

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 ^{GF} ^{DF}

available until 11am

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

STARTERS ^{GF} ^{DF}

available from 11am

| | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| MARINATED OLIVES ^V Med Food olives with our housemade marinade. <i>Pairs well with Chardonnay.</i> | 9 | HOUSEMADE FOCACCIA ^V Our famous housemade focaccia, sliced & served with Italian extra virgin olive oil. <i>Pairs well with Prosecco/Rosé.</i> | 8 |
| PROSCIUTTO CRUDO A tasting of our famous Prosciutto crudo. <i>Pairs well with Chianti.</i> | 13 | MOZZARELLA DI BUFALA ^V A tasting of our famous Mozzarella di bufala. <i>Pairs well with Montepulciano.</i> | 11 |
| ASSAGGIO PLATTER reg 36 / lrg 65 A tasting from the deli & store selection of salami, cheese, vegetables & olives served with housemade bread. <i>Pairs well with Prosecco/Rosé.</i> | | FORMAGGI E SALUMI PLATTER reg 36 / lrg 65 A selection of our best salami and cheeses from our deli, served with housemade bread. <i>Pairs well with Prosecco/Rosé.</i> | |
| SEASONAL SALAD Please see the blackboard for our special. <i>Pairs well with Chardonnay.</i> | | SEASONAL BRUSCHETTA Please see the blackboard for our special. <i>Pairs well with Chardonnay.</i> | |

MAINS ^{GF} ^{DF} ^{VG}

available from 11am

| | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| SPAGHETTI ALLA CARBONARA Italian pancetta, eggs, pepper, Parmigiano Reggiano, Pecorino Romano. <i>Pairs well with Chianti.</i> | 28 | GNOCCHI DI PATATE Served with cream & blue cheese ^V <i>Montepulciano.</i> or house made pork & beef ragu. <i>Chianti.</i> | 27 |
| PENNE RIGATE ESTIVE ^V Fresh cherry tomatoes, buffalo mozzarella, fresh basil, extra virgin olive oil. <i>Pairs well with Pinot Grigio/Rosé.</i> | 26 | DUCK RILLETTE Served with relish, gherkins, pickled vegetables & housemade bread. <i>Pairs well with Chardonnay.</i> | 21 |
| SPAGHETTI AGLIO, OLIO & PEPERONCINO ^V Garlic, chilli, Parmigiano Reggiano, parsley. <i>Pairs well with Tempranillo.</i> | 26 | FETTUCCE AI FRUTTI DI MARE Mussels, prawns, shrimp, clams, and garlic, served with house made tomato sauce. <i>Pairs well with Pinot Grigio.</i> | 28 |
| FETTUCCE ALLE VONGOLE Clams, garlic, white wine, parsley. <i>Pairs well with Pinot Grigio.</i> | 28 | FILLED PASTA OF THE DAY Served with sage & butter. <i>Macabeo.</i> or house made tomato sauce. <i>Tempranillo.</i> | 28 |
| MEDFOOD SALAD Mesclun, Spanish peach, Prosciutto from Emilia Romagna, blue cheese, semi-dried tomatoes & peach dressing, served with housemade focaccia. <i>Pairs well with Montepulciano.</i> | 25 | SEASONAL RISOTTO Please see the black board for our special. <i>Pairs well with Prosecco.</i> | |

PIZZA

^{GF}+5 ^{DF} ^{VG} available from 11am

WHITE BASE *Pairs well with Macabeo.*

| | | | |
|----------------------------------------------------------------------------------------------------------------------------------|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| BIANCA ^V Pecorino romano, Buffalo mozzarella, mozzarella fior di latte, basil, extra virgin olive oil. | 25 | CARCIOFI ^V Marinated artichokes, blue cheese, Parmigiano aged 18 months, mozzarella fior di latte, parsley, extra virgin olive oil. | 26 |
| QUATTRO FORMAGGI ^V Parmigiano aged 18th months, blue cheese, Provolone, Pecorino romano, mozzarella fior di latte. | 26 | FUNGHI ^V Mushrooms, blue cheese, Parmigiano aged 18 months, white truffle oil, mozzarella fior di latte. <i>Pairs well with Montepulciano.</i> | 28 |
| MAIALONA Free range ham, Italian pancetta, Prosciutto from Emilia Romagna, mascarpone. | 29 | MARE E MONTE Mushroom, prawns, Italia pancetta, white truffle oil, mozzarella fior di latte. <i>Pairs well with Rosé / Chardonnay.</i> | 31 |
| CAMPAGNOLA Italian pancetta, onions, Provolone, oregano, mozzarella fior di latte. | 28 | | |

TOMATO BASE *Pairs well with Chianti.*

| | | | |
|----------------------------------------------------------------------------------------------------------------------------------|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| COTTO Tomato, free range ham, mozzarella fior di latte, buffalo mozzarella. | 28 | PROSCIUTTO E FUNGHI Tomato, mushrooms, Prosciutto from Emilia Romagna, mozzarella fior di latte. | 31 |
| MARGHERITA ^V Tomato, organic basil, buffalo mozzarella, extra virgin olive oil. <i>Pairs well with Chianti.</i> | 26 | PROSCIUTTO E RUCOLA Tomato, Prosciutto from Emilia Romagna, rocket, mozzarella fior di latte, 18 month aged Parmigiano. <i>Pairs well with Chardonnay.</i> | 30 |
| MARINARA ^V Tomato, garlic, oregano, extra virgin olive oil. | 23 | SICILIANA Tomato, spicy salami from South Italy, onions, Greek black olives, mozzarella fior di latte. | 29 |
| AGLIO E PEPERONCINO ^V Tomato, garlic, Italian marinated chilli, Pecorino Romano, mozzarella fior di latte. | 26 | QUATTRO STAGIONI Tomato, mushrooms, mild salami from North Italy, Greek black olives, artichokes, mozzarella fior di latte. | 30 |
| ROMANA Tomato, anchovies, oregano, mozzarella fior di latte, extra virgin olive oil. | 26 | CAPRICCIOSA Tomato, free range ham, mushrooms, artichokes, Greek black olives, mozzarella fior di latte. | 30 |
| NAPOLITANA Tomato, anchovies, capers, mozzarella fior di latte, extra virgin olive oil. | 26 | CALABRESE Tomato, spicy salami from South Italy, mushrooms, Italian marinated chilli, mozzarella fior di latte, oregano. <i>Pairs well with Chardonnay.</i> | 29 |
| ORTOLANA ^V Tomato, artichokes, mushrooms, roasted red peppers, onion, mozzarella fior di latte. | 28 | PIZZA SPECIAL Please see the black board for our special. | |
| PROSCIUTTO Tomato, Prosciutto from Emilia Romagna, mozzarella fior di latte. | 29 | EXTRAS 2 GLUTEN FREE BASE 5 Take away, fully cooked, or half cooked available. | 4 |

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.**

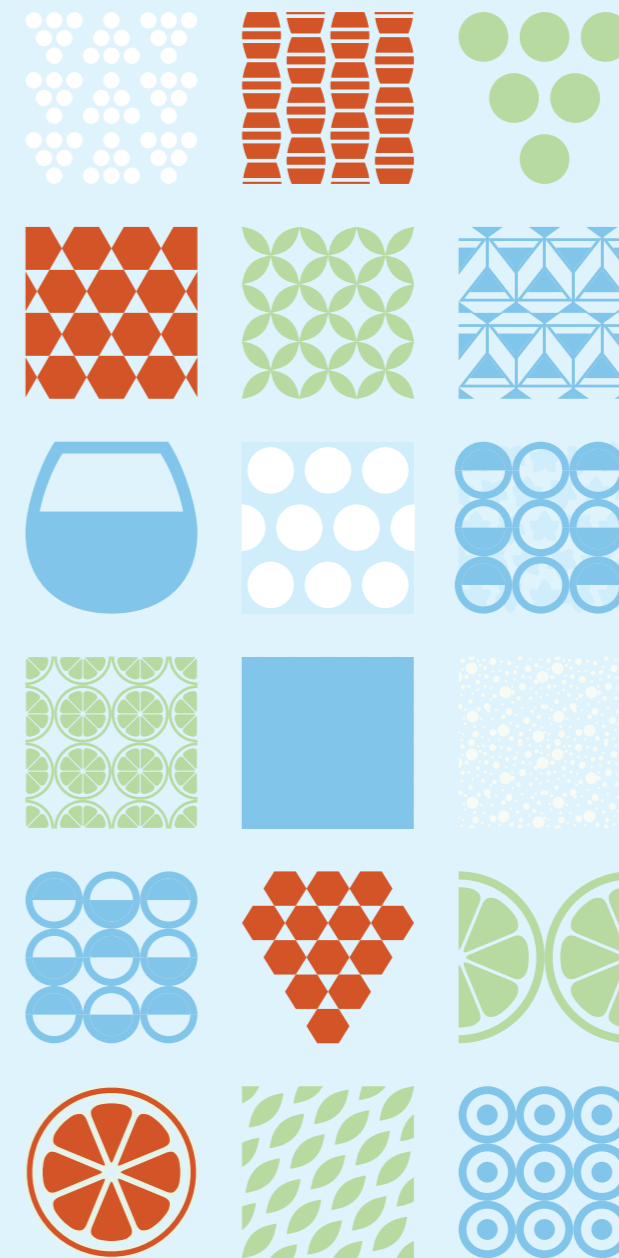
Starting out over 30 years ago as a food wholesaler importing products directly from Italy, The Mediterranean Food Co. was established on the Tuam Street site in 2001, quickly becoming one of Christchurch's most iconic foodie destinations. For over 20 years we have worked with highly regarded food and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

| | glass | bottle |
|--------------------------------------------------------------------------------|-------|--------|
| PROSECCO Classic dry Italian bubbly. | 14 | 48 |
| LIGHT | | BOLD |
| SOFT | | ACIDIC |
| GENTLE | | FIZZY |
| GRAN SELLO CAVA BRUT Elegant, with fruit aromas and toasted nuances. | 15 | 56 |
| LIGHT | | BOLD |
| SOFT | | ACIDIC |
| GENTLE | | FIZZY |
| SPARKLING ROSE Sweet, fresh Mediterranean style. | 14 | 49 |
| LIGHT | | BOLD |
| SOFT | | ACIDIC |
| GENTLE | | FIZZY |
| LAMBRUSCO RED Bubbly and ultra-refreshing sparkling red. | 12 | 39 |
| LIGHT | | BOLD |
| SOFT | | ACIDIC |
| GENTLE | | FIZZY |

ROSE

| | glass | bottle |
|------------------------------------------------------------------------------------------------------------------------------|-------|--------|
| SPANISH ROSADO Elegant Spanish rosé with a full, warm palate. Rich and juicy flavours of quince with a dry finish. | 14 | 46 |
| LIGHT | | BOLD |
| SOFT | | ACIDIC |
| GENTLE | | FIZZY |

VINO DELLA CASA

| | glass | 500ml | bottle |
|----------------------------------------------------------------------|-------|-------|--------|
| Red | 13 | 33 | 42 |
| HOUSE RED Ask our staff for the current vino della casa. | | | |
| White | 13 | 32 | 41 |
| HOUSE WHITE Ask our staff for the current vino della casa. | | | |

VINO FINO

| | | | |
|--------------------------------------------|--|--|----|
| Red Lar de Paula Terrazas 2015 | | | 55 |
| White Blas Munoz Chardonnay 2018 | | | 65 |

*Or choose any wine from the shop.
\$20 Corkage fee applies.

WHITE

| | glass | 500ml | bottle |
|------------------------------------------------------------------------------------------------------------------|-------|-------|--------|
| MACABEO Light, fresh Spanish wine. Lovely flavours of lemon and pink grapefruit. | 13 | 35 | 45 |
| LIGHT | | | BOLD |
| DRY | | | SWEET |
| SOFT | | | ACIDIC |
| CHARDONNAY Notable for its typically Mediterranean hints of prickly pear and orange rind. | 14 | 36 | 46 |
| LIGHT | | | BOLD |
| DRY | | | SWEET |
| SOFT | | | ACIDIC |
| PINOT GRIGIO Intense and vibrant herbal notes on the palate with bright, fresh flavours of grapefruit. | 13 | 34 | 44 |
| LIGHT | | | BOLD |
| DRY | | | SWEET |
| SOFT | | | ACIDIC |

RED

| | glass | 500ml | bottle |
|-----------------------------------------------------------------------------------------------------------------|-------|-------|--------|
| CHIANTI Tuscan classic. Medium body, juicy, round & smooth with red fruit flavours & soft tannins. | 14 | 37 | 47 |
| LIGHT | | | BOLD |
| SMOOTH | | | TANNIC |
| DRY | | | SWEET |
| SOFT | | | ACIDIC |
| MONTEPULCIANO Ruby red colour with purple nuances. Fruity, with hints of cherry. Dry and round taste. | 13 | 35 | 45 |
| LIGHT | | | BOLD |
| SMOOTH | | | TANNIC |
| DRY | | | SWEET |
| SOFT | | | ACIDIC |

