

Flavours of Malta - Tasting Menu

To share (minimum 2 persons) - €27.50 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/GC)
- **Arjoli** (G/GC) - with crushed galletti, garlic, onions and anchovies
- **Bigilla** (V/GC) - Traditional paste of dried fava beans, garlic, oil and vinegar

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

WARM MIZÈ

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

Zalzett ta' Malta Mixwi (GC) - Grilled traditional Maltese pork and coriander seed sausage

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

MAIN COURSE

Wardiet tal-Majjal (L/GC) - Pork cheeks with garlic, slow-braised with chunky vegetables, white wine, bay leaf and thyme

Fenek Moqli (GC) - Rabbit fried with garlic and thyme

Patata ġdida moħmija u zunarija bl'għasel (V) - Roast new baby potatoes, honey-glazed carrots with fennel and parsley

DESSERT

Mqaret bil-għasel (G/N) - Date fritters dripped with local honey

A LA CARTE

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
- **Ricotta, Basil & Lemon Zest** (V/L) - €3.35 • **Charred Green Pepper** (V/GC) - €3.35
 - **Arjoli** (G/GC) - with crushed galletti, garlic, onions and anchovies - €3.35
 - **Bigilla** (V/GC) - Traditional paste of dried fava beans, garlic, oil and vinegar - €3.35
- A mix of all four pastes - €10.00

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

Fażola Bajda (V/GC) - Cannellini beans with lemon, garlic and parsley - €3.50

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

Krustini tal-Bidwija (V/G) - Toasted Maltese bread spread with fresh tomatoes and topped with capers, butter beans, olives, mint and pickled onions - €6.50

Pixxispad Immarinat (G) - Swordfish tartare flavoured with capers, raisins, chilli and lemon served with toasted crostini - €9.50

Warm Mizè

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

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

Żaqq tal-Majjal (G/GC) - Pressed pork belly tossed in a carob and lemon glaze, served with rucola, olives and capers - €7.50

Zalzett ta' Malta Mixwi (GC) - Grilled traditional Maltese pork and coriander seed sausage - €5.95

Fwied tal-Fenek Moqli (GC) - 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 all tossed in a fig vinaigrette - €11.95

Insalata tat-Tonn (GC) - Fresh confit tuna, orange segments, olives, capers, pickled fennel, pickled onions, pickled chilli and celery leaves, served with a lemon dressing - €11.95

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

Soppa / Soup

Aljotta (GC) - Traditional fish soup with rice - €11.95

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 Fitr* when the long fasting period of Ramadan comes to an end.

Ftira Faqqiegħha (V/G/L) - Tomato sauce, mozzarella and mushrooms - €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/GC) - Roast garlic, roast potatoes, onions, charred green peppers, tomatoes, rosemary and mozzarella - €11.95

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

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

Ftira Lahmija (L/G/GC) - Maltese sausage, ham, capers, olives and mozzarella - €11.95

Ftira Ful (L/G/GC) - Broad beans, smoked bacon, garlic, sundried tomato paste and mozzarella - €11.95

Ftira tal-Majjal (L/G/GC) - Slow-cooked pulled pork, caramelized onions, sheep's cheeselet, roast potatoes, parsley and mozzarella - €12.95

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

Chagin / Pasta

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

Lingwini bil-Klamari (G/GC) - Linguini with calamari, fried aubergine, cherry tomatoes, white wine, garlic, chilli, fresh herbs and lemon oil - €14.50

Spagetti biz-Zalza tal-Fenek (L/G/GC) - *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 - €12.35

Makkurunelli biż-Żebbuġ, Inċova u Tadam Imqadded (L/G/GC) - Macaroni with olives, anchovies, sundried tomatoes and flavoured with garlic, mint and parsley - €11.95

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

Froġa tat-Tarja (V/G/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

Qarabagħli Mimli (V/L/GC) - Round marrow filled with a delicious mixture of aubergine caponata and rice, topped with sheep's cheese and served with a tomato sauce - €15.50

Hut Frisk skond is-Sajda - Fresh fish - Take a look at the daily offering on display

Awrata Moqlija - Pan-seared fresh sea bream with charred green pepper and fig chutney - €22.50

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

Fenek Moqli (GC) - Rabbit fried with garlic and thyme - €21.95

Fenek Stuffat (GC) - Rabbit fried with garlic, then slow-braised with carrots, celery, onions, tomato paste, white wine, bay leaf, thyme and served with marrowfat peas - €21.95

Wardiet tal-Majjal (L/GC) - Pork cheeks with garlic, slow-braised with carrots, celery, onions, white wine, bay leaf and thyme - €21.50

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

Patata / Potatoes

Patata Ġdida l-Forn (V/GC) - Roasted new potatoes with garlic, thyme, fennel seeds and olive oil - €3.50

Patata Moqlija (V/G) - Chips - €3.50

Insalata u Ħaxix / Salads & Vegetables

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

Tadam, Ħabaq u Basal (V) - Tomatoes with thinly sliced onions, basil and olive oil - €3.50

Zunnarija bl-Għasel (V) - Honey-glazed carrots with fennel and rosemary - €3.50

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 (GC) - Garlic