

HOUSE DRINKS

Sangria Orange & Cinnamon	10
Sangria Pink Grapefruit, Juniper & Tonic	10
Housemade Sangria Jug Small	28
Housemade Sangria Jug Large	45
Italian Craft Beer: MA.MA IPA MA.MA Chiara (Blonde) MA.MA Wheat	10
VERMOUTH FLIGHT -