

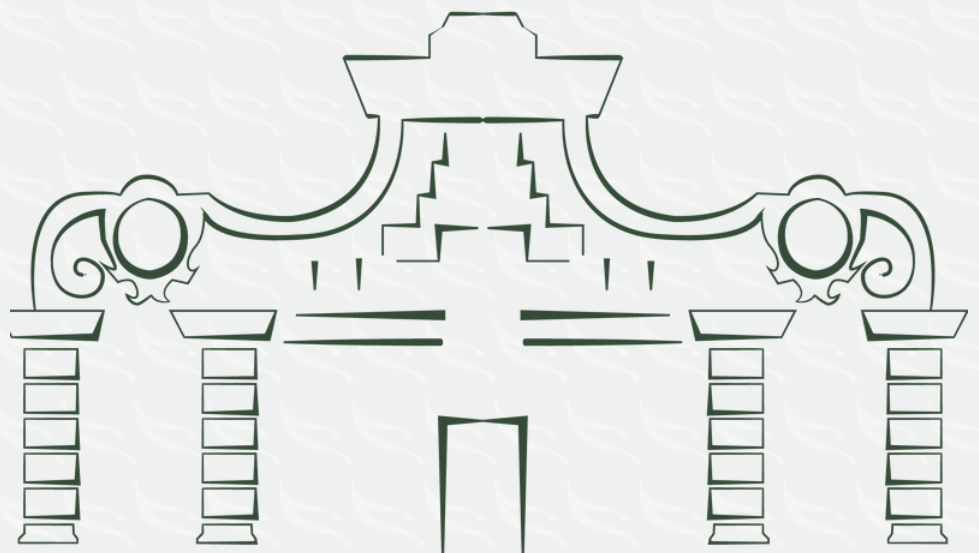


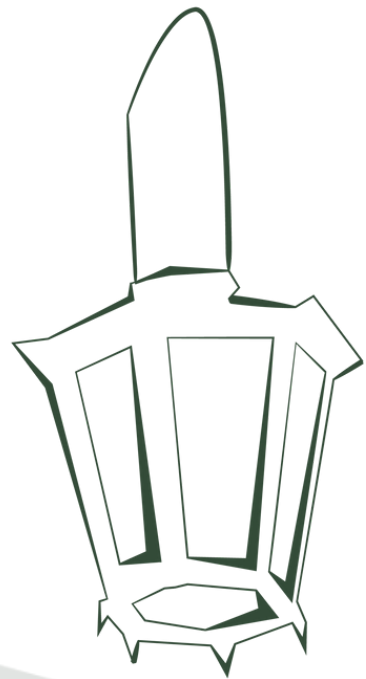
## Medina - An Ethnic Touch to a Modern world.

The Arabs of the Mediterranean and beyond carried with them an array of flavour in every place they settled or conquered. With Malta being in the crossroads of these lands, we have curated an array of flavour, ingredients and dishes over the years.

### Dietary Notes

(GF) – Gluten Free | (LF) – Lactose Free | (G) – Contains Gluten  
(L) – Contains Lactose | (N) – Contains Nuts | (F) – Contains Fish  
(SF) – Contains Seafood | (V) – Vegan | (VEG) – Vegetarian | (M) – Contains Molluscs





# CASUAL BITES

(Ideal for Sharing)

|   |        |
|---|--------|
| <b>Dolmas</b> (LF)(V)(VEG) - 2 pieces<br>Stuffed vine leaves and cucumber raita   | €5.00  |
| <b>Falafel Bites</b> (GF)(LF)(VEG) - 2 pieces<br>Paired with tahini and hummus  | €5.00  |
| <b>Tabbouleh</b> (LF)(V)<br>Bulgur Wheat, parsley, tomatoes, cucumber and lemon vinaigrette   | €8.75  |
| <b>Baba Ganoush</b> (LF)(VEG)<br>Lightly smoked aubergine paté, roast almonds, tahini, pomegranate, smoked sultanas served with sourdough | €10.00 |
| <b>Fritto Misto</b> (GF)(LF)(F)(SF)<br>Mediterranean fish, shellfish and harissa  | €12.00 |
| <b>Organic Grilled Vegetable Salad</b> (GF)(LF)(V)<br>Served with bitter leaves and house dressing  | €9.00  |
| <b>Smoked Ham Hock Terrine</b> (GF)(LF)<br>Local ham hock, soft boiled egg and Giardiniera  | €16.00 |
| <b>Tartare of Local Fish</b> (F)(M)(G)(LF)<br>Marinated with shallots, gherkins, capers and herbs served with sourdough                   | €18.00 |
| <b>Sweet Red Prawn Carpaccio</b> (GF)(LF)(SF)<br>Local red prawns, pink grapefruit, pink peppercorns and pickled shallots                 | €18.00 |

