

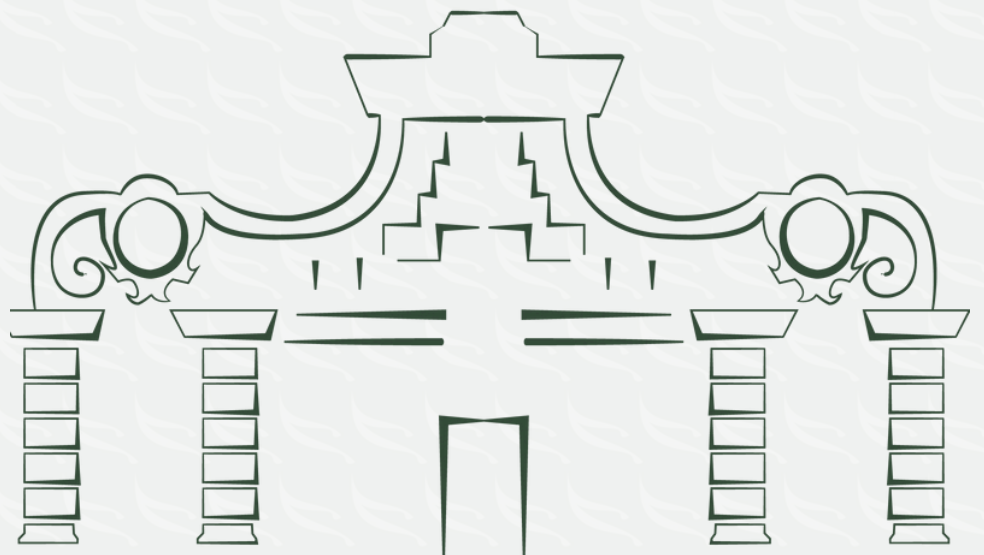


MEDINA

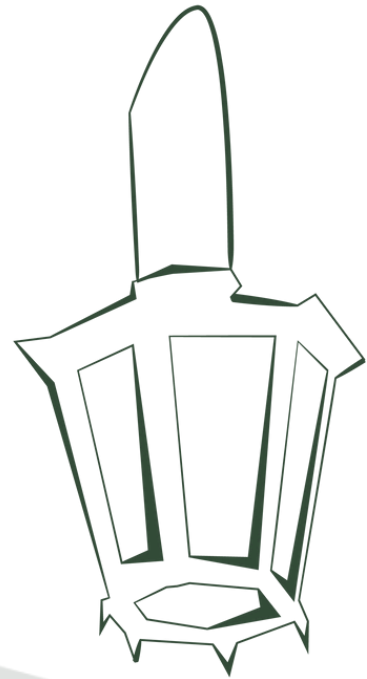
Medina - An Ethnic Touch to a Modern world.





























