

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, caramelized onion	5
KEFIR CHEESE DIP (V) honey	4
PUMPKIN DIP (VG) walnut, honey	4
SMOKED AUBERGINE DIP (V) parsley olive oil	4
EXTRA SOURDOUGH FOCACCIA (V) (All our dips are served with focaccia)	2

SMALL BAR BITES

CROQUETTES OF THE DAY lemon-radish aioli	8
BARBECUE PULLED PORK FOCACCIA bacon aioli, coriander, pickled cabbage	13
FRIED GBEJNA (V) honey	8
POTATO CHURROS (V) muhammara	8

COLD LARDER

BEEF TARTARE capers, mayonnaise, fermented cabbage	15
TUNA CRUDO lemon vinaigrette	13
MELON & HAM home cured coppa, melon gazpacho, seasonal cress	14

HOT LARDER

TARTIFLETTE potato gratin, local pecorino, guanciale	14
TAGLIATELLE BEEF RAGU local pecorino	15
POLENTA GNOCCHI (V) kefir, local pecorino	13
FIG TART (V) aged local blue cheese, fresh leaves, carob molasses	13

VEGETABLES

GRILLED CABBAGE (VG) chimichurri, walnut	13
GRILLED AUBERGINE (V) garlic yogurt, cottage cheese, baba ganoush, kale	13
ROASTED PUMPKIN (V) honey, orange, cloves, pumpkin foam, parsley pesto	13
SAUTEED GREEN BEANS kohlrabi pockets, polenta, coppa ham, mustard	13

SEA

FISH OF THE DAY creamy leak, cured lemon, thyme crust	17
SEARED TUNA caper piperade, gremolata	16
OCTOPUS peppers, cherry tomato, olives, garlic-onion foam,	17

LAND

RABBIT carrot puree, marrows, tahini, jus	20
GRILLED PORK pumpkin puree, sauerkraut, red wine jus	17
BRAISED BEEF mashed potato, sweet onion, whiskey jus	22