# SOUP . PASTA . RISOTTO

**Soup of the Day** €7.00

**Chef's 'Aljotta'** (GF)(LF)(F) €12.00  
Fish and tomato soup

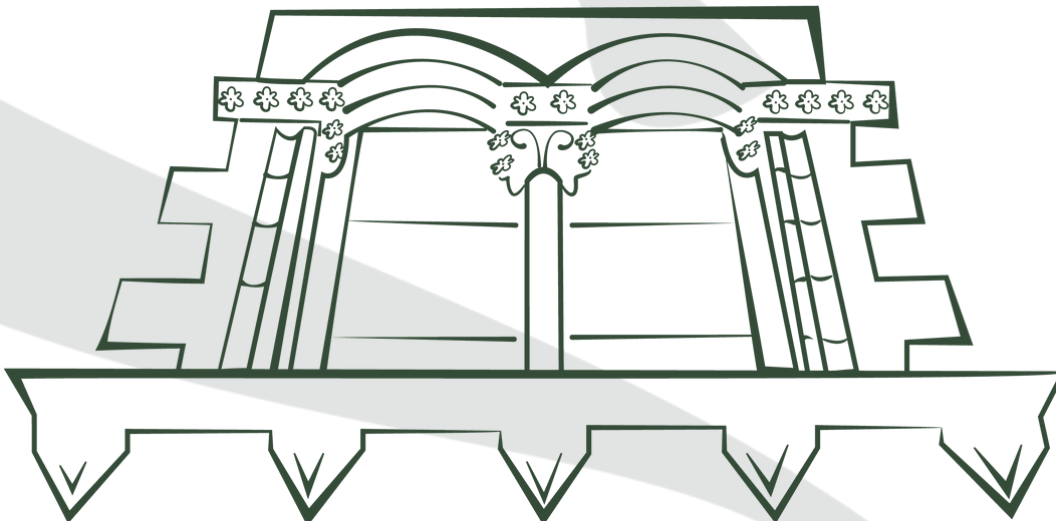
**Spaghetti Clams** (LF)(SF) €16.50 | €19.95  
Enhanced with peperoncino, lemon and parsley

**Tagliatelle Ragu** (G)(L) €14.50 | €17.00  
Red wine, beef ragu and Parmesan

**Strozzapreti Rabbit** (G)(L) €16.00 | €19.00  
Local rabbit, semi-dried tomatoes and fermented turnip

**Gbejna Ravioli** (G)(L)(VEG) €14.00 | €18.00  
Paired with spinach, tomato, Pecorino and dried sheep cheese

**House Risotto** (GF)(VEG) €15.00 | €17.00  
Bell peppers, brined lemon, garnished  
with sautéed peppers and black olives