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



Casual Bites



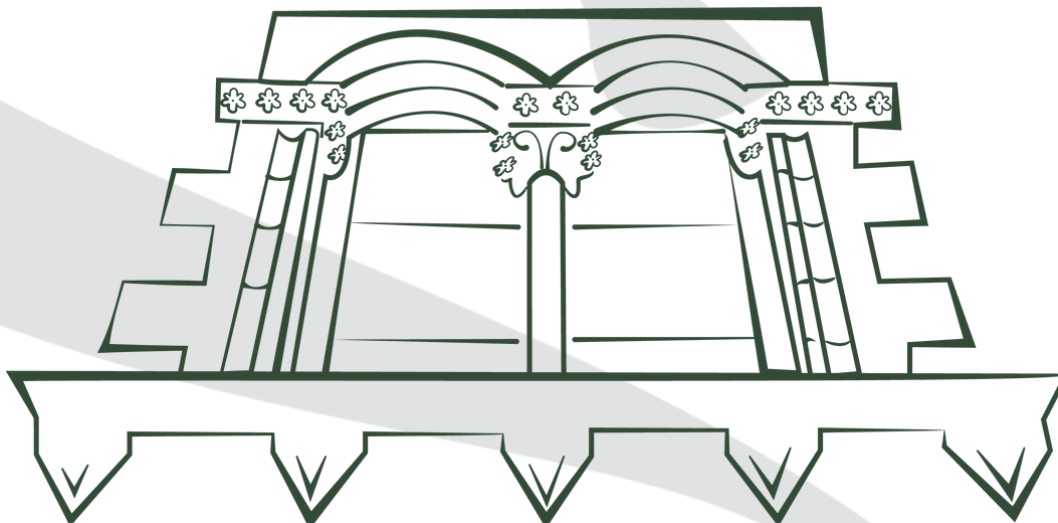
- Falafel Bites - 3 pieces**    
Whipped local Sheep's Cheese, Romesco Sauce €9.50
- Flat Bread**      
Beetroot Hummus, Crushed Feta cheese, Dukkha and Mint €9.75
- Baba Ganoush (V)**    
Lightly Smoked Aubergine Paté, Roast Almonds, Tahini, Pomegranate, Smoked Sultanas, Served with Sourdough €10.50
- Fritto Misto**    
Prawns, Calamari and Whitebait fish, Served with Harissa & a Lemon Vinaigrette €12.50
- Local Rabbit Arancini - 3 pieces**    
Pulled Rabbit, Pea Pureé, Grated Pecorino €10.50
- Fresh Local Sheep's Cheese (V)**  
Sundried Tomato Paste, Caponata, Served with Sourdough €12.50
- Pulpetti Tan-Neonati**   
Neonati Fritters, Lemon Vinaigrette €10.50
- Local Prawn Carpaccio** 
Citrus Dressing, Fresh Orange Segments €19.50

Ideal for Sharing











- Kisra Hobz**  
Sundried Tomatoes, Capers, Olives, Chilled Maltese Sausage, Soft Sheep's Cheese, Peppered Sheep's Cheese, Caponata, Served with Galletti and Maltese Bread €25.00
- Arabic**  
Baba Ganoush, Humus, Tahini, Falafel Bites, Tabbouleh, Olives, Served with Vegetable Crudities and Flat Bread €25.00

Soup . Pasta . Risotto

- Lentil and Maltese Sausage Soup**  €8.50
Carrots, Potatoes and Onions
- Chef's Prawn Bisque**     €12.00
- Rabbit Lasagna**    €15.00 | €18.00
Pulled Rabbit Ragù, Wilted Spinach, Béchamel Sauce
- Risotto Maltese (V)**   €15.00 | €18.00
Sundried Tomatoes, Olives, Artichokes, Grated Pecorino
- Paccheri Bil-Majjal ta' Malta**    €15.00 | €18.00
24 hour Braised Pig, Sautéed Mushrooms, Cream
- Ġbejna Ravioli**     €15.00 | €18.00
Filled with Sheep's Cheese and Paired with Spinach, Tomato & Pecorino
- House Tagliatelle (V)**   €15.00 | €18.00
Tomato Sauce, Fried Aubergines, Chilli, Local Sheep's Cheese, Basil
- Spaghetti Prawn Carbonara**    €18.00 | €21.00
Sautéed Prawn, Egg, Pecorino, Crispy Guanciale



