

Mizè

Mizè similar to Mezze in eastern Mediterranean countries is used to describe a number of different appetisers taken with a pre-lunch drink or a couple of beers when socialising, or simply as an antipasto.

Dips - Served with *Galletti* (Maltese water biscuits) and fresh bread - **€8.95**

• **Ricotta & Lemon Zest** (L/V) • **Black Olive & Garlic** (V/G) • **Roasted Vegetable Dip** (V) • **Bigilla** (V) - Traditional paste of dried fava beans, garlic, oil and vinegar

Ġbejna tal-Bżar (V/L) - Maltese peppered soft sheep’s cheese - **€3.95**

Fażola bit-Tewm u t-Tursin (V) - Butter beans with garlic and parsley - **€3.95**

Kappunata (V) - Little aubergine chunks cooked with celery, onion, garlic, capers, olives, green peppers and tomatoes - **€4.95**

Qlub tal-Qaqoċċ (V) - Artichoke hearts marinated in fresh herbs, oil and vinegar - **€5.95**

L-Ewwel Platt / Starters

Ġbejna moqlija (V/G/L) - Deep-fried fresh sheep’s cheeselet, served with homemade tomato chutney - **€6.95**

Pulpetti tat-Tonn taż-Żejt (G) - Tuna with potato, lemon and fresh mint patties - **€5.95**

Fritturi tat-Tisfija (G) - Fritters of very small, transparent fish - **€6.95**

Qarnit u Klamari - Tender octopus and squid marinated in olive oil with fresh mint, marjoram and black olives - **€11.95**

Sfineġ tal-Bakkaljaw (G) - Deep-fried salt-cod in batter with a wedge of lemon - **€9.95**

Zalzett Mixwi - Typical grilled pork and dried coriander Maltese sausage - **€5.45**

Pulpetti taċ-Ċanga (G/L) - Beef patties flavoured with grana cheese, garlic and thyme, and simmered in red wine - **€6.45**

Suppressat tat-Tiġieġ bil-Ġardiniera - Chicken terrine flavoured with lemon and thyme, and served with pickled vegetables - **€7.45**

Fwied tal-Fenek - Rabbit liver fried in garlic, thyme and orange juice - **€8.95**

Platti għal-Tnejn / Platters for Two

There is no better way to enjoy Mizè than to order a mix of different dishes and share. The following are some of our suggestions with dishes taken from above.

Platt Veġiterjan (V/L) - **Kappunata / Ġbejna tal-Bżar / Qlub tal-Qaqoċċ** - **€12.95**
Aubergine relish / Peppered sheep’s cheese / Artichoke hearts

Platt tat-Tnaqqir (V) - **Żebbuġ Imħawwar / Tadam Imqadded / Fażola bit-Tewm** - **€10.95**
Local olives marinated in thyme and garlic / Sweet sundried tomatoes / Slow-cooked white beans with garlic and parsley

Platt Ġobon (G/V/L) - A selection of Maltese Ġbejniet and Pekorin - fresh and dry cheeses - served with a fig and date chutney - **€11.45**

Platt tal-Ħut (G) - **Qarnit Immarinat / Sfineġ tal-Bakkaljaw / Pulpetti tat-Tonn** - **€17.95**
Marinated tender octopus / Deep-fried salt-cod in batter / Tuna patties

Platt tal-Laħam (L/G) - **Fwied tal-Fenek / Pulpetti taċ-Ċanga / Zalzett Malti** - **€14.95**
Rabbit livers / Beef patties / Maltese sausage

Insalati / Salads

Insalata Mħawra (V/L) - Peppered goat’s cheese on rocket leaves with honey, cumin and roasted pumpkin seeds - **€9.95**

Insalata tal-Qarnit - Tender octopus dressed with olive oil, lemon juice, finely chopped garlic and herbs - **€12.95**

Insalata tat-Tiġieġ (L) - Grilled chicken breast with sundried tomatoes, roasted marrows, grana cheese shavings, mixed green leaves and with a rosemary and lemon dressing - **€12.95**

Sopop / Soups

Aljotta - Traditional fish soup with rice - **€11.45**

Kawlata (L) - A hearty, traditional soup made with vegetables, lentils and smoked pork shank - **€12.95**

Ftajjar / Maltese Pizza

Ftira - Maltese Pizza, from our traditional wood burning bread oven with various delicious toppings. *Ftira* is the Maltese village version of a pizza. A flattened sour dough pastry with a hole punched through the middle – this allows for more consistent baking all round – is piled with delicious ingredients and baked on the sweet-stone base of the wood burning oven. The exterior is beautifully crunchy, the inside aerated and soft. It is ideal to eat as part of the Mizè, the shared starters, or on its own as a main course. *Ftira* is a Semitic word and means to break the fast, to eat, similar to the Arabic festival *Eid al Fitr* when the long fasting period of Ramadan comes to an end.

