

*the*  
**MEDITERRANEAN  
FOOD CO.**

Starting out over 30 years ago as a food wholesaler importing products directly from Italy, The Mediterranean Food Co. was established on the Tuam Street site in 2001, quickly becoming one of Christchurch's most iconic foodie destinations. For over 20 years we have worked with highly regarded food and wine producers from all over Europe to bring the most loved Mediterranean products direct to your table.

Get inspired by our menus, browse our shop for delicious prosciutto, salami, cheese, pasta and wine to enjoy at home.

---

MEDITERRANEANFOODS.CO.NZ

---

*the*  
**MEDITERRANEAN  
FOOD CO.**

---

MENU

---



*the*  
**MEDITERRANEAN  
FOOD CO.**

**BREAKFAST** <sup>GF</sup> <sup>DF</sup>

available until 11am

CROISSANT	9.5	TOASTED HOUSEMADE BREAD	
Ham & alpine cheese or jam & butter <sup>V</sup> .		Salami & cheese.	16
		Jam & butter <sup>V</sup> .	9.5
SWEET & CREAMY POLENTA <sup>V</sup>	18	EGGS YOUR WAY	23
Served with sautéed apple & pear.		Fried, poached or scrambled free-range eggs,	
FRENCH TOAST <sup>V</sup>	19	with: - bacon & mushrooms	
Served with sautéed peach & pistachios.		- free range ham & mesclun	
		- cold smoked salmon & rocket.	

**STARTERS** <sup>GF</sup> <sup>DF</sup>

available from 11am

MARINATED OLIVES <sup>V</sup>	9	FORMAGGI E SALUMI PLATTER	reg 36 / lrg 65
Med Food olives with our housemade marinade. <i>Pairs well with Chardonnay.</i>		A selection of our best salami and cheeses from our deli, served with housemade bread. <i>Pairs well with Prosecco/Rosé.</i>	
HOUSEMADE FOCACCIA <sup>V</sup>	8	MEDFOOD SALAD	25
Our famous housemade focaccia, sliced & served with Italian extra virgin olive oil. <i>Pairs well with Prosecco/Rosé.</i>		Mesclun, Spanish peach, Prosciutto from Emilia Romagna, blue cheese, semi-dried tomatoes & peach dressing, served with housemade focaccia. <i>Pairs well with Valpolicella.</i>	
ASSAGGIO PLATTER	reg 36 / lrg 65	SEASONAL SALAD	
A tasting from the deli & store selection of salami, cheese, vegetables & olives served with housemade bread. <i>Pairs well with Prosecco/Rosé.</i>		Please see the blackboard for our special. <i>Pairs well with Chardonnay.</i>	

**MAINS** <sup>GF</sup> <sup>DF</sup> <sup>VG</sup>

available from 11am

SPAGHETTI ALLA CARBONARA	28	GNOCCHI DI PATATE	27
Italian pancetta, eggs, pepper, Parmigiano Reggiano, Pecorino Romano. <i>Pairs well with Chianti.</i>		Served with cream & blue cheese <sup>V</sup> <i>Valpolicella.</i> or house made pork & beef ragu. <i>Chianti.</i>	
SPAGHETTI AGLIO, OLIO & PEPERONCINO <sup>V</sup>	26	DUCK RILLETTE	21
Garlic, chilli, Parmigiano Reggiano, parsley. <i>Pairs well with Tempranillo Rioja.</i>		Served with relish, gherkins, pickled vegetables & housemade bread. <i>Pairs well with Chardonnay.</i>	
FETTUCCE ALLE VONGOLE	28	FETTUCCE AI FRUTTI DI MARE	28
Clams, garlic, white wine, parsley. <i>Pairs well with Fiano.</i>		Mussels, prawns, shrimp, clams, and garlic, served with house made tomato sauce. <i>Pairs well with Fiano.</i>	
FILLED PASTA OF THE DAY	28	SEASONAL RISOTTO	
Served with sage & butter. <i>Macabeo Verdejo.</i> or house made tomato sauce. <i>Tempranillo Rioja.</i>		Please see the black board for our special. <i>Pairs well with Prosecco.</i>	

