

the concept

The name of the place Monastik was brought about by the inspiration of the way the monasteries work by growing and using their own food which is the purest form of sustainability.

Our menu concept is of a continental European nature where they have cold winters and hot summers, and the produce is very seasonal and thus conservation practices such as fermentation and pickling have always been used to keep the summer farm and foraged food throughout the whole year.

local

Here at monastic our kitchen is using 99% local produce – the only thing we use which is not Maltese is the flour of which we are awaiting our first harvest to also be able to produce in the coming months to be solely Maltese grown or caught food. This comes with its challenges with things such as sugar and oil to cook with of which we have found sustainable alternatives by studying the history books.

organic

We also pride ourselves that 98% of our fruit and vegetables are grown using organic and biodynamic practices to take care of the land, have healthier more nutritious food free of any chemicals as well as our wines and cocktails using companies using sustainable practices.

nose to tail

All our meat is bought from local farmers and are bought whole so it is our mission to respect the animal and use every part of it. We are slowly getting more involved with the growing of the animals and hope to be able to say that all our animals will be 100% organic in the coming years.

food selection

RIP & DIP

MONASTIK SOURDOUGH BUN (v)	5
local butter, fermented vegetable brunoise	
KEFIR CHEESE DIP (v)	4
honey	
FERMENTED BROAD BEAN DIP (v)	4
caramelized onion	
SMOKED AUBERGINE DIP (v)	4
olive oil, garlic	
WOOD BAKED SOURDOUGH FOCACCIA	
<i>(Our Bread is served with all dips)</i>	
<i>Extra 2.00</i>	

SMALL BAR BITES

LAMB CROQUETTES	8
pea puree	
PORK CRACKLING	8
bearnaise	
FERMENTED MIXED VEGETABLES (v)	8
our veg mix of the day, olives, peppered sheep cheese	

COLD LARDER

BEEF TARTARE	15
beet-mustard, capers, onion, garlic, pickled radish	
PORK TERRINE	13
pickles, chutney	
WHOLE LETTUCE (v)	11
local gorgonzola styles sheep cheese, mustard dressing, pickled green tomato, breadcrumbs	

HOT LARDER

- TARTIFLETTE (v)** 14
potato, camembert style sheep cheese, guanciale
- BEEF RAVIOLI** 15
sour cream, beef jus
- POTATO GNOCCHI (v)** 13
mixed foraged leaf pesto, local pecorino

VEGETABLES

- GRILLED ARTICHOKEs** 14
barigoul sauce
- HEART OF CABBAGE (v)** 13
sourdough bread sauce
- CAULIFLOWER CHEESE (v)** 13
fermented cauliflower, pecorino, bechamel

LAND

- LAMB ROULADE** 17
carrot puree, mixed bitter herbs
- GRILLED PORK** 14
broad beans, garlic pork jus
- BRAISED OFFAL** 11
potato puree, peas
- BRAISED BEEF SHIN** 16
charred onion, gremolata

SEA

- GRILLED LINE CAUGHT TUNA** 14
kale, watermelon salad
- OCTOPUS** 16
white wine, garlic, cauliflower textures
- CUTTLEFISH & CABBAGE 'RISOTTO'** 17
potato & ink sauce

