battered calamari, tomato sauce, basil, capers, Calabrian chilli peppers, red onion, garlic.

Smoked Salmon Caprese **S-80\$ I L-160\$**
Wild Sockeye salmon, red onion, tomato, fresh mozzarella, capers, parsley and extra virgin olive oil.

Meatballs Tray **S-70\$ (45p) L- 140\$ (100p) 2\$ Each**
Meatballs with beef, pork, grana padano, basil and focaccia, slow cooked in our house-made tomato sauce.

Eggplant Rollatini **S-60\$ I L-125\$**
Eggplant rolled and stuffed with ricotta, bread crumbs, mozzarella, topped with marinara sauce and Grana Padano.

Bruschetta **0.85\$ Each**
Garden-fresh tomatoes, garlic, red onion, capers, fresh basil, olive oil, balsamic vinegar, served with house-baked French bread.

SALADS

Caprese **S-55\$ I L-105\$**
Fior di latte (fresh mozzarella), sliced tomatoes, fresh greens, red onion, capers, basil, extra virgin olive oil and balsamic reduction.

Caesar **45\$**
Romaine lettuce, parmesan, Captain's Oven roasted croutons, Caesar dressing.

Tossed Green **45\$**
Garden-fresh mixed greens, grape tomatoes, red onion, carrot, corn and balsamic vinaigrette.

Spinach **45\$**
Fresh baby spinach, arugula, feta, walnuts, grape tomatoes, fresh strawberry and strawberry vinaigrette.

Captains **S-55\$ I L-105\$**
Mixed greens, sunflower seeds, walnuts, roasted pickled beets, dried apricots, red onion, grape tomatoes, warm shrimp and balsamic fig dressing. (Can substitute with chicken strips.)

Tomato Burrata Salad (Contains Nuts) **S-65\$ I L-120\$**
Vine tomatoes, arugula, sea salt, burrata, fresh basil, balsamic glaze, pesto glaze and olive oil.

CATERING MENU

Burrata and Beet Salad **19\$**
Pickled beets, arugula, shaved almonds, strawberries, grape tomatoes, ricotta, extra virgin olive oil and balsamic fig dressing.

PASTAS

If you like a pasta from our menu, talk to us we will create our magic for you!

Regular (10–12 Guests) – **78\$**
Premium (10–12 Guests) – **98\$**
Large (20–22 Guests) – **130\$**
Premium Large (20–22 Guests) – **182\$**

Spaghetti Bolognese
House-made bolognese sauce, garlic, basil, parmesan.

Polpette e Pomodoro (Spaghetti & Meatballs)
Tomato sauce, garlic, parmesan.

Pollo con Alfredo (Alfredo with Chicken)
Penne, alfredo sauce, garlic, cracked pepper, chicken strips, parmesan.

Canadese
Spaghetti, alfredo sauce, garlic, capicola, Italian sausage, parmesan.

Pasta alla Norcina
Penne, Italian sausage, roasted mushrooms, garlic, shallots, peas, alfredo cream.

VEGETARIAN PASTAS

Captain's Truffle Mac & Cheese
Shell pasta, truffle oil, grana padano, mozzarella, parmesan crumbs.

Linguine Primavera
Pesto, spinach, cherry tomatoes, sundried tomatoes, parmesan, bread crumbs (contains nuts).

Funghi al Tartufo
Alfredo sauce, linguine, roasted mushrooms, garlic, pepper, parmesan.

Penne Arrabbiata
San Marzano tomato sauce, garlic, chili flakes, basil.

PREMIUM PASTAS

Nona's Special (Vegetarian)
Penne, alfredo sauce, roasted zucchini, ricotta, sundried tomatoes, basil, pine nuts, burrata, pesto drizzle.

Pescatore
Linguine, tomato sauce, baby shrimp, prawns, scallops, mussels, capers, smoked salmon, garlic.

Spaghetti con Burrata (Vegetarian, House Favorite)
San Marzano tomato sauce, garlic, basil, shaved parmesan, burrata.

Alfredo with Shrimp
Linguine, alfredo sauce, spinach, grape tomatoes, tiger prawns, parsley, parmesan.