**PIZZA**

<sup>GF</sup>+5 <sup>DF</sup> <sup>VG</sup> available from 11am

**WHITE BASE** *Pairs well with Macabeo Verdejo.*

BIANCA <sup>V</sup>	23	CARCIOFI <sup>V</sup>	26
Pecorino romano, Buffalo mozzarella, mozzarella fior di latte, basil, extra virgin olive oil.		Marinated artichokes, blue cheese, Parmigiano aged 18 months, mozzarella fior di latte, parsley, extra virgin olive oil.	
QUATTRO FORMAGGI <sup>V</sup>	26	FUNGHI <sup>V</sup>	28
Parmigiano aged 18th months, blue cheese, Provolone, Pecorino romano, mozzarella fior di latte.		Mushrooms, blue cheese, Parmigiano aged 18 months, white truffle oil, mozzarella fior di latte. <i>Pairs well with Valpolicella.</i>	
MAIALONA	27	MARE E MONTE	29
Free range ham, Italian pancetta, Prosciutto from Emilia Romagna, mascarpone.		Mushroom, prawns, Italia pancetta, white truffle oil, mozzarella fior di latte. <i>Pairs well with Rosé / Chardonnay.</i>	
CAMPAGNOLA	27		
Italian pancetta, onions, Provolone, oregano, mozzarella fior di latte.			

**TOMATO BASE** *Pairs well with Chianti.*

COTTO	27	PROSCIUTTO E FUNGHI	29
Tomato, free range ham, mozzarella fior di latte, buffalo mozzarella.		Tomato, mushrooms, Prosciutto from Emilia Romagna, mozzarella fior di latte.	
MARGHERITA <sup>V</sup>	25	PROSCIUTTO E RUCOLA	28
Tomato, organic basil, buffalo mozzarella, extra virgin olive oil. <i>Pairs well with Chianti.</i>		Tomato, Prosciutto from Emilia Romagna, rocket, mozzarella fior di latte, 18 month aged Parmigiano. <i>Pairs well with Chardonnay.</i>	
MARINARA <sup>V</sup>	22	SICILIANA	27
Tomato, garlic, oregano, extra virgin olive oil.		Tomato, spicy salami from South Italy, onions, Greek black olives, mozzarella fior di latte.	
AGLIO E PEPERONCINO <sup>V</sup>	25	QUATTRO STAGIONI	28
Tomato, garlic, Italian marinated chilli, Pecorino Romano, mozzarella fior di latte.		Tomato, mushrooms, mild salami from North Italy, Greek black olives, artichokes, mozzarella fior di latte.	
ROMANA	25	CAPRICCIOSA	28
Tomato, anchovies, oregano, mozzarella fior di latte, extra virgin olive oil.		Tomato, free range ham, mushrooms, artichokes, Greek black olives, mozzarella fior di latte.	
NAPOLITANA	25	CALABRESE	28
Tomato, anchovies, capers, mozzarella fior di latte, extra virgin olive oil.		Tomato, spicy salami from South Italy, mushrooms, Italian marinated chilli, mozzarella fior di latte, oregano. <i>Pairs well with Chardonnay.</i>	
ORTOLANA <sup>V</sup>	26	PIZZA SPECIAL	
Tomato, artichokes, mushrooms, roasted red peppers, onion, mozzarella fior di latte.		Please see the black board for our special.	
PROSCIUTTO	27	EXTRAS 2	EXTRA MEAT 4
Tomato, Prosciutto from Emilia Romagna, mozzarella fior di latte.		GLUTEN FREE BASE 5	
		Take away, fully cooked, or half cooked available.	

**DESSERTS**

Please also check cabinet.

TIRAMISU	sml 7.5 / reg 11.9
ITALIAN GELATO	single 5.5 / double 7.5

**APERITIVO**

Please also see drinks menu.

MEDFOOD AMALFI SPRITZ	15
Med Foods signature cocktail, refreshing limoncello and limonata.	

*the*  
**MEDITERRANEAN  
FOOD CO.**

Starting out over 30 years ago as a food wholesaler importing products directly from Italy, The Mediterranean Food Co. was established on the Tuam Street site in 2001, quickly becoming one of Christchurch's most iconic foodie destinations. For over 20 years we have worked with highly regarded food and wine producers from all over Europe to bring the most loved Mediterranean products direct to your table.

Get inspired by our menus, browse our shop for delicious prosciutto, salami, cheese, pasta and wine to enjoy at home.

