

*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.

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MENU

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**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	25
Served with sautéed apple & pear.		Fried, poached or scrambled free-range eggs,	
FRENCH TOAST <sup>V</sup>	21	with: - bacon & mushrooms	
Served with sautéed peach & pistachios.		- free range ham & mesculin	
		- cold smoked salmon & rocket.	

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

available from 11am

MARINATED OLIVES <sup>V</sup>	10	HOUSEMADE FOCACCIA <sup>V</sup>	9
Med Food olives with our housemade marinade. <i>Pairs well with Chardonnay.</i>		Our famous housemade focaccia, sliced & served with Italian extra virgin olive oil. <i>Pairs well with Prosecco/Rosé.</i>	
PROSCIUTTO CRUDO	13	MOZZARELLA DI BUFALA <sup>V</sup>	12
A tasting of our famous Prosciutto crudo. <i>Pairs well with Chianti.</i>		A tasting of our famous Mozzarella di bufala. <i>Pairs well with Montepulciano.</i>	
ASSAGGIO PLATTER	reg 36 / lrg 65	FORMAGGI E SALUMI 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>		A selection of our best salami and cheeses from our deli, served with housemade bread. <i>Pairs well with Prosecco/Rosé.</i>	
SEASONAL SALAD		SEASONAL BRUSCHETTA	
Please see the blackboard for our special. <i>Pairs well with Chardonnay.</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>Montepulciano.</i> or house made pork & beef ragu. <i>Chianti.</i>	
PENNE ALL'AMATRICIANA	28	DUCK RILLETTE	21
Italian pancetta, onion, garlic, chilli, tomato, Pecorino Romano. <i>Pairs well with Chianti</i>		Served with relish, gherkins, pickled vegetables & housemade bread. <i>Pairs well with Chardonnay.</i>	
SPAGHETTI AGLIO, OLIO & PEPERONCINO <sup>V</sup>	26	FETTUCCE AI FRUTTI DI MARE	29
Garlic, chilli, Parmigiano Reggiano, parsley. <i>Pairs well with Tempranillo.</i>		Mussels, prawns, shrimp, clams, and garlic, served with house made tomato sauce. <i>Pairs well with Pinot Grigio.</i>	
FETTUCCE ALLE VONGOLE	29	FILLED PASTA OF THE DAY	28
Clams, garlic, white wine, parsley. <i>Pairs well with Pinot Grigio.</i>		Served with sage & butter. <i>Macabeo.</i> or house made tomato sauce. <i>Tempranillo.</i>	
MEDFOOD SALAD	25	SEASONAL RISOTTO	
Mesclun, Spanish peach, Prosciutto from Emilia Romagna, blue cheese, semi-dried tomatoes & peach dressing, served with housemade focaccia. <i>Pairs well with Montepulciano.</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.*

BIANCA <sup>V</sup>	25	CARCIOFI <sup>V</sup>	28
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>	27	FUNGHI <sup>V</sup>	29
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 Montepulciano.</i>	
MAIALONA	31	MARE E MONTE	32
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	30		
Italian pancetta, onions, Provolone, oregano, mozzarella fior di latte.			

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

COTTO	29	PROSCIUTTO E FUNGHI	31
Tomato, free range ham, mozzarella fior di latte, buffalo mozzarella.		Tomato, mushrooms, Prosciutto from Emilia Romagna, mozzarella fior di latte.	
MARGHERITA <sup>V</sup>	26	PROSCIUTTO E RUCOLA	31
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>	23	SICILIANA	30
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>	28	QUATTRO STAGIONI	31
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	28	CAPRICCIOSA	31
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	28	CALABRESE	30
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>	29	PIZZA SPECIAL	
Tomato, artichokes, mushrooms, roasted red peppers, onion, mozzarella fior di latte.		Please see the black board for our special.	
PROSCIUTTO	30	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 8 / reg 13
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.	

