

AGLIOLIO

PRIMI FIRST COURSES

CALAMARI FRITTI Lightly floured deep-fried calamari served with a lemon and garlic aioli	€14.25
FUNGO FARCITO V Stuffed Portobello mushrooms with ricotta, goat's cheese and walnuts served with baby spinach and dried cherry tomatoes	€11.00
PARMIGIANA CLASSICA V Layered aubergines with tomato sauce, basil, mozzarella and parmesan	€11.00
POLPETTE DI SALMONE Breaded salmon cakes on a bed of salad served with sweet chilli sauce	€12.00
ZUPPA DEL GIORNO Soup of the day	€7.95
FOCACCIA TRADIZIONALE VG Pizza dough topped with sliced tomatoes, garlic, rucola and olive oil	€8.00
FOCACCIA SALUMI Pizza dough topped with salumi trimmings, sweet peppers, garlic and cherry tomatoes	€8.45
FOCACCIA AGLIO E ROSMARINO VG Pizza dough topped with garlic and fresh rosemary infused oil	€7.75
DUO DI BRUSCHETTA V Two types of bruschetta served on toasted bread topped with tomato and herbs and a homemade artichoke paste topped with warm ricotta	€8.45

ANTIPASTO MISTO Antipasto platter with mixed Italian charcuterie and cheeses accompanied with fried pizza dough, tomato and basil salsa and homemade fruit jam	€24.50
--	--------

AGLIOLIO PLATTER Calamari fritti, Polpette di salmone and Focaccia Aglio e Rosmarino	€29.00
--	--------

INSALATE SANE TASTY HEALTHY SALADS

BURRATA E SGOMBRO AFFUMICATO Burrata mozzarella and smoked mackerel served with fennel shavings, rucola and orange segments	€15.00
CAPRESE V Buffalo mozzarella served on fresh tomatoes and rocket salad	€13.00
CARPACCIO DI VITELLO Thinly sliced fillet of peppered crusted veal topped with rocket salad, parmesan custard, caper berries and lemon olive oil	€14.00

INSALATA POLLO Grilled chicken breast served on a crispy salad, baby spinach, cherry tomatoes, cucumber, onions, hard boiled eggs and croutons with whole grain mustard and honey dressing	€16.00
--	--------

INSALATA SALMONE Grilled salmon fillet, quinoa, avocado, pumpkin seeds, apple puree and roasted cherry tomatoes	€17.00
---	--------

PASTA E RISOTTO PASTA AND RISOTTO

GNOCCHI CON ZUCCA E CAVOLO VERDE V Tossed in pumpkin cream, kale and parmesan garnished with roasted pumpkin seeds	€13.00
STROZZAPRETI MANZO E GORGONZOLA Tossed in a rich gorgonzola cheese cream, strips of beef and fresh pine nuts	€13.50
SPAGHETTI AGLIOLIO E PEPPERONCINO VG Tossed in chilli, garlic and extra virgin olive oil	€11.25
SPAGHETTI CON POLPETTE Tossed in tomato sauce, beef meat balls, herbs, fior di latte mozzarella finished with pistachios	€12.75

SPAGHETTI CARBONARA Tossed in a creamy sauce, pancetta, guanciale (cured pork cheeks), pecorino, egg yolks and cracked black pepper	€13.25
---	--------

PAPPARDELLE CON FEGATO DI CONIGLIO Tossed in balsamic cream, rabbit liver and chives	€13.00
--	--------

TAGLIATELLE CON GAMBERI E ZUCCHINI SD Tossed with local red prawns, zucchini, creamy prawn bisque flamed with sambuca	€14.00
--	--------

RAVIOLI DI CERNIA Grouper ravioli with capers, leeks, fresh basil and cherry tomato soffritto	€13.00
---	--------

CALAMARATA CON RAGÙ DI CINGHIALE Tossed in a rich wild boar ragout finished with pecorino cheese	€13.25
--	--------

RISOTTO GUANCIALE E ASPARAGI Arborio rice with crispy guanciale (cured pork cheeks) lardons and fresh asparagus finished with pecorino cheese	€13.25
---	--------

RISOTTO CON FUNGHI, TARTUFO E FORMAGGIO DI PECORA V Arborio rice with mushrooms, truffle paste and local goats cheese	€13.00
--	--------

