

BONGU ĠO



TIPIKU MALTI

HOBŻ MIXWI €4.50

Hobż tal-Malti mixwi bil-ġobon cheddar u perżut tal-koxxa.
Toasted Maltese bread with cheddar and gammon.

FROĠA €7.50

Froġa bil-bajd tat-tiġieġ jigrū, fil-hobż tal-malti.
Omelette made with free-range eggs and Maltese bread.

BALBULJATA €8.00

Balbuljata ta' tadam frisk, bzar aħdar, bajd u ġobon tal-ħakk, servuta bil-ħobż.
Traditional Maltese breakfast consisting of eggs, tomatoes, green peppers and grated cheese. Served with bread.

KIF KONNA NIKLU TA' DARBA IL-ĦADD €13.50

Biċċtejn mazzit moqli, zalzett tal-Malti mixwi, tadama mixwija, ġbejna niexfa moqlija u bajda moqlija.
Black pudding, grilled Maltese sausage, roasted tomato, pan fried dried sheep cheese and a fried egg.

KOLAZZJONI RURALI €12.50

2 pastizzi, ħobż mixwi bil-butir, tadam imqatta frisk, ġobon cheddar, perżut tal-koxxa, gamm minn tagħna, biċċa pudina u qagħaq tal-ħmira.
2 pastizzi, roasted bread with butter, fresh tomatoes, cheddar cheese, gammon, our homemade jam, a piece of bread pudding and yeast rings.

HEALTHY

PORRIDGE €5.50

Porridge tal-ħafur bi frott staġjonali, għasel minn tagħna u żerriegħa tal-qaraħamra
Rolled oats porridge with seasonal fruit, DIB honey and pumpkin seeds.

HOMEMADE GRANOLA €6.95

Granola minn tagħna ġo tazza. Servut bi tipi ta lewż differenti, frott niexef u yogurt naturali u lokali.
Our homemade granola in a cup with mixed nuts and dried fruit, natural local yogurt.

POACHED EGG €8.50

Bajda 'poached', avocado, salamun 'cured', hollandaise sauce u ħobż wholegrain.
Poached egg, mashed avocado, homemade cured salmon, hollandaise sauce and wholegrain bread.





HELU

PUDINA TAL-HOBŻ	€3.95
FROLLI TA' TAMAL	€2.50
FROLLI TAL-LEWŻ	€2.95
QAGHAQ TAL-ĦMIRA	€1.00

KAFÈ

KAFÈ ISWED BLACK COFFEE	€1.95
KAFÈ MALTI BL-ANIŻETTA MALTESE COFFEE WITH ANISEED SYRUP	€2.50
ESPRESSO	
SINGLE	€1.95
LUNGO	€2.10
DOPPIO	€2.75
CAPPUCCINO	€2.25
LATTE	€2.25
FLAT WHITE	€2.25
MOCHACCINO	€2.25

TE

TE BIL-ĦALIB TEA WITH MILK	€2.00
TE BIL-LUMI TEA WITH LEMON	€1.95
MISHUN BIL-LUMI, GĦASEL U ĠINGĦER LEMON, HONEY & GINGER TEA	€2.95
MISHUN BIL-ĠULEPP TAL-ĦARRUB U LUMI CAROB SYRUP & LEMON TEA	€2.50
TE TAL-PAKKETT HERBAL TEAS	€2.95

OHRAJN

ĠIKKULATA SHUNA HOT CHOCOLATE	€2.50
LARING FRISK FRESHLY SQUEEZED ORANGE JUICE	€3.50
JUICE TAL-FROTT STAĠJOLI SEASONAL FRUIT JUICE	€3.95
ASK THE BAR FOR HEALTHY SEASONAL FRUIT JUICES	