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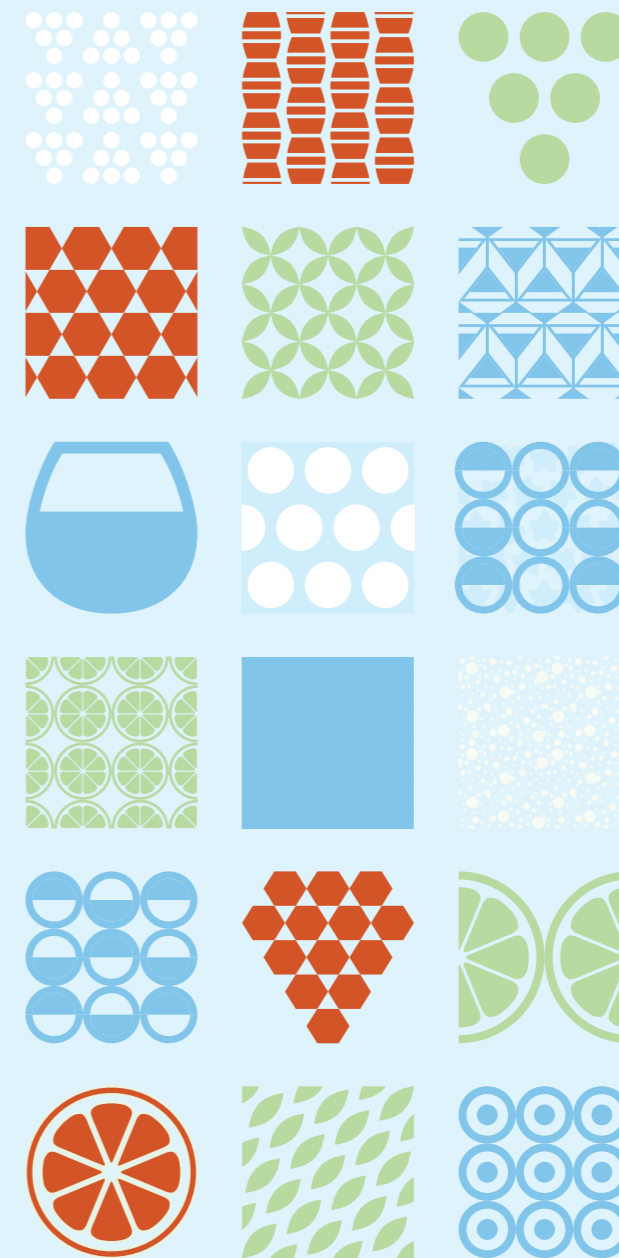
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DRINKS LIST

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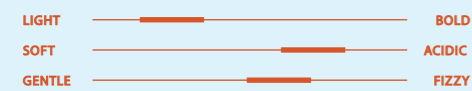
**SPARKLING**

glass 500ml bottle

SPANISH CAVA BRUT 13 43 53  
Elegant, with fruit aromas and toasted nuances.



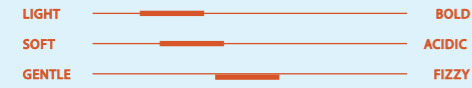
PROSECCO 14 42 52  
Classic Italian bubbly.



SPARKLING ROSE 14 42 52  
Sweet, fresh Mediterranean style.



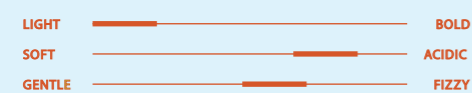
LAMBRUSCO RED 12 30 40  
Bubbly and ultra-refreshing sparkling red. Perfect lunch pairing.



**ROSE**

glass glass bottle

SPANISH ROSADO 14 41 51  
Elegant Spanish rosé with a full, warm palate. Rich and juicy flavours of quince with a dry finish.



**VINO DELLA CASA**

glass 500ml bottle

**Red** 13 37 47

HOUSE RED  
Ask our staff for the current vino della casa.