A supplement of €3 applies when ordering a main course portion

PIATTI VEGANI VEGAN DISHES

PENNE ARRABBIATA CON FRIARIELLI (Starter portion) VG Penne tossed in tomato sauce, chillies and turnip tops	€12.50
--	--------

INSALATA VEGANA VG Chickpeas, mixed beans, pickled beetroot, pickled turnips and grilled zucchini	€12.50
--	--------

PIZZA VEGANA VG San Marzano tomato sauce, vegan mozzarella and fresh basil	€10.25
---	--------

PIZZA VEGETARIANA VG San Marzano tomato sauce, vegan mozzarella, grilled aubergines, peppers, zucchini and roasted almonds	€12.00
---	--------

BURGER VEGANO VG Vegan patty, vegan cheddar, onions and tomatoes in a sesame bun with pickled red cabbage and sweet potato fries	€17.00
---	--------

THE SIX PACK REVOLUTION

Food specifically made for people following The Six Pack Revolution meal plan.



FABULOUS FALAFELS V Chickpeas, broad beans, oats and pumpkin seed falafel served with baby rocket and baba ganoush	€12.00
---	--------

LENTIL AND SWEET POTATO CAKES WITH A SPICY MINT SAUCE V Sweet potato, lentil and fennel seed cakes served with mixed salad and spicy fresh mint sauce	€13.50
--	--------

JERK SALMON WITH GRIDDLED VEGETABLES Baked spiced salmon fillet served with grilled zucchini, aubergines and mushrooms	€15.00
--	--------

PAN-FRIED SEA BASS WITH GARLIC AND CHILLI Pan-fried sea bass fillet with chilli and garlic served with stir fry vegetables and lemon wedge	€14.50
--	--------

COTTAGE PIE Turkey, mixed peppers, onion and tomato ragout topped with sweet potato mash	€14.25
--	--------

CHICKEN SHISH WITH BABA GANOUSH Grilled chicken and vegetable shish served with baby rocket and aubergine dip	€14.25
---	--------

SECONDI MAINS

(Served with fries or roast potatoes and mixed salad or seasonal vegetables)

PESCE FISH

SALMONE ARROSTO CON SALSA ESTIVA Roasted salmon with a hazelnut crust served with cherry tomatoes, cucumber, sweetcorn and fresh mint salsa	€26.00
---	--------

BRANZINO ALLA GRIGLIA Grilled seabass fillets served with fresh salsa verde and cherry tomatoes confit	€25.00
--	--------

PESCE MAGRO IN ACQUA PAZZA Poached brown meagre in fish stock, white wine, cherry tomatoes, garlic and herbs	€26.50
--	--------

CARNE MEAT

TAGLIATA DI MANZO (suggested medium) Beef flank garnished with rocket salad and parmesan shavings	€27.00
---	--------

BISTECCA DI BUE Grilled beef rib eye glazed with spiced butter and pan-fried oyster mushrooms	€29.45
---	--------

CONTROFILETTO DI VITELLO Grilled veal sirloin tagliata with beetroot slaw	€27.00
---	--------

COTOLETTA IBERICA Pan-fried iberica cutlet served on bean cassoulet and red wine jus	€29.00
--	--------

PANCETTA DI MAIALE Pork belly served with apple chutney and port and balsamic reduction	€24.00
---	--------

GALLETTO AI FERRI Grilled boneless baby chicken served on wilted greens	€24.00
---	--------

BOCCONCINI DI POLLO MARSALA Pan fried chicken breast with smoked pancetta and Marsala cream	€23.25
---	--------

FESA DI AGNELLO (suggested medium) Slow cooked lamb rump served on a sweet potato and turnip ragout	€28.50
---	--------

SALSE E CONTORNI SAUCES AND SIDES

SALSA AI TRE PEPI V Creamy peppercorn sauce with green, pink and black peppercorns	€3.25
---	-------

SALSA AI FUNGHI V Creamy mushroom sauce	€3.25
--	-------

CREMA DI GORGONZOLA V Creamy gorgonzola cheese sauce	€3.45
---	-------

RUCOLA E POMODORO V Tomato and rocket salad	€4.00
--	-------

INSALATA MISTA V Mixed fresh salad	€4.00
---	-------

VERDURE DI STAGIONE V Seasonal vegetables	€4.00
--	-------

PATATE FRITTE V French Fries	€4.00
---	-------

PATATE AL FORNO V Roast potatoes	€4.00
---	-------

BURGERS (all served with fries)

