

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 Monastik 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.

RIP & DIP

MONASTIK SOURDOUGH BUN (V) local butter, herbs, fermented vegetable brunoise	5
KEFIR CHEESE DIP (V) honey	4
AUBERGINE DIP (V) smoked aubergine, thyme	4
BEETROOT DIP (V) crispy fermented potato	4
WOOD BAKED SOURDOUGH FOCACCIA (All our dips are served with focaccia) Extra 2.00	2

SMALL BAR BITES

CROQUETTES OF THE DAY lemon-radish aioli	8
COPPA WITH FOCACCIA kefir cheese, sauerkraut	10
TALLOW FRIES bearnaise sauce	7

COLD LARDER

BEEF TARTARE capers, radish aioli, cured egg yolk	15
FISH CRUDO citrus vinaigrette	13
BEETROOT SALAD gbejna, spinach, kale	13

HOT LARDER

TARTIFLETTE potato gratin, local pecorino, guanciale	14
SPICY BEEF PAPERDELLE butter, fermented carrot and celery, pickled chili, coriander	15
POLENTA GNOCCHI (V) kefir, local pecorino	13

VEGETABLES

GRILLED CABBAGE (V) sundried tomato sauce	13
BARBECUE KOHLRABI chorizo crumble, cream, lemon, garlic	13
CAULIFLOWER CHEESE (V) kefir bechamel, pecorino	13
BARBECUE AUBERGINE salsa verde, cheese crumble	13

SEA

FISH OF THE DAY beurre blanc sauce, cauliflower, onion, cream	17
CUTTLEFISH & CABBAGE 'RISOTTO' potato, sauerkraut, butter, ink	16
GRILLED CALAMARI celery, carrot, onion, meunière sauce	

LAND

LAMB ROULADE chili potato puree, jus	18
GRILLED PORK cauliflower puree, crispy kale, jus	14
GRILLED BEEF carrot puree, roasted fennel, jus	19