Main Courses

| | |
|---|--------|
| Fresh Seared Seabass  | €29.50 |
| Grilled Asparagus, Caper Yoghurt | |
| Grilled Swordfish  | €24.00 |
| Paired with an Olive and Caper Salsa | |
| Warm Spiced Spatchcock Chicken | €27.50 |
| Grain Salad, Carob Yoghurt | |
| Pan Fried Rabbit | €28.00 |
| Onion and Garlic, Red Wine Reduction | |
| Braised Octopus Stew    | €28.00 |
| Local Octopus in a Rich Tomato Sauce, Olives and Mint | |
| Rack of Pork  | €28.00 |
| Fried Egg, Buttered Greens, Pan Juices | |
| Seared Duck Breast   | €26.00 |
| Coriander, Cumin, Sesame, Prune, Wilted Greens, Star Anise Scented Jus | |
| Carob Glazed Quail  | €28.00 |
| Mashed Potato, Spinach and Baby Carrots | |
| Grilled Halloumi (V)  | €23.00 |
| Warm Honey, Roasted Vegetables, Hummus, Coriander Salad | |
| Cauliflower Steak | €19.50 |
| Beetroot Hummus, Pomegranate and Coriander Salad | |
| Grilled Ribeye | €30.00 |
| <i>Choice of sauces:</i> | |
| <i>Red wine</i> | |
| <i>Mushroom</i> | |
| <i>Pepper</i> | |
| <i>Bernaise</i> | |

All main courses include a choice of one side dish

Side Dishes

| | | | |
|---|----|-------------------------|----|
| Mashed Potatoes    | €4 | Salad | €4 |
| Fries   | €4 | Chilled Caponata | €4 |
| Roasted New Potatoes     | €4 | Buttered Greens | €4 |
| Tabbouleh | €4 | | |
| Bulgur Wheat, Parsley, Tomatoes, Cucumber & Lemon Vinaigrette | | | |

LOCAL SPECIALS

Stuffed Calamari

Simmered in a Tomato Liquor with Rice, Tuna & Capers

€???.?0

Bragioli Tan-Nanna

Rolled Beef stuffed with Mince, Boiled Eggs and a Red Wine Reduction

€???.00

Porchetta

Stuffed Pork with Herbs, Served with Mashed Potato & Buttered Carrots

€???.00

Chef's Prized Chicken

Boneless Chicken Thighs Cooked with Fennel, Onion & Potatoes

€???.00

Nanna's Marrows

Baked Round Zucchini Stuffed with Beef, Fennel, Onion & Potatoes

€???.?0

Timpana

Traditional Maltese Pasta Pie with Bolognese

€???.?0

Local Broad Bean & Sheep's Cheese Tart

€???.00

Medina's Signature Stew

Beef Knuckle, Potatoes & Seasonal Vegetables

€???.00



DESSERTS

Selection of Ice Creams

€2 per scoop

Selection of Sorbets

€2 per scoop

Lemon Pannacotta



MILK

Served with Strawberries, Fresh Mint & a Berry Sauce

€7.50

'Helwa tat-Tork'



EGGS

Tree Nuts

Sesame

Sesame & Almond Praline, Local Honey & Xwejni Salt

€7.50

Torta tal-Marmurat



Gluten

MILK

Tree Nuts

PEANUTS

Warm Chocolate, Almond & Orange Tart, Chocolate soil,
Served with Gelat tan-Nanna

€7.50

Maltese Ricotta Cannoli



Gluten

Lupin

MILK

Tree Nuts

Served with a Pistachio Crèmeaux

€7.50

Local 'Mqaret'



