

# THE CONCEPT

easy, fresh Mediterranean flavours at Mgarr Marina



| APERITIFS and BITTERS   |       |     | GIN and LONDON ESSENCE TONICS                        |      |     | CIDERS                                       |       |      |
|---|-------|-----|--|------|-----|--|-------|------|
| STEINBOCK ALCOHOL FREE SPARKLING<br>Weingut Dr. Fischer   Mosel   Germany                       | Glass | 8   | 0.0% ALCOHOL TANQUERAY<br>Pomelo & Pink Pepper Tonic | 40ml | 8.5 | STRONGBOW DARK BERRIES on tap                | 300ml | 4    |
|   |       |     |  |      |     | 500ml  | 6.5   |      |
| PROSECCO<br>Extra Dry   Borgo Molino   Veneto   Italy   | Glass | 8.5 | VOVIS MALTA RECIPE<br>Original Indian Tonic          |      | 8   | THATCHERS GOLD CIDER                         | 500ml | 6.5  |
| JANSZ<br>Premium Cuvée Rosé   Tasmania   Australia  | Glass | 12  | GUNPOWDER<br>Pomelo & Pink Pepper Tonic              |      | 8   | THATCHERS BLOOD ORANGE CIDER                 | 500ml | 6.5  |
| one80 SPRITZ<br>Malfy Gin Arancia   Campari   Prosecco   soda water                             |       | 9.5 | MONKEY 47<br>Grapefruit & Rosemary Tonic             |      | 9   | GOZO LORD CHAMBRAY CRAFT BEERS (Gluten Free) |       |      |
| BERTA TONIC<br>Blood Orange & Elderflower Tonic   chocolate bitters                             |       | 10  | SILENT POOL<br>Blood Orange & Elderflower Tonic      |      | 10  | GRAND HARBOUR Best Bitter - ABV 3.9%         | 330ml | 5.75 |
| NEGRONI MEZCAL<br>Bitter Mazzetti   Cinzano 1757 Vermouth di Torino Rosso                       |       | 11  |  |      |     | SAN BLAS English IPA - ABV 5.5%              | 330ml | 5.75 |
| SMOKED BOULEVARDIER<br>Campari   Cinzano 1757 Vermouth di Torino Rosso<br>Ardbeg whisky   smoke |       | 12  |  |      |     | BLUE LAGOON Belgian Style - ABV 5.1%         | 330ml | 5.75 |
|   |       |     |  |      |     | CORAL CAVE Pilsner - ABV 4.9%                | 330ml | 5.75 |

| CRUDI  |        |
|--|--------|
| GILLARDEAU OYSTERS   | 6 each |
| LOCAL RED KING PRAWNS  | 9 each |
| FRESH FISH CARPACCIO<br>pink grapefruit   fennel   preserved lemon           | 15     |
| FRESH FISH TARTARE<br>compressed cucumber   pickled shallots   crème fraîche | 15     |
| CURED FRESH FISH<br>ginger   lime   spring onion dressing                    | 15     |

| STARTERS   |    |
|--|----|
| BURRATINA <b>V</b><br>panzanella salad   sourdough   aged balsamic                   | 15 |
| FRESH SOUP   | 12 |
| SMOKED BBQ OCTOPUS<br>Gozo honey and soy glaze   pearl couscous salad<br>feta cheese | 15 |
| FISH FRITTERS<br>chorizo   'pico de gallo'   sour cream                              | 15 |
| CALAMARI FRITTI<br>zucchini   pickled cucumber   garlic aioli                        | 15 |
| VITELLO TONNATO<br>caper berries   crostini   pecorino                               | 18 |
| CHICKEN SPRING ROLLS<br>pickled cabbage   spicy mustard aioli                        | 14 |

| BIG STARTERS TO SHARE (for 2)   |    |
|---|----|
| FISH CRUDI ON ICE TRAY<br>Gillardeau oysters   king prawns   carpaccio<br>tartare   cured                     | 58 |
| SAUTÉED MUSSELS<br>ginger, lemon grass and chillies   coconut<br>toasted sourdough                            | 28 |
| FRITTURA DI PESCE<br>calamari   white bait   prawns   white fish<br>pickled cucumber   garlic aioli           | 35 |
| ONE80 PLANK<br>charcuterie   burratina   chicken spring rolls<br>pork sausage coil   house chutney and breads | 35 |

| PASTA and RISOTTO   |         |
|---|---------|
| SPAGHETTI VONGOLE<br>semi-dried tomatoes   basil   evoo                     | 16   20 |
| LINGUINE PRAWNS<br>bisque   preserved lemon   dill                          | 16   20 |
| FUSILLOTTI OCTOPUS BOLOGNESE<br>chilli   sage                               | 15   18 |
| TORTELLONI MORTADELLA AND RICOTTA<br>pistachio   tarragon emulsion          | 16   19 |
| BUCATINI CARBONARA<br>guanciale   pecorino                                  | 15   18 |
| ORECCHIETTE SALSICCIA<br>friarielli   prunes   pine nuts                    | 15   18 |
| RISOTTO STRACCIATELLA AND TRUFFLE <b>V</b><br>crispy onions   toasted seeds | 15   18 |