# MAINS

|  |                  |
|--|------------------|
| <b>'Imam Bayildi'</b> (GF)(LF)(V)(VEG)<br>Stuffed local aubergine, vegetable ragù and chickpeas                            | €21.00           |
| <b>Grilled Halloumi</b> (GF) (VEG)<br>Warm honey, zucchini, coriander salad and hummus                                     | €21.00           |
| <b>Catch of the Day</b> (GF)<br>Whole roasted, smoked aubergine and lemon verbena  | Price per weight |
| <b>Octopus Stew</b> (GF)(LF)<br>Local octopus, orange and rosemary   | €28.00           |
| <b>Spatchcock Chicken</b> (GF)(LF)<br>Carob glaze, cumin and local mulberries  | €26.00           |
| <b>Slow cooked Confit Pork Belly</b> (GF)(LF)<br>Scented with coriander & fennel, crushed garlic, beans and tomato jus     | €24.00           |
| <b>Braised Beef Cheek</b> (GF)<br>Lacto stout and snails   | €26.00           |
| <b>Pan Fried Rabbit</b> (GF)(LF)<br>Onions and garlic  | €28.00           |
| <b>Grilled Ribeye</b> (GF)<br>Choice of sauce:<br>Pepper & smoked raisin.<br>Red wine shallot butter<br>Madeira & mushroom | €29.00           |

All main courses include a choice of one side dish

# SIDE DISHES

|  |    |
|--|----|
| <b>Smashed Potatoes</b> (GF)(LF)       | €4 |
| <b>French Fries</b> (GF)(LF)           | €4 |
| <b>Maltese Roast Potatoes</b> (GF)(LF) | €4 |
| <b>Steamed Vegetables</b> (GF)(LF)     | €6 |
| <b>Caponata</b> (GF)(LF)               | €4 |
| <b>Mixed Salad</b> (GF)(LF)            | €4 |





