

La Rocca

25 years on Commercial Drive, family owned

Being born and raised in Naples, Italy, I have always loved food and valued family: Welcome home

Ruggero Lenzi

For parties of six or more, a 18% gratuity will be added to your bill.

Entertainment card not accepted on Dinner Feature.

All our pastas are cooked Al Dente, with that little bite sensation that identifies the real Italian style.



La Rocca follow us on
facebook for weekly deals and
our weekend specials!

ANTIPASTI

Bruschetta

homemade bread, topped with diced tomatoes, red onion, pesto, asiago cheese & basil. 8

Antipasto Misto

our delightful selection of meats, cheeses and Italian preserves.

For two, 16 - single portion, 11

Gamberoni alla Napolitana

tiger prawns sautéed in tomato sauce, with a gentle touch of garlic & herbs. 12

Mitili Marinara

mussels from P.E.I. The freshest, the best of Canada, steamed in a light tomato garlic sauce. 11

INSALATE*

**add pan seared, herb marinated chicken breast. 7*

Pere & Gorgonzola

handpicked pear over a large bed of organic mixed greens, topped with walnuts and crumbled with the famous Italian blue cheese, gently dressed with orange balsamic vinaigrette. 12

Caprese

true bocconcini mozzarella, ripe Roma tomatoes & basil, drizzled with olive oil and balsamico di Modena. 9

Cesare

crisp romaine lettuce, fresh parmesan shavings & our homemade creamy Caesar dressing. 9

Prosciutto Marinato e Arancia

Italian ham marinated in herbs, with orange and thinly sliced garlic, delicately drizzled. 11

ZUPPA

Minestrone

the famous delicious chunky soup, made to the order. 8

Straciatella

parmesan, egg, lemon & parsley in a delicious broth. 7

LE PASTE VEGETARIANE

Fettuccine Ai Funghi

delicious sliced traditional mushrooms with olive oil, onions, garlic and parsley. 16

Gnocchi alla Cardinale

potato dumplings in creamy tomato sauce. 14

Penne Della Casa

multigrain penne, seasonal vegetables, mushrooms and bocconcini in tomato or cream sauce. 14

Cannelloni all forno

handmade ricotta and spinach cannelloni. 14

LE PASTE CON PESCE

Linguine frutti di mare

fresh seafood assortment in a zesty tomato sauce or cream sauce. 19

Linguine alle Vongole

fresh clams in white wine sauce. 16

Fettuccine con Gamberoni

tiger prawns in alfredo sauce. 16

Linguine Puttanesca

capers, anchovies and olives, in a rich, spicy tomato sauce. 14

LE PASTE CON CARNE

Lasagna al forno

homemade meat lasagna, baked with mozzarella cheese. Classic, yet the best in town. 16

Spaghetti & Polpette

truly housemade meatballs in meat tomato sauce, the traditional Italian creation. 14

Penne, pesto, pollo

grilled and diced chicken breast in a creamy pesto sauce. 16

*you may also want to order THE REAL THING: warm pasta, and cold Pesto WITHOUT CREAM

Spaghetti Carbonara

la vera pancetta italiana (Italian bacon), egg & parmesan in cream sauce. 15

Penne Boscaiola

Italian cooked ham, mushrooms & green peas in rose sauce. 15

PIATTI FORTI*

**check out our selection of optional contorni for these entrees*

Pollo Ripieno al Marsala

chicken breast stuffed with sundried tomatoes and basil, in the famous sweet Marsala wine sauce and sided with a nice wedge of grilled Radiccio Rosso. 19

Scallopine limone

veal in lemon & caper with white wine sauce and sided with zucchini and onions. 19

Agnello ai Funghi

three amazing lamb chops pan seared, with mushrooms in white wine sauce, sided with roasted tomato, stuffed with goat cheese and topped with oregano. 23

Pesce alla veneziana

simple and delicious. Local, sustainable fish, pan seared with onions, apple, raisins and pine nuts with white wine, sided with gratined spinach and asiago cheese. 22

CONTORNI

**the contorni are ONLY to be served in addition to our pastas or main courses*

Grilled zucchini

Lengthwise cut zucchini slices, grilled and drizzled with balsamic glaze, with Crostini. 5

Roasted Garlic

Warm whole garlic, oven caramelized in olive oil, served with Crostini. 5

Fritto di polenta al prosciutto e blu

Fried cornmeal with Italian cured ham and a pinch of Gorgonzola cheese. 7

Fave e cipolle

Caramelized fava beans and onions. 6

Risotto Milanese e piu

Al Dente carnaroli rice, creamy, with cubed carrots, zucchini, celery and peas. 8

Extra Focaccia bread. 2

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Not all ingredients are listed; Alert your server of any food allergies.

Split orders and substitutions of pastas and/or sauces have a charge, please ask your server.

Since our chefs have total confidence in their choices and are proud of almost a millennium of culinary Italian history, we don't make any changes on our main courses.

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