IL CLASSICO €17.25
Classic beef patty served in a brioche bun, raw onions, cos lettuce, provolone cheese, tomatoes and gherkins with our homemade sauce

L'ITALIANO €17.45
Beef patty served in a ciabatta with caramelized onions, crispy guanciale (cured pork cheeks), tomatoes, smoked scamorza cheese and rocket salad

IL CROCCANTE €16.50
Crispy fried chicken thigh in a brioche bun with pickled cabbage and spicy mayo

PIZZE PIZZA

MARGHERITA V €10.25
San Marzano tomato sauce, mozzarella and basil

DIAVOLA €11.75
San Marzano tomato sauce, mozzarella and salami spianata

CAPRICCIOSA €13.00
San Marzano tomato sauce, mozzarella, mushrooms, artichokes, ham, boiled eggs, olives and oregano

POLLO BBQ €13.75
San Marzano tomato sauce, mozzarella, BBQ chicken thighs, sweet peppers, onions and barbecue sauce

GORGONZOLA V €12.50
Mozzarella, gorgonzola cheese, roasted pumpkin, walnuts, rocket leaves and honey

CRUDO RUCOLA €13.50
San Marzano tomato sauce, mozzarella, Parma ham, rocket leaves and parmesan shavings

CALZONE €14.00
Mozzarella fior di latte, smoked ham, mushrooms, boiled eggs and oregano topped with San Marzano tomato sauce, parmesan shavings and rocket leaves

CARNE €14.00
San Marzano tomato sauce, mozzarella, beef and guanciale (cured pork cheeks) ragù, mozzarella fior di latte and herbs

SALSICCIA E FRIARIELLI €13.00
Mozzarella fior di latte, turnip tops, local pork sausage, olives and chillies

MEZZO CALZONE SD €14.25
Half closed pizza with San Marzano tomato sauce, mozzarella fior di latte, mixed mushroom, tartufo cream, pork belly and rocket leaves

SPINACI, RICOTTA E PANCETTA AFFUMICATA €13.00
San Marzano tomato sauce, mozzarella, garlic, baby spinach, ricotta and smoked pancetta

MALTIJA €12.75
San Marzano tomato sauce, local ricotta, Maltese sausage, olives, roasted potatoes and onions

AL TONNO €13.00
Sliced tomatoes, mozzarella, tuna flakes, onions, capers, basil, olives and anchovies

QUATTRO FORMAGGI V €13.25
Mozzarella, gorgonzola cheese, ricotta, smoked scamorza and rocket leaves

ADD ON INGREDIENTS

BBQ chicken	€2.50	Parma ham	€3.25
Sliced baked potatoes	€1.95	Local ricotta cheese	€2.25
Salami spianata	€2.25	Anchovies	€1.95
Buffalo mozzarella	€3.95		

A supplement of €1.00 applies when ordering a Gluten Free Pizza

DOLCI DESSERTS

TIRAMISÙ €6.50
Mascarpone cream, sponge fingers soaked with coffee liquor and coffee crunch

BISCOTTO AL CIOCCOLATO CON GELATO ALLA VANIGLIA €6.50
Belgian chocolate brownie topped with home-made vanilla ice-cream and warm chocolate sauce

TORTA DI MELE €6.50
Warm apple & hazelnut crumble with home-made vanilla ice-cream

TORTA CON RICOTTA DI PECORA E CILIEGIE €6.50
Sweet sheep ricotta tart with a cherry compote centre

FRUTTA FRESCA €4.95
Fresh seasonal fruit cuts

SELECTION OF HOME-MADE ICE CREAM per scoop €2.75

BEVANDE BEVERAGES

COCKTAILS

NEGRONI €8.95
Gin, Campari and Martini Rosso

MOSCOW MULE €8.95
Vodka, fresh lemon juice, ginger syrup and ginger beer

PALOMA €8.95
Tequila, fresh lime juice, simple syrup and pink grapefruit soda

PIÑA COLADA €8.95
Rum, Malibu, Coconut Milk and Pineapple Juice

FROZEN MARGARITAS €8.95
Tequila, Triple Sec, Lime Juice (Ask our attendants to choose your own flavour)

SEX ON THE BEACH €8.95
Vodka, peach schnapps, orange juice and cranberry juice

MOJITO €8.95
White rum, fresh lime juice, sugar, mint and soda water (Ask our attendants to choose your own flavour)

