



Starters

SPINACH & GRILLED VEGETABLE DIP \$18

A warm, cheesy blend of spinach and grilled vegetables, served with toasted pita bread for dipping.

CALAMARI DI GINO \$15

One of Gino's favourites! Lightly breaded and fried until golden.

MEATBALLS IN MARINARA \$16

House-made meatballs in our house-made marinara sauce. Served with a warm garlic loaf.

CLASSIC WINGS

10pc \$18 20pc \$26

Choose from your choice of wing sauce.

BONELESS WINGS \$15

Half a pound of crispy boneless chicken tossed in your choice of sauce.

BRUSCHETTA \$15

House-made tomato and basil bruschetta served on a toasted garlic loaf.

FRANK'S LOADED POTATO CHIPS \$18

Crispy chips with mozzarella, cheddar, real bacon, tomatoes, and green onion.

NACHO MAMA'S NACHOS \$18

Fully loaded corn tortilla chips with melted cheeses, peppers, jalapeños, tomatoes, black olives, and green onion. Served with salsa and sour cream. Add Italian sausage, grilled chicken or tiger shrimp for \$6.95 each.

ONION BLOSSOM \$15

A whole battered onion fried to crispy perfection.

GARLIC HERB & CHEESE BREAD \$8

A toasted baguette brushed with garlic herb butter and topped with melted mozzarella.



Soup & Salad

ITALIAN SAUSAGE SOUP \$8

House-made tomato and herb soup with Italian sausage, vegetables, beans, and noodles.

FRENCH ONION SOUP \$10

Beef broth with caramelized onions, topped with garlic toast and melted provolone.

Add CHICKEN
OR SHRIMP FOR
\$7

CAESAR SALAD \$13

Crisp romaine tossed with Caesar dressing, real bacon, and croutons.

GREEK SALAD \$15 ^{GF}

Romaine lettuce, tomatoes, cucumbers, red onion, black olives, and feta, tossed with Greek dressing.

CAPRESE SALAD \$15

A nice starter of mixed greens, fresh mozzarella, tomatoes, and fresh basil pesto vinaigrette.

HOUSE SALAD \$13 ^{GF}

Mixed greens, tomato, cucumber, red onion, mushrooms, and shredded carrots, served with poppyseed dressing.

Please inform your server of any allergy or dietary restriction and we will do our best to accommodate your needs.

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LEGEND: ★ Atlantic Canadian Favourites

^{GF} Gluten Friendly

Pasta

All Pasta dishes come with a freshly baked Garlic Loaf.

PENNE RUSTICA \$20

Italian sausage, bell peppers, red onions, mushrooms, and diced tomatoes in house-made tomato basil sauce, topped with crumbled feta.

CHICKEN CARBONARA \$20

Grilled chicken, crispy bacon, mushrooms, and green onions in a creamy Parmesan sauce, served over fettuccine noodles.

VOLCANIC FETTUCCINE \$20

Red peppers, mushrooms, and spicy Italian sausage tossed in our spicy house-made Al Diavolo sauce.

NONNA'S LASAGNA \$24

Homemade lasagna layered with noodles, house-made meat sauce, and a three-cheese blend of Parmesan, mozzarella, and cottage cheese.

CHICKEN BROCCOLI ALFREDO \$20

Grilled chicken, broccoli, and bell peppers tossed with fettuccine in our creamy Alfredo sauce.

SPAGHETTI & MEATBALLS \$20

Homemade meatballs served over spaghetti with our slow-simmered Bolognese sauce.

CHICKEN PARMIGIANA \$24

Crispy breaded chicken breast topped with marinara and melted mozzarella, served over fettuccine Alfredo.

Add
AN APPETIZER
SALAD FOR
\$2

VEGETABLE PRIMAVERA \$20

Broccoli, peppers, mushrooms, and red and green onions tossed in a pesto cream sauce, and served over spaghetti noodles.

JAMBALAYA \$24

Chicken, shrimp, Italian sausage, peppers, and onions tossed in Cajun sauce and served over fettuccine noodles.

CHEESY BAKED PENNE \$20

Tender penne noodles smothered in our creamy house-made garlic cheddar sauce, topped with extra cheddar and golden seasoned bread crumbs. Baked until irresistibly melty and bubbly. See add-ons below.

SEAFOOD FETTUCCINE \$36 ★


Scallops, shrimp, spinach, and tomatoes tossed in a white wine cream sauce.

Freshly
Made

IN-HOUSE
MEATBALLS!
NEVER
FROZEN.

PICK-A-PASTA \$15

PICK YOUR NOODLES

Spaghetti
Penne
Fettuccine
Rice Noodles 

PICK YOUR SAUCE

Alfredo
Bolognese
Marinara
Pesto
Rosé
Spicy Al Diavolo

PICK YOUR ADD-ONS \$7 ea.

Italian Sausage
Grilled Chicken
Tiger Shrimp
House-made Meatballs

PICK YOUR ADD-ONS \$4 ea.

