

## Flavours of Malta - Tasting Menu

To share (*minimum 2 persons*) - **€27.50** per person

### COLD MIZÈ

- Dipping Pastes** - Served with *Galletti* (Maltese water crackers) and Maltese bread
- **Ricotta, Basil & Lemon Zest** (M) • **Aubergine Dip** (S)
  - **Arjoli** (C/F/N/S) - with crushed galletti, garlic, onions, tomato paste and anchovies
  - **Bigilla** (S) - Traditional paste of dried fava beans, garlic, oil and vinegar

**Ġbejna tal-Bżar** (M) - Maltese peppered soft sheep’s cheese

### WARM MIZÈ

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

**Zalzett ta’ Malta Mixwi** (S/MD/SE) - Grilled traditional Maltese pork and coriander seed sausage

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

### MAIN COURSE

**Wardiet tal-Majjal** (CY/S) - Pork cheeks slow-braised with carrots, celery, onions, garlic, white wine, bay leaf and thyme

**Fenek Moqli** (S) - Rabbit fried with garlic and thyme

**Patata ġdida mohmija u Zunnarija bl-ġhasel** (S) - Roast new baby potatoes and honey-glazed carrots with fennel seeds and parsley

### DESSERT

**Mqaret bl-ġhasel** (C/P/M/S/N/SE) - 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 crackers) and Maltese bread
- **Ricotta, Basil & Lemon Zest** (M) - **€3.35**
  - **Aubergine Dip** (S) - **€3.35**
  - **Arjoli** (C/F/N/S) - with crushed galletti, garlic, onions, tomato paste and anchovies - **€3.35**
  - **Bigilla** (S) - Traditional paste of dried fava beans, garlic, oil and vinegar - **€3.35**
- A mix of all four pastes - **€10.00**

**Ġbejna tal-Bżar** (M) - Maltese peppered soft sheep’s cheese - **€4.95**

**Fażola bit-Tewm** (S) - Butter beans cooked with garlic and dressed with lemon, olive oil and parsley - **€3.50**

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

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

### Warm Mizè

**Qargħa Hamra bl-Irkotta** (C/S/M) - Juicy Maltese pumpkin baked in our traditional wood-burning oven, topped with fresh ricotta and drizzled with carob syrup, a touch of chilli and parsley - **€6.50**

**Ġbejna Moqlija** (C/E/S/M/CY/MD) - Deep-fried fresh peppered sheep’s cheeselet, served with homemade tomato chutney - **€7.45**

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

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

**Zalzett ta’ Malta Mixwi** (S/MD/SE) - Grilled traditional Maltese pork and coriander seed sausage - **€5.95**

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

### Insalati / Salads

**Insalata Mħawra** (S/M/N/MD) - Beetroot, peppered sheep’s cheese, cucumber, walnuts, fresh figs and mixed salad leaves all tossed in a fig vinaigrette dressing - **€11.95**

**Insalata tat-Tonn** (F/S/CY/MD) - Confit of fresh tuna, orange segments, olives, capers, pickled fennel, pickled onions, pickled chilli and celery leaves, with a lemon vinaigrette dressing - **€12.95**

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

### Soppa / Soup

**Aljotta** (CS/F/S/CY) - Traditional fish soup with rice - **€11.95**

**Ravjul tan-Nagħaġ fil-Brodu** (C/E/S/M/CY) - Homemade fresh ravioli filled with Maltese sheep’s cheese and ricotta, in a vegetable broth - **€12.95**

### 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 a traditional 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 Faqqiegħha** (C/M/S) - Tomato sauce, mushrooms and mozzarella - **€11.45**

**Ftira tal-Qaliet** (C/M/S/N) - Grilled aubergine marinated in basil, sundried tomatoes, dried ricotta cheese and mozzarella - **€11.95**

**Ftira Bertu** (C/M/S) - Roast garlic, roast potatoes, onions, charred green peppers, tomatoes, rosemary and mozzarella - **€11.95**

**Ftira Lippina** (C/M/S/F) - Tuna, anchovies, black olives, capers, tomatoes, raw onions, mint, marjoram and mozzarella - **€11.95**

**Ftira Tqaqqieqa** (C/M/S) - Slow-cooked chicken thigh, caramelized onions, dried cherry tomatoes, garlic, thyme, oregano and mozzarella - **€12.95**

**Ftira Laħmija** (C/M) - Maltese sausage, ham, capers, olives and mozzarella - **€11.95**

**Ftira tal-Majjal** (C/M/S) - 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.

### Ġħaġin / Pasta

**Ravjul tal-Irkotta** (C/E/S/M) - Ricotta ravioli with a tomato, garlic and basil sauce - **€11.95**

**Spagetti bil-Pixxispad** (C/E/F/S/M/CY/CS) - Spaghetti tossed in a sauce of swordfish, white wine, orange zest, fennel, garlic, chilli, capers and parsley - **€12.95**

**Spagetti biz-Zalza tal-Fenek** (C/E/S/CY) - *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**

The above pasta dishes can be served as a main course at a supplement of **€2.00**.

**Timpana** (C/E/S/M/CY) - Traditional Maltese baked pasta made with macaroni in a rich sauce of minced beef and pork, chicken livers, boiled eggs, smoked ham, tomatoes, Parmesan cheese and herbs, baked in a short crust pastry - **€12.50**

**Froġa tat-Tarja** (C/E/S/M) - 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** (S/M/CY) - Round marrow filled with a delicious mixture of aubergine caponata and rice, topped with sheep’s cheese, tomato sauce and oven-baked - **€15.50**

**Ħut Frisk skond is-Sajda** (F/CS/S) - Fresh fish - Take a look at the daily offering on display

**Spnotta Moqlija** (F/CS/S/CY) - Pan-seared fillet of sea bass simmered in a caper and fennel broth - **€22.95**

**Koxox tat-Tiġieġ** (S/CY) - Pan-seared boneless chicken thighs braised with olives, chunky tomatoes, white wine, garlic and carob syrup - **€18.50**

**Braġġjoli** (C/E/S/M) - Thin slices of tender beef rolled with a tasty stuffing of breadcrumbs, finely chopped boiled eggs, ham, parsley, garlic and Parmesan cheese, simmered in a wine and onion gravy - **€21.50**

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

**Fenek Stuffat** (S/CY) - Rabbit fried with garlic, then slow-braised with carrots, celery, onions, white wine, bay leaf, thyme and served with marrowfat peas - **€21.95**

**Wardiet tal-Majjal** (S/CY) - Pork cheeks slow-braised with carrots, celery, onions, garlic, 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** (S) - Roast new potatoes with garlic, thyme, fennel seeds and olive oil - **€3.50**

**Patata Moqlija** (S/C) - Chips - **€3.50**

### Insalata u Ħaxix / Salads & Vegetables

**Insalata Friska** (S/MD) - Mixed leaf salad with cherry tomatoes, olives, honey and balsamic dressing - **€3.75**

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

**Zunnarija bl-Ġhasel** (S) - Honey-glazed carrots with fennel seeds 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.

(C) - Cereals (CS) - Crustaceans (E) - Eggs (F) - Fish (P) - Peanuts (S) - Soya (M) - Milk (N) - Nuts (CY) - Celery (MD) - Mustard (SE) - Sesame (MS) - Molluscs