| MAINS  |                                |
|--|--------------------------------|
| FRESH MEDITERRANEAN FISH<br>fresh mixed salad                              | market price                   |
| SEAFOOD MIXED GRILL<br>chef's 3 picks of the day (off the bone)            | 35                             |
| CORN-FED CHICKEN 'CAESAR SALAD'<br>baby gem lettuce   anchovies   crostini | 25                             |
| PORK BELLY<br>lightly spiced creamy polenta   caramelised onions           | 26                             |
| VEAL CHOP<br>burrata   speck   spinach                                     | 28                             |
| PAN SEARED DUCK BREAST<br>Summer slaw   pumpkin   caper and raisin purée   | 27                             |
| FLAME GRILLED BEEF STEAK<br>grilled broccolini   pecorino   almonds        |                                |
|  | Argentina grain fed rib-eye 33 |
|  | USDA sirloin 43                |

|  |    |
|--|----|
| GOURMET DOUBLE BEEF BURGER<br>IN RUSTIC SOURDOUGH  | 18 |
| flame grilled beef patties   smoked aged cheddar<br>crispy lettuce   beef tomato   red onion   gherkins<br>triple cooked fresh chips   house BBQ ranch sauce |    |

| BIG MAINS TO SHARE (for 2)   |    |
|--|----|
| SEAFOOD AND SHELLFISH TOWER<br>crudi   flamed shellfish   fritti   | 80 |
| LINGUINE DI GRAGNANO<br>prawns   clams   mussels   light bisque  | 45 |
| SEAFOOD MIXED GRILL<br>steak   fillet   flamed shellfish   chef's pick   | 78 |
| MEAT PLANK<br>chargrilled beef bavette tagliata   pork belly<br>crispy chicken   pork sausage coil<br>crushed peppercorn sauce | 80 |
| FLAME GRILLED USDA CHATEAUBRIAND 700GRMS<br>garlic mushrooms   crispy onion rings<br>classic Béarnaise sauce   skinny fries    | 85 |

| SHARING FEAST MENU<br>(for groups of 6 +)  |  |
|--|--|
| 50 per person  |  |
| Bread board  |  |
| Burratina <b>V</b><br>Fresh fish tartare<br>Cured fresh fish<br>Vitello tonnato<br>Calamari fritti |  |
| Orecchiette salsiccia  |  |
| Chargrilled beef bavette tagliata<br>Fresh fish fillets in season                                  |  |
| Broken Cannoli<br>Imqaret  |  |

| EXTRA SAUCES       |     |
|--------------------|-----|
| PORCINI MUSHROOMS  | 3.5 |
| CRUSHED PEPPERCORN | 3.5 |
| CLASSIC BÉARNAISE  | 3.5 |
| RED WINE JUS       | 3.5 |

| EXTRA SIDES                                      |   |
|--|---|
| SWEET POTATO FRIES                               | 6 |
| JERK SPICED FRIES                                | 6 |
| TRIPLE COOKED FRESH CHIPS                        | 6 |
| SKINNY FRIES                                     | 5 |
| ROAST POTATOES                                   | 5 |
| FRESH MIXED SALAD                                | 5 |
| GARLIC MUSHROOMS                                 | 5 |
| GRILLED BROCCOLINI<br>toasted almonds   pecorino | 6 |

| PLANT BASED   |         |
|---|---------|
| SWEET POTATO, GINGER<br>AND SPRING ONION SOUP   | 12      |
| PANZANELLA SALAD<br>fresh tomatoes   red onion   basil   crostini                         | 15      |
| ORECCHIETTE<br>pumpkin seed and basil pesto   puffed grains                               | 15   18 |
| RISOTTO TRUFFLE AND MUSHROOMS<br>roasted hazelnuts   crispy kale                          | 15   18 |
| CHICKPEA BURGER<br>tomato relish   baby spinach<br>spicy 'mayo'   sweet potato fries      | 17      |
| SAUTÉED GARLIC MUSHROOMS<br>lightly spiced creamy polenta<br>grilled broccolini   almonds | 18      |
| BBQ GLAZED EGGPLANT<br>pearl couscous salad   capers<br>golden raisins   pine nuts        | 19      |

Ingredients are not all listed on the menu.

Please inform us of any dietary requirements or intolerances.

Cross-contamination could occur since we are not an allergens free kitchen.

**V** Vegetarian selection

Prices include VAT



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