# DESSERTS

## Selection of Ice Creams

€2 per scoop

## Selection of Sorbets

€2 per scoop

### Carved Fresh Fruit Platter (GF)(LF)

Ginger and mint sugar

€7.00

### 'Helwa tat-Tork' (GF)(LF)(N)

Almond praline, local honey and Xwejni salt

€7.00

### Cinnamon & Walnut Baklava (LF)(N)

€7.50

### Maltese Ricotta Cannoli (G)(L)(N)

Pistachio crèmeaux

€7.50

### Rose Water & Cardamom Brûlée (GF)

€7.00

### Local 'Mqaret' (G)(L)(N)

Orange blossom water anglaise

€7.00

### Chocolate & Coffee Torte (GF)

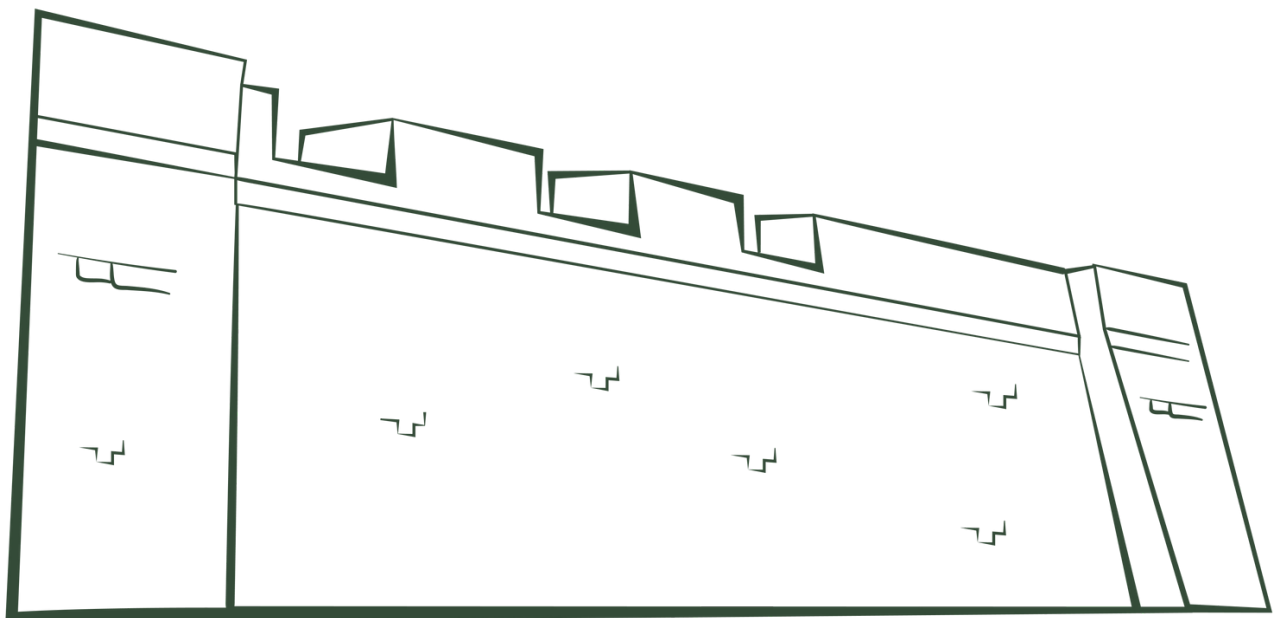
Lavender ganache

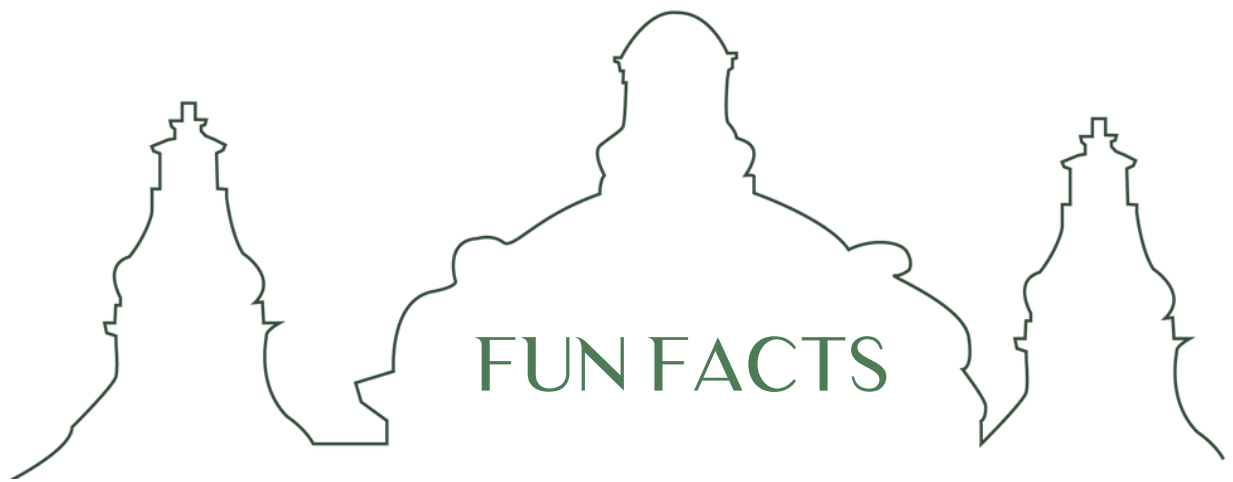
€7.00



# CHILDREN'S CORNER

|   |        |
|---|--------|
| <b>Soup of the Day</b>                    | €5.00  |
| <b>Garganelli Tomato Sauce</b>            | €8.00  |
| <b>Pennette with butter and cheese</b>    | €8.00  |
| <b>Tagliette Bolognese</b>                | €9.00  |
| <b>8 pieces Chicken nuggets and fries</b> | €11.50 |





## Honey

Originally The Greeks called the island Melite (Μελίτη) which derives from the Greek word meli (μέλι) which means honey.

## Sorbet

The Arabs are thought to have introduced sorbets to Malta and Sicily. Their 'sharbat' drink was made using mountain snow, and evolved into what we now know as sorbet.

## Lacto Milk Stout

In the past it was seen as a source of energy among working class families and a source of iron during pregnancy.

## Pomegranate

Pomegranates were highly valued by many cultures for its medicinal properties and symbolic significance and were introduced to the Maltese Islands by Arab traders.

## Rabbit

The popularity of the modern day "fenkata", a national dish in Malta was paralleled during the Arab rule of Malta, mostly consumed by those of high social standing

## Lemon

During the Islamic period, people began growing and eating more citrus fruits such as oranges and lemons. This was a way of getting enough Vitamin C, previously sought through wine, vinegar and cabbages

## Cumin

The 3rd island making up the Maltese Archipelago; Comino is named after the cumin seed which grows across the island.