MAINS

CHICKEN SCARPARELLO **S-85\$ I L-165\$**
Chicken cooked with potatoes, sweet fennel sausage, red bell peppers, and spicy cherry peppers in a white wine vinegar sauce.

CHICKEN CACCIATORE **S-85\$ I L-165\$**
Braised chicken dish cooked with mushrooms and vegetables in a tomato and herb broth.

CHICKEN MARSALA **S-85\$ I L-165\$**
Chicken breast lightly breaded and cooked in a marsala mushroom sauce, with onions, garlic, cream, and rosemary.

CHICKEN FRANCESE **S-85\$ I L-165\$**
Lightly battered pan-fried chicken breast with an elegant white wine lemon sauce.

VEAL MILANESE **S-130\$ I L-250\$**
Breaded veal cutlet served with a squeeze of fresh lemon juice and a light salad, often arugula and tomatoes.

VEAL PICCATA **S-130\$ I L-250\$**
Lightly battered veal cutlet cooked with capers, butter, chicken stock, white wine, and lemon.

VEAL MARSALA **S-130\$ I L-250\$**
Veal lightly breaded and cooked in a marsala mushroom sauce, with onions, garlic, cream and rosemary.

VEAL PARMESAN **S-130\$ I L-250\$**
Breaded veal cutlets, cooked in tomato sauce, and topped with mozzarella and parmesan cheese, then baked until the cheese is melted. **Ossobuco S 200 – L 350**

TUSCAN SALMON **S-180\$ I L-390\$**
Pacific salmon, cooked in white wine cream sauce with cherry tomatoes, spinach, and sundried tomatoes.

BEEF BRACIOLE **S-140\$ I L-275\$**
Tender beef filet that is stuffed with cheese, herbs, and breadcrumbs, then pan-seared and braised in a tomato sauce.

LASAGNE AL FORNO (PREORDER) **90\$**
Tray – Vege option available.

ROAST LAMB LEG **300\$**
Fall-off-the-bone lamb cooked in Mediterranean spices, served with lemon potatoes.

GRILLED LAMB CHOPS
Pre Order – MKT

ABBACCHIO ALLA ROMANA (LAMB) **S-200\$ I L-390\$**
Young lamb cooked in garlic, mustard, red wine, rosemary, and sage.

EGGPLANT PARMIGIANA
Lightly breaded eggplant, cooked in tomato sauce, mozzarella, basil, and parmesan cheese.

EGGPLANT ROLLATINI
Eggplant rolled around a creamy ricotta cheese filling and breadcrumbs, topped with tomato sauce and mozzarella.

CHICKEN SALTIMBOCCA **S-85\$ I L-165\$**
Lightly breaded chicken breast cooked with white wine, chicken stock, prosciutto di Parma, and sage.

CHICKEN PICATA **S-85\$ I L-165\$**
Lightly battered chicken breast cooked with capers, butter, chicken stock, white wine, and lemon.

ROAST BEEF **S-190\$ I L-375\$**
Chuck roast baked in sea salt, bay leaves, garlic, black pepper, extra virgin olive oil.

BEEF BRISKET (SPECIAL ORDER) – MKT
Slowly smoked brisket, marinated in Captain's special rub.

BRANZINO AL FORNO (SEAFOOD – SPECIAL ORDER) – MKT
Roasted whole in Mediterranean spices with lemon, olive oil, capers, cherry tomato, and fresh herbs.

FRITTO MISTO (SEAFOOD – SPECIAL ORDER) – MKT
Pan-fried assorted seafood in garlic, sea salt, and pepper. Served with a side of Captain's garlic sauce.

FISH PUTTANESCA – MKT
Assorted seafood cooked with anchovies, olives, capers, and a chunky tomato base.

Cioppino: Fish Stew (Seafood) **S-210\$ I L-390\$**
Rustic tomato sauce, capers, clams, shrimp, mussels, calamari, and white fish.

Insalata di Mare **200\$**
(Seafood Salad) – 200

Thank you for choosing us
CAPTAIN'S OVEN PIZZA