---

MEDITERRANEANFOODS.CO.NZ

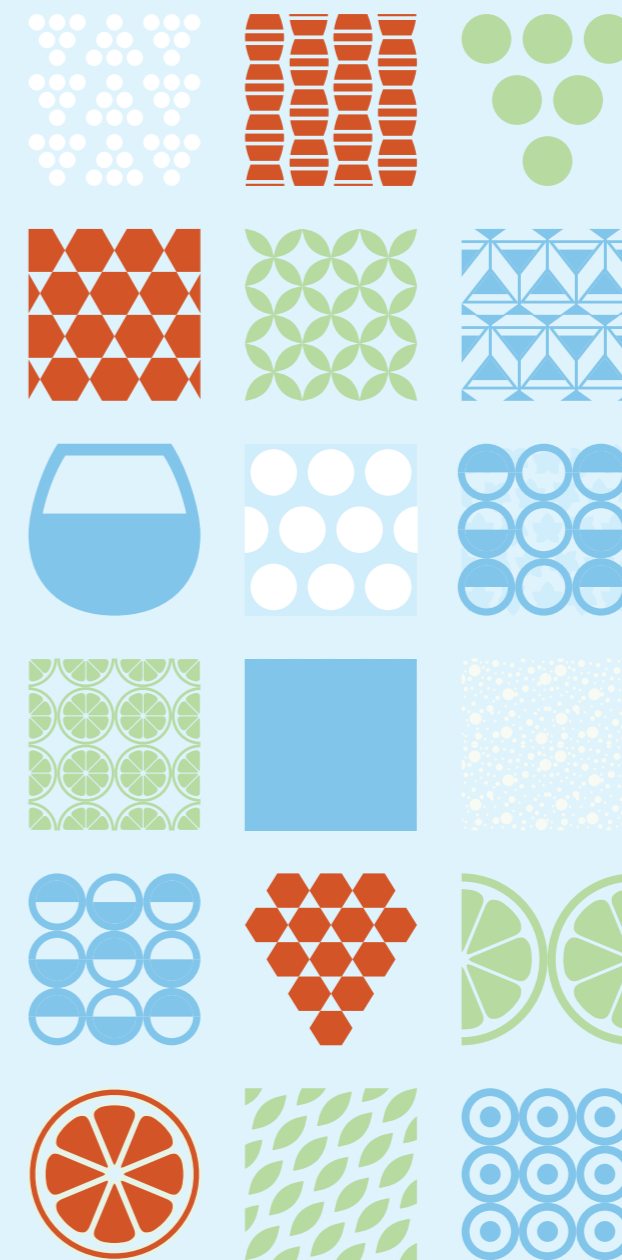
---

*the*  
**MEDITERRANEAN  
FOOD CO.**

---

DRINKS LIST

---



*the*  
**MEDITERRANEAN  
FOOD CO.**

## SPARKLING

**PROSECCO VALDOBBIADENE DOC** 13.9 / 45  
Classic dry Italian bubbly. Fragrant and flowery bouquet. Notes of ripe, golden apple and nectarine.

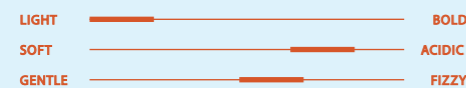


**GRAN SELLO CAVA BRUT** 49  
Elegant with fine bubbles. Intense, with fruit aromas and toasted nuances. Fresh, pleasant and round, with a long finish.



## ROSE

**SPANISH ROSADO** 12.5 / 38  
Elegant Spanish rosé with a full, warm palate. Rich and juicy flavours of quince with a dry finish.



## VINO DELLA CASA

### Red

**CHIANTI RISERVA DOCG** carafe 29  
Tuscan classic. Medium body, juicy, round & smooth with red fruit flavours & soft tannins.

### White

**ARTERO MACABEO VERDEJO DOC** carafe 29  
Light, fresh Spanish wine. Lovely flavours of lemon and pink grapefruit. Floral and peachy nose.

## VINO FINO

### Red

**Lar de Paula Terrazas 2015** 55

### White

**Blas Munoz Chardonnay 2018** 65

\*Or choose any wine from the shop.  
\$15 Corkage fee applies.

## WHITE

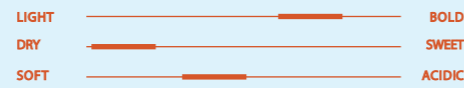
**ARTERO MACABEO VERDEJO DOC** 12.5 / 39  
Light, fresh Spanish wine. Lovely flavours of lemon and pink grapefruit. Floral and peachy nose.



**MANDRAROSSA CHARDONNAY DOC** 13.5 / 42  
Sicilian classic. Big mouth feel, balanced minerals, notable for its typically Mediterranean hints of prickly pear and orange rind.

