

## Flavours of Malta - Tasting Menu

To share (*minimum 2 persons*) - €24.50 per person

### COLD MIZÈ

**Dipping Pastes** - Served with *Galletti* (Maltese water biscuits) and Maltese bread

- **Ricotta, Basil & Lemon Zest** (V/L) • **Charred Green Pepper** (V)
- **Arjoli** (V/G) - with crushed galletti, garlic, onions and anchovies
- **Bigilla** (V) - Traditional paste of dried fava beans, garlic, oil and vinegar

**Qarnit Immarinat** - Marinated octopus in garlic, lemon, olive oil and fresh herbs

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

### HOT MIZÈ

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

**Zalzett Mixwi** - Grilled traditional Maltese pork and coriander seed sausage

**Fwied tal-Fenek** - Rabbit liver fried in garlic, simmered with thyme and orange juice

### MAIN COURSE

**Wardiet tal-Majjal** - Pork cheeks with garlic, slow-braised with chunky vegetables, white wine, bay leaf and thyme

**Fenek Moqli** - Rabbit fried with garlic and thyme

**Served with roasted new baby potatoes and honey-glazed carrots with fennel and parsley.**

### DESSERT

**Helwa tat-Tork** - A traditional sweet made with crushed sesame seeds and sugar

## Cold 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.

**Dipping Pastes** - Served with *Galletti* (Maltese water biscuits) and Maltese bread - €8.95

- **Ricotta, Basil & Lemon Zest** (V/L) • **Charred Green Pepper** (V)
- **Arjoli** (V/G) - with crushed galletti, garlic, onions and anchovies
- **Bigilla** (V) - Traditional paste of dried fava beans, garlic, oil and vinegar

**Ġbejna tal-Bżar** (V/L) - Maltese peppered soft sheep's cheese - €4.95

**Fażola Bajda** (V) - Cannellini beans with lemon, garlic and parsley - €3.95

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

**Krustini tal-Bidwija** (V) - Toasted Maltese bread with sundried tomato paste, marinated cannellini beans and anchovies - €6.50

**Terina tal-Majjal** - Local pork terrine made with smoked shank, shoulder and cheek, pressed with spring onions, fennel, figs, parsley and capers - €7.45

## Hot Mizè

**Ġbejna Moqlija** (V/G/L) - Deep-fried fresh peppered sheep's cheeselet, served with homemade tomato chutney - €7.45

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

**Bebbox** (*served in shell*) - Snails simmered in an aromatic suace with wine, tomato, garlic and served with arjoli - €8.95

**Zalzett Mixwi** - Grilled traditional Maltese pork and coriander seed sausage - €5.45

**Fwied tal-Fenek** - Rabbit liver fried in garlic, simmered with thyme and orange juice - €9.95

## Insalati / Salads

**Insalata Mhawra** (V/N/L) - Beetroot, peppered sheep's cheese, cucumber, walnuts, fresh figs, mixed salad leaves and a fig vinaigrette dressing - €11.95

**Insalata tal-Qarnit** - Octopus salad with capers, olives, cherry tomatoes, fennel shavings and lemon & mint dressing - €14.45

**Insalata tat-Tiġieġ** - Pulled chicken leg with pickled charred green peppers and onions, capers, fennel shavings, parsley and a sweet vinaigrette dressing - €12.45

## Sopop / Soups

**Aljotta** - Traditional fish soup with rice - €11.95

**Soppa tal-Ġhads u Zalzett** - Lentil and Maltese pork sausage soup - €9.95

## Ftira / Rustic Maltese-Style 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 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 Ftir* when the long fasting period of Ramadan comes to an end.

**Ftira Faqqieghha** (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 Ġħarbija** (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.

## Ġħagin / Pasta

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

**Lingwini bil-Ġlamari** (G) - Linguini with calamari, fried aubergine, cheery tomatoes, white wine, garlic, chilli, fresh herbs and lemon oil - €13.95

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

The above pasta dishes can be served as a main course, add €2.00 to the price.

**Timpana Żarmata** (G) - *A deconstructed version of Malta's favourite baked pasta dish* - Macaroni with a pork and beef ragù, chicken livers, boiled egg, covered with a crispy shortcrust pastry - €13.45

**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

## It-Tieni Platt / Main Course

**Qarabaghli Mimli** (V/L) - Round green marrow filled with a delicious mixture of caponata and rice, topped with sheep's cheese and served with a tomato sauce - €16.45

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

**Curbell Moqli** - Pan-seared brown meagre fillets with caper and raisin infused chutney - €26.95

**Stuffat tal-Qarnit** (N) - A sumptuous octopus stew cooked with onions, potatoes, tomatoes, carrots, olives, capers, walnuts, raisins, vinegar, red wine and a hint of chilli - €26.95

**Tiġieġa l-Forn** (L) - Roast garlic and rosemary flavoured chicken leg confit and onions - €17.95

**Fenek Moqli** - Rabbit fried with garlic and thyme - €21.45

**Fenek Stuffat** - Rabbit fried with garlic, slow-braised with carrots, celery, onions, white wine, bay leaf and thyme, served with marrowfat peas - €21.45

**Wardiet tal-Majjal** - Pork cheeks with garlic, slow-braised with carrots,celery, onions, white wine, bay leaf and thyme - €19.45

All main courses are served with one choice of potatoes and one choice of vegetables per person.

## Patata / Potatoes

**Patata Ġdida l-Forn** (V) - Roasted new potatoes with garlic, thyme, fennel seeds and olive oil - €3.45

**Patata Moqlija** (V) - Chips - €3.45

## Insalati u Ħaxix / Salads & Vegetables

**Insalata Friska** (V) - Mixed leaf salad with cherry tomato, olives, honey and balsamic dressing - €3.75

**Tadam, Ħabaq u Basal** (V) - Tomatoes with thinly sliced onions, basil and olive oil - €3.75

**Pastard bil-Ġbejniet u Naniegħ** (V/L) - Pan-seared cauliflower with sheep's cheese and mint - €4.45

**Zunnarija bl-Ġħasel** (V) - Honey-glazed carrots with fennel and rosemary - €3.45

**Allergy Note** - The following 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