Ftira Faqqiegħha (V/G/L) - Mushrooms, goat’s cheese and sundried tomato paste - **€11.45**

Ftira tal-Qaliet (V/L/G) - Grilled aubergine marinated in basil, sundried tomatoes, dried ricotta cheese and mozzarella - **€11.95**

Ftira Bertu (V/L/G) - Roast garlic, potatoes, caramelized onions, green peppers, fresh tomatoes, rosemary and mozzarella - **€11.95**

Ftira Lippina (L/G) - Tuna, anchovies, black olives, capers, mint, marjoram, chopped tomatoes and mozzarella - **€11.95**

Ftira Tqaqqieqa (L/G) - Slow-cooked chicken thigh, caramelized onions, dried cherry tomatoes, garlic, thyme, oregano and mozzarella - **€11.95**

Ftira Laħmija (L/G) - Maltese sausage, smoked ham, cannellini beans, mozzarella, coriander seeds and rucola - **€11.95**

Ftira Għarbija (L/G) - Minced lamb, cumin, hummus, feta cheese and mozzarella - **€11.95**

Ftajjar are served from Monday to Saturday after 18.00 hours and all day Sunday.



Allergy Note - The followng are indications of food allergens that some dishes may contain. Should you have any dietary requirements or suffer from any allergies, kindly inform a member of our staff when your order is being taken.

(G) - Gluten (N) - Nuts (L) - Lactose (V) - Vegetarian

Għagin / Pasta

Ravjul tal-Irkotta (V/L/G) - Ricotta ravioli with a tomato, garlic and basil sauce - **€11.95**

Spagetti biz-Zalza tal-Klamari (G) - Spaghetti with a favourite sauce of calamari, tomatoes, white wine, garlic and fresh herbs - **€12.95**

Għagin Grieg (G/L) - *An old family speciality* - Little pasta beads cooked with minced pork, finely chopped onions, parsley and a generous dose of butter and grated cheese - **€11.95**

Makkarunelli biz-Zalzett Malti (G/L) - Pasta with Maltese sausage meat (pork and coriander seed), roasted pumpkin, sheep’s cheese and sage - **€11.95**

Spagetti biz-Zalza tal-Fenek (L/G) - *This dish is one of the more popular and most tradiional of Maltese dishes forming part of the celebrated Fenkata meal* - Spaghetti with pieces of rabbit, onions, garlic, Lacto stout, white wine and marrowfat peas - **€11.95**

Froġa tat-Tarja (G/V/L) - A crisp flat pasta cake resembling an omelette made of strands of fine spaghetti mixed with egg, a generous dose of grana cheese, finely chopped parsley and roughly ground pepper - **€9.95** Also available with chopped bacon at an extra charge of **€1.00**

For pasta dishes served as a main course, add **€2.00** on the price.

It-Tieni Platt / Main Course

Brunġiel Mimli (V/L/G) - Aubergine filled with a delicious mixture of breadcrumbs, black olives, sheep’s cheese, green peppers, caramelized onions, aubergine pulp, rosemary and lemon - **€16.45**

Ħut frisk skond is-Sajda - Fresh fish - Take a look at the daily offering on display

Spnotta l-Forn - Filleted seabass baked with fresh fennel, spring onions, capers, lemon zest - **€21.45**

Stuffat tal-Qarnit (N) - A sumptuous octopus stew cooked with tomatoes, vinegar, carrots, olives, capers, red wine, potatoes, onions, walnuts, raisins and a hint of chilli - **€21.95**

Tiġieġa Fgata (L) - *Literally translated 'suffocated chicken'*. Juicy chicken thighs pot-roasted with leeks, Cisk beer, honey, rosemary, thyme and black olives - **€17.95**

Fenek Stuffat - Rabbit fried with garlic, then slow-braised in red wine and Lacto milk stout with bay leaf, thyme and served with marrowfat peas - **€18.95**

Falda Mixwija (*Grilled medium to medium well*) - Grilled beef flank steak served with an aubergine and green pepper chutney - **€21.45**

Braġġjoli (G/L) - Thin slices of tender beef rolled with a tasty stuffing of breadcrumbs and finely chopped boiled eggs, ham, parsley, garlic and Parmesan cheese, simmered in a wine and onion gravy - **€19.45**

All main courses are served with baked potatoes and vegetables.

Extras

Insalata Friska (V) - Mixed leaf salad - **€2.95**

Ħaxix il-Forn (V) - Baked vegetables - **€2.95**

Patata Moqlija (V) - Chips - **€2.95**

Patata l-Forn (V) - Baked potatoes with onions and fennel seeds - **€2.95**