Seasonal Vegetables
Bake with Cheese

Ask
About
OUR
GLUTEN-FREE
OPTIONS!



Stone-Fired Pizza

Hand-stretched dough, house-made tomato sauce, stone-fired pizza, dressed with olive oil & herbs.

MARGHERITA \$18

Fresh basil, fresh mozzarella, and tomato sauce on a traditional crust.

PIZZA BLANCO \$20

White wine garlic cream sauce with mozzarella, Parmesan, and provolone.

CLASSIC CANADIAN \$18 ★

Pepperoni, real bacon, mushrooms, green peppers, and mozzarella.

CARNE \$20

Pepperoni, Italian sausage, and bacon with mozzarella.

Substitute
W/ GLUTEN-FREE
CRUST FOR
\$4

Make

ANY PIZZA
A CALZONE AT
NO ADDITIONAL
CHARGE!

VEGGIE PIZZA \$20

A roasted blend of mushrooms, green peppers, tomatoes, and onions, topped with mozzarella.

PEPPERONI & CHEESE \$18

Pepperoni, house-made pizza sauce, and mozzarella.

GINO'S DONAIR \$20 ★

Donair meat, onions, tomatoes, mozzarella, and our signature donair sauce.

BUILD-YOUR-OWN PIZZA \$20

Choose 2 toppings. Additional toppings \$3 each.

PICK YOUR SAUCE

House-made Pizza Sauce
BBQ Sauce
Donair Sauce
White Wine Garlic Cream
Alfredo

PICK YOUR TOPPINGS

Pepperoni
Bacon
Italian Sausage
Donair Meat
Chicken
Mushrooms
Green Peppers
Onions
Tomatoes
Black Olives
Pineapple



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Ⓞ Gluten Friendly

Burgers

Substitute the beef with a Veggie burger at no extra charge. Served with your choice of side—Seasoned Fries, Baked Potato, Garlic Mashed Potatoes or Seasonal Vegetables. Upgrade to Sweet Potato Fries or Loaded Baked Potato for \$2 more.

CLASSIC CHEESEBURGER \$18 ★

House-made local beef burger with cheddar, lettuce, tomato, onion, pickles, ketchup, mustard, and relish.

BACON SUPREME \$22

House-made local beef burger loaded with bacon and topped with cheddar, lettuce, tomato, onion, pickles, ketchup, mustard, and relish.

*Freshly
Made*

IN-HOUSE
PATTIES!
NEVER
FROZEN.

Double
THE MEAT AND
CHEESE FOR
\$7

Substitute
W/ GLUTEN-FREE
BUN FOR
\$3

SMOKY BBQ \$22

House-made local beef burger with crispy onions, jalapeños, cheddar, bacon, lettuce, and tomato. Topped with smoky BBQ sauce and mayo.

CHICKEN & WAFFLE \$22

Crispy breaded chicken breast, mozzarella, lettuce, tomato, and our signature spicy maple sauce, served between two waffles.

ITALIAN BURGER \$22

House-made local beef burger with mozzarella, tomatoes, spring mix, pesto mayo, and basil olive oil purée, drizzled with balsamic glaze.

Make
ANY SANDWICH
A WRAP AT
NO ADDITIONAL
CHARGE!

Sandwiches

Served with your choice of side—Seasoned Fries, Baked Potato, Garlic Mashed Potatoes or Seasonal Vegetables. Upgrade to Sweet Potato Fries or Loaded Baked Potato for \$2 more.

TUSCAN CHICKEN \$18

Roasted chicken breast, marinated tomatoes, red onion, black olives, melted mozzarella, and herb mayo on a toasted garlic loaf.

PHILLY STEAK SANDWICH \$18

Sirloin steak with sautéed mushrooms, onions, green peppers, smoky BBQ sauce, and melted mozzarella on a toasted garlic loaf.

DONAIR SANDWICH \$18 ★

Donair meat, onions, tomatoes, melted mozzarella, and our signature donair sauce on a toasted garlic loaf.

ITALIAN CLUB \$18

Grilled chicken breast, crispy bacon, lettuce, tomato, provolone, and herb mayo on a toasted garlic loaf.

MEATBALL SANDWICH \$18

Homemade meatballs smothered in Bolognese sauce and melted provolone cheese.

GRILLED VEGGIE SANDWICH \$20

Spinach, mushrooms, red onion, roasted red pepper, melted mozzarella, and pesto on a toasted garlic loaf.



Frank's Grill & Seafood

Served with your choice of side—Seasoned Fries, Baked Potato, Garlic Mashed Potatoes or Seasonal Vegetables. Upgrade to Sweet Potato Fries or Loaded Baked Potato for \$2 more.

MAPLE WHISKY SALMON **\$28** ^{GF}

Oven-baked salmon topped with a creamy maple whisky sauce, served with seasonal vegetables.