VINI WINES

SPARKLING WINES

Marsovin Brut 101 Rosé, Malta	Glass (15cl)	Bottle
Guerrieri Rizzardi Prosecco Extra Dry, D.O.C, Treviso, Italy	€6.95	€48.00 €26.50

WHITE WINES

Caravaggio, Chenin Blanc, D.O.K, Malta	Glass (17.5cl)	Bottle
Isis Chardonnay Superior, D.O.K, Malta	€6.50	€25.00 €34.00
Bolla Pinot Grigio, delle Venezie Italy	€6.50	€23.50 €28.00
Fontanafredda, Gavi di Gavi, Italy		€28.00 €28.50
Donnafugata Anthilia, Sicily		€25.50 €28.00
35 South Sauvignon Blanc, Chile		€28.00 €28.00
Château Mont-Redon - Cotes du Rhône Blanc, France		
Cave de Tain, Marsenne Viognier, Rhône Valley, France		

ROSÉ WINES

Barton & Guestier, Rosé D'Anjou, France	Glass (17.5cl)	Bottle
Woodbridge by Robert Mondavi, White Zinfandel, California	€6.50	€23.00 €26.00

RED WINES

Medina Syrah, D.O.K, Malta	Glass (17.5cl)	Bottle
Bolla Valpolicella, Italy	€6.25	€22.50 €25.50
Feudo Monaci Primitivo, Salento Italy	€6.50	€24.50 €23.50
Ruffino Chianti, Italy		€25.50 €25.00
35 South Merlot, Chile		€6.50 €25.00
Caravaggio, Cabernet Sauvignon, Malta		€28.00 €29.95
Bodega Norton, Malbec Barrell, Argentina		€35.00
Tasca d'Almerita - Tenuta Regaleali, Nero d'Avola, Lamùri, Sicily		
Louis Latour, Bourgogne Pinot Noir. France		

DESSERT WINES

DaMilano Moscato D'Asti, Italy		Bottle
		€29.00

WHITE WINES (Half Bottles)

Fontanafredda Gavi di Gavi, Italy		(37.5cl)
Isis Chardonnay Superior, D.O.K, Malta		€17.00 €18.50

RED WINES (Half Bottles)

Caravaggio Merlot, D.O.K, Malta		(37.5cl)
Montes Cabernet Sauvignon, Chile		€14.00 €15.00

SOFT DRINKS, JUICES, MINERAL WATER

Bottle Local Still / Local Sparkling Water 25cl		€2.50
Bottle Imported Still / Sparkling Water 25cl		€3.60
Bottle Local Still / Local Sparkling Water 75cl		€3.95
Bottle Imported Still / Sparkling Water 75cl		€5.15

Cordials	€0.85	Regular Soft Drink	€2.95
Juices	€2.90	Freshly Squeezed Orange Juice 30cl	€4.25
Ice-cream milk shakes	€4.95	Iced Coffee	€4.25

BEERS, ALES & CIDERS

DRAUGHT

Cisk Lager draught ½ pint	€3.60	Cisk Lager draught pint	€6.00
Carlsberg draught ½ pint	€4.50	Carlsberg draught pint	€6.50

BOTTLE

Cisk Lager 25cl	€3.60	Cisk Chill 25cl	€3.60
Cisk Excel Lager (Low-Carb) 25cl	€3.70	Cisk Pilsner 25cl	€4.50
Cisk Excel Lager (Low-Carb) 50cl	€6.50	Blue Label Ale 33cl	€3.60
Hopleaf Pale Ale 25cl	€3.50	Cisk Alcohol-free Lager 25cl	€3.60
Corona Extra 35cl	€4.75	Guinness 44cl	€6.00
Woodpecker 50cl	€6.50	Bulmers 33cl	€5.25
Strongbow 50cl	€5.50		

RANGE OF SPIRITS & LIQUERS

A wide selection of house and premium brands spirits are available upon request 3cl

HOT BEVERAGES

Espresso	€2.75	Double Espresso	€3.80
Espresso Lungo	€2.75	Espresso Macchiato	€2.80
Cappuccino	€3.25	Americano	€3.00
Caffe Latte	€3.75	Cioccolata	€3.50
Extra panna	€0.75	Pot of Tea (serves one)	€2.95

We treat food allergies seriously; every effort is made to instruct our staff regarding the potential severity of food allergies. If you suffer from any food allergies or intolerance, please inform a member of our staff before you order your food and/or drink

V Vegetarian VG Vegan SD Signature Dish