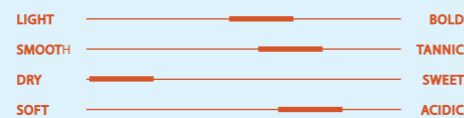


**MANDRAROSSA ORGANIC FIANO IGP** 13.9 / 44  
Sicilian classic. Intense and vibrant Sicilian citrus fruits. Herbal notes on the palate with bright, fresh flavour of grapefruit.



## RED

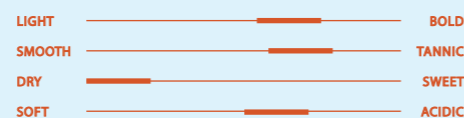
**CHIANTI RISERVA DOCG** 12.9 / 40  
Tuscan classic. Medium body, juicy, round & smooth with red fruit flavours & soft tannins.



**ANTICHELLO VALPOLICELLA DOC** 13.9 / 42  
Ruby red colour with purple nuances. Fruity, with hints of cherry. Dry and round taste.



**LAR DE PAULA RIOJA MADURADO DOC** 13.9 / 42  
Aged for 6 months in American oak barrels. Lovely violet red colour. Nicely floral on the nose with red berry fruit and hints of dried herbs. Well defined, elegant tannins.



## APERITIVO

**APEROL SPRITZ** 15  
Aperol and prosecco.

**MEDFOOD AMALFI SPRITZ** 15  
Med Foods signature cocktail. Refreshing limoncello and limonata.

**NEGRONI** 16  
Red bitters, gin and red vermouth.

**BELLINI** 14  
Peach nectar and prosecco.

**GIN TONIC** 15  
Gin and Sicilian tonic.

**ITALIAN MARGARITA** 18  
Tequila, limoncello, St. Andrews lemon juice, Giffard lemon syrup, La Perruche sugar cubes.

**SANGRIA** glass 15 / jug 28 / lrg jug 39  
**TINTO DE VERANO** 14

## MOCKTAILS

**PERUGIA** 12  
Giffard lavender syrup, limonata, sparkling water, rosemary.

**MEDFOOD SUNRISE** 12  
Giffard framboise syrup, blood orange, orange juice, sparkling water, orange slice.

## BEER ON TAP

Three Boys Pilsner 5.0% 9

## BEER / CIDER 330ml

MA.MA Ipa 5.9% 11  
MA.MA Chiara 5.2%  
MA.MA Gluten free 4.9%  
MA.MA Red 5.9%  
MA.MA Wheat 5.0%

Peroni 5.1% 9  
Peroni Zero 0.0%  
Three Boys Lager 2.5 %  
Three Boys Cider 4.5%

## LIQUEURS & MOSCATO 8.5

**AMARO**  
A distinctive Italian herbal liqueur, traditionally consumed as a digestivo, neat or on the rocks with a slice of lemon or orange.

**LIMONCELLO**  
A refreshing Italian lemon liqueur served chilled as an after-dinner digestivo.

**GRAPPA**  
A delicate, fresh, and fragrant Italian liqueur with a rich, complex aroma and a soft, light fragrance.

**MOSCATO**  
Sicilian sweet wine. Intense and aromatic.

## NON-ALCOHOLIC

**SICILIAN SODA** 7.5  
**Choose:** Aranciata, Blood Orange, Mandarin, Chinotto, Limonata, or Tonica.

**Traditional Recipe: Cola** 8

**ITALIAN FRUIT NECTAR** 5  
**Choose:** Peach, Apricot or Pear.

**JUICE** 6.5  
**Choose:** Orange or Apple Juice.

**ITALIAN SPARKLING MINERAL WATER**  
**Choose:** 250ml 4.5  
1000ml 9

## COFFEE

Espresso Short Black 4.5  
Lungo Long Black 4.5  
Americano 4.5  
Macchiato (long or short) 4.6  
Flat White 5  
Cappuccino 5  
Latte 5.5  
Affogato Espresso over Gelato 9  
Hot Chocolate 5  
Mochaccino 6  
Chai Latte 5  
Turmeric Latte 5  
Fluffy 3

## ICED COFFEE

Iced Americano 5.5  
Iced Latte 6.5  
Iced Chai 6.5

## ICED MILK With Italian gelato 9.5

**Choose:** Iced Coffee, Iced Chocolate or Iced Mocha.

## TEA 5

**Choose:** English Breakfast, Earl Grey, Chamomile, Peppermint, Blueberry, or Jasmine Flowers Green Tea.

\*Large Teapot + 3

## EXTRAS

\*Extra shot, decaf, soy, almond or oat milk + 1  
\*Take away + 0.5  
\*Large + 1  
\*Flavoured Shot + 1