Gluten

Lupin

MILK

Tree Nuts

Date Fritters served with an Orange Blossom Water Anglaise

€7.50

CHILDREN'S CORNER

Soup of the Day



€5.00

Garganelli Tomato Sauce



€8.00

Pennette with Butter and Cheese



€8.00

Tagliatelle Bolognese

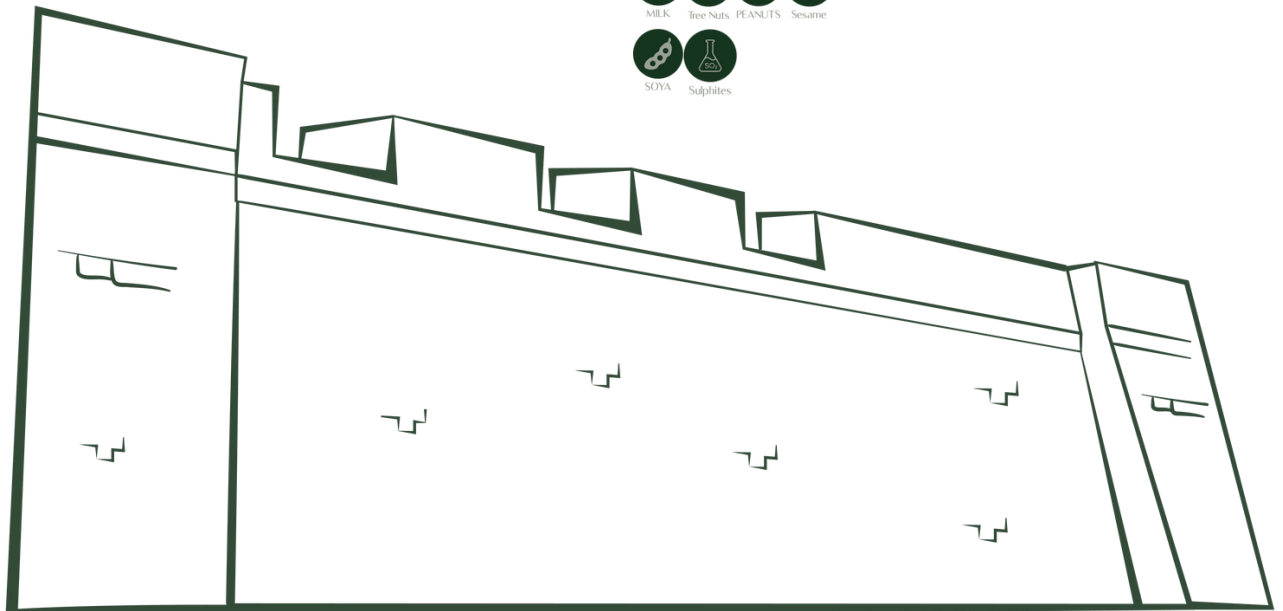


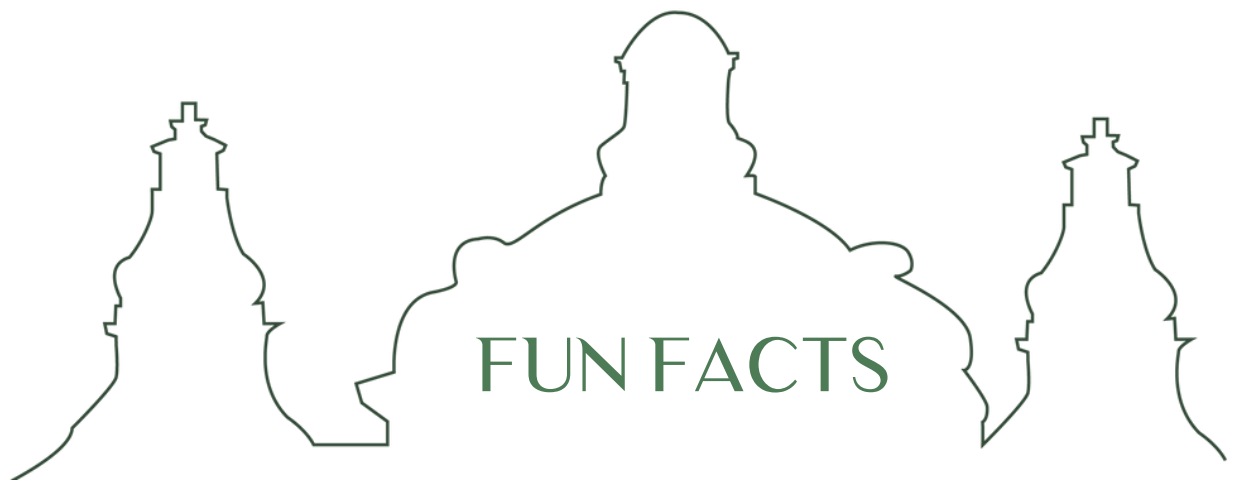
€13.50

8 pieces Chicken Nuggets and Fries



€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.