OVEN BAKED CHICKEN BREAST **\$25** ^{GF}

Boneless chicken breast with your choice of cranberry salsa or smoky BBQ sauce, served with seasonal vegetables.

CHICKEN TENDERS **\$20**

Half a pound of crispy boneless chicken tossed in your choice of wing sauce. Served with your choice of side.

BEER BATTERED FISH & CHIPS ★

1pc **\$15** 2pc **\$18**

Beer-battered haddock with fries.

RIBS ^{GF}

Full **\$40** Half **\$30**

House-made pork back ribs basted in your choice of honey garlic or smoky BBQ sauce.

RIBS & WINGS **\$36**

Half a rack of our tender ribs and five wings tossed in your choice of sauce.

LOCAL SIRLOIN STEAK **\$45**

10oz sirloin steak, sourced from local farms and grilled to your preference. Served with seasonal vegetables and your choice of side.

LOCAL RIBEYE STEAK **\$48**

8oz ribeye, sourced from local farms and grilled to your preference. Served with seasonal vegetables and your choice of side.

Poutines

ACADIAN CLASSIC **\$12** ★

Crispy fries topped with poutine gravy and authentic Montréal cheese curds.

ATLANTIC DONAIR **\$16** ★

Crispy fries with donair meat, tomatoes, onions, poutine gravy, authentic Montréal cheese curds, and our signature donair sauce.

CHICKEN WING **\$18** ★

Crispy fries, poutine gravy, and authentic Montréal cheese curds, topped with crispy boneless chicken and your choice of wing sauce.

Upgrade

ANY SIDE TO
A POUTINE FOR

\$6

Sides

Seasoned Fries **\$6**

Baked Potato **\$6**

Garlic Mashed Potatoes **\$6**

Seasonal Vegetables **\$6**

Sweet Potato Fries **\$8**

Loaded Baked Potato **\$8**

Topped Mashed Potatoes **\$9**

Onion Rings **\$8**

Garlic Loaf **\$3**

Gravy **\$3**

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LEGEND: ★ Atlantic Canadian Favourites

^{GF} Gluten Friendly



Lunch Menu

Lunch menu is available Monday to Friday 11am—3pm

STARTING AT \$10

PENNE RUSTICA \$10

Italian sausage, bell peppers, red onion, mushrooms, and tomatoes in a tomato basil sauce topped with crumbled feta cheese. Served with a garlic loaf.

VEGETABLE PRIMAVERA \$10

Spaghetti noodles with broccoli, peppers, mushrooms, red and green onions in a creamy pesto sauce. Served with a garlic loaf.

FRANK'S TRIO \$10 ★

Half a clubhouse wrap filled with chicken, bacon, lettuce, tomato, cheese, and mayo. Served with a cup of our own hearty Italian sausage soup and a Caesar or House salad. Upgrade to a Caprese or Greek salad for \$2.

DONAIR SANDWICH \$11 ★

Gino's spiced donair meat piled on a garlic loaf with onions, tomatoes, sweet garlic sauce, and mozzarella cheese. Served with seasoned fries.

CHICKEN BROCCOLI ALFREDO \$12

Chicken and broccoli, sautéed with bell peppers and tossed with fettuccine and Alfredo cream sauce. Served with a garlic loaf.

CHICKEN CARBONARA \$12

Fettuccine with grilled chicken, bacon, mushrooms, and green onion in a Parmesan cream sauce. Served with a garlic loaf.



Add
AN APPETIZER
SALAD FOR
\$2

SPAGHETTI & MEATBALLS \$12

Our made from scratch meatballs are tossed together with spaghetti noodles in our hearty Bolognese sauce. Served with a garlic loaf.

PIZZA & SALAD \$12

A fresh Caesar or House salad surrounded by a 6" stone fired pizza. Choose from Classic Canadian pizza or Margherita. Upgrade to a Caprese or Greek salad for \$2.

BUFFALO CHICKEN CAESAR WRAP \$14

A flour tortilla filled with breaded boneless chunks of chicken tossed in our buffalo sauce and our classic mix of Caesar salad. Served with seasoned fries.

CHICKEN QUESADILLA \$15

A baked flour tortilla with chicken, cheese, tomato, and green onion. Served with seasoned fries.

NONNA'S LASAGNA \$15

Our homemade, heaping portion of lasagna layered with noodles, zesty meat sauce and a three-cheese blend of Parmesan, mozzarella, and cottage cheese. Served with a garlic loaf.

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We're proud to call Truro home. Our menu brings together Italian classics and a touch of Atlantic Canadian comfort — made from scratch, right here in our kitchen. No shortcuts, no freezer meals, just real food done right.

Frank & Gino's is where old-world flavours meet a relaxed, local vibe. Settle in, enjoy the atmosphere, and make yourself at home — that's what we're all about.



This menu is more than a design — it's a memory. The floral pattern echoes one of our earliest menus, reminiscent of your grandmother's kitchen — a place filled with comfort, laughter, and good food.