TEMPRANILLO

| | | | |
|--------------------------------------------------------------------------|----|----|--------|
| Nicely floral on the nose with red berry fruit and hints of dried herbs. | 14 | 38 | 48 |
| LIGHT | | | BOLD |
| SMOOTH | | | TANNIC |
| DRY | | | SWEET |
| SOFT | | | ACIDIC |

APERITIVO

| | |
|-----------------------------------------------------------------------------------------------------------------------------|----|
| APEROL SPRITZ Aperol and prosecco. | 15 |
| MEDFOOD AMALFI SPRITZ Med Foods signature cocktail. Refreshing limoncello and limonata. | 15 |
| MEDFOOD CATANIA SPRITZ Aperol, limoncello and blood orange. | 15 |
| NEGRONI Red bitters, gin and red vermouth. | 16 |
| BELLINI Peach nectar and prosecco. | 14 |
| GIN TONIC Gin and Sicilian tonic. Add flavouring +2: Lemon, Rose, Lavender, or Framboise. | 15 |
| FROZEN ITALIAN MARGARITA Italian lemon gelato, Giffard lemon syrup, tequila, limoncello, St. Andrews lemon juice, | 18 |
| SANGRIA glass 15 / jug 28 / lrg jug 39 | |
| TINTO DE VERANO | 14 |

MOCKTAILS

| | |
|---------------------------------------------------------------------------------------------------------------|----|
| PERUGIA Giffard lavender syrup, limonata, sparkling water, rosemary. | 12 |
| MEDFOOD SUNRISE Giffard framboise syrup, blood orange, orange juice, sparkling water, orange slice. | 12 |

BEER

| | | |
|-----------------------|------|----|
| On tap: | | |
| Three Boys Pilsner | 5.0% | 9 |
| Italian Craft: | | |
| 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% | |
| The Classics: | | |
| Peroni | 5.1% | 9 |
| Peroni Zero | 0.0% | |
| Moretti Zero | 0.0% | |
| Three Boys Lager | 2.5% | |
| Cider: | | |
| Three Boys Cider | 4.5% | 9 |

LIQUEURS & MOSCATO

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| AMARO A distinctive Italian herbal liqueur, traditionally consumed as a digestivo, neat or on the rocks with a slice of lemon or orange. | 8.5 |
| 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 Choose: Aranciata, Blood Orange, Mandarin, Chinotto, Limonata, or Tonica. | 7.5 |
| Traditional Recipe: Cola | 8 |
| ITALIAN FRUIT NECTAR Choose: Peach, Apricot or Pear. | 5 |
| JUICE Choose: Orange or Apple Juice. | 6.5 |
| ITALIAN SPARKLING MINERAL WATER Choose: 250ml 1000ml | 4.5 9 |

COFFEE

| | |
|-------------------------------|-----|
| Hot: | |
| Espresso / Lungo / Americano | 4.5 |
| Macchiato (long/short) | 4.6 |
| Flat white / Cappuccino | 5 |
| Latte | 5.5 |
| Hot Chocolate | 5 |
| Mochaccino | 6 |
| Affogato Espresso over Gelato | 9 |
| Chai Latte / Turmeric Latte | 5 |
| Fluffy | 3 |

Iced:

| | |
|------------------------|-----|
| Iced Americano | 5.5 |
| Iced Chai / Iced Latte | 6.5 |

Iced with Italian Gelato:

| | |
|-----------------------------------------|-----|
| Iced Coffee, Iced Chocolate, Iced Mocha | 9.5 |
|-----------------------------------------|-----|

TEA

| | |
|---------------------------------------------------------------------------------------------------------------|--|
| small teapot 5 / large teapot 9 | |
| Choose: English Breakfast, Earl Grey, Chamomille, Peppermint, Blueberry, or Jasmine Flowers Green Tea. | |

Extras:

| | |
|---------------------------------------------|-----|
| Extra shot, decaf, soy, oat, or almond milk | 1 |
| Take Away | 0.5 |
| Large | 1 |
| Flavoured Shot | 1 |