**White** 13 36 46

HOUSE WHITE  
Ask our staff for the current vino della casa.

**VINO FINO**

**Red**  
Lar de Paula Terrazas 2015 59

**White**  
Blas Munoz Chardonnay 2018 65

\*Or choose any wine from the shop that is not on the wine list. \$20 Corkage fee applies.

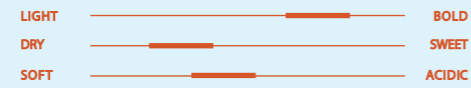
**WHITE**

glass 500ml bottle

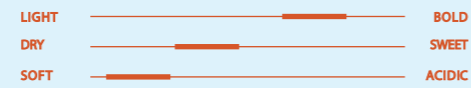
MACABEO 14 40 50  
Light, fresh Spanish wine. Lovely flavours of lemon and pink grapefruit.



CHARDONNAY 14 41 51  
Notable for its typically Mediterranean hints of prickly pear and orange rind.



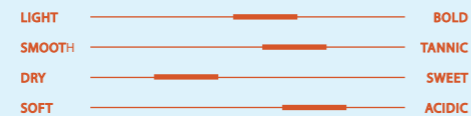
FIANO 15 43 53  
Sicilian classic. Intense and vibrant citrus fruits. Herbal notes on the palate with bright, fresh flavour of grapefruit.



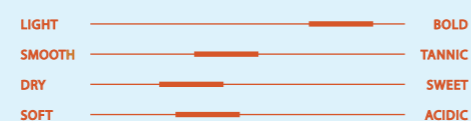
**RED**

glass 500ml bottle

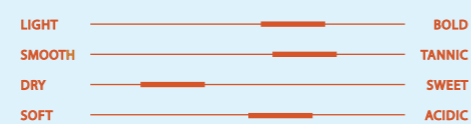
CHIANTI 14 42 52  
Tuscan classic. Medium body, juicy, round & smooth with red fruit flavours & soft tannins.



NERO D'AVOLA 15 43 53  
Sicilian classic with hints of black cherries and plums.



TEMPRANILLO 14 41 51  
Nicely floral on the nose with red berry fruit and hints of dried herbs.



**APERITIVO**

APEROL SPRITZ 15  
Aperol and prosecco.

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

MEDFOOD CATANIA SPRITZ 15  
Aperol, limoncello and blood orange.

NEGRONI 17  
Red bitters, gin and red vermouth.

BELLINI 14  
Peach nectar and prosecco.

TINTO DE VERANO 14  
House red and Sicilian soda.

GIN TONIC 15  
Gin and Sicilian tonic.  
Add flavouring +2: Lemon, Rose, Lavender, or Framboise.

FROZEN ITALIAN MARGARITA 19  
Italian lemon gelato, Giffard lemon syrup, tequila, limoncello, St. Andrews lemon juice,

SANGRIA glass 15 / jug 28 / lrg jug 39

**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% 10

Italian Craft:  
MA.MA Ipa 5.9% 10  
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%  
Three Boys Lager 2.5%

Cider:  
Three Boys Cider 4.5% 9

**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.

MARSALA SUPERIORE  
Excellent dessert wine to be enjoyed with Sicilian pastries.  
Choose: Sweet or Dry.

**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**

Hot:  
Espresso / Lungo / Americano 5  
Macchiato (long/short) 5  
Flat white / Cappuccino 5.5  
Latte 6  
Hot Chocolate 6  
Mochaccino 6  
Affogato Espresso over Gelato 9  
Chai Latte / Turmeric Latte 5.5  
Fluffy 3.5

Iced:  
Iced Americano 5.5  
Iced Chai / Iced Latte 6.5

Iced with Italian Gelato:  
Iced Coffee, Iced Chocolate, Iced Mocha 10

**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  
Large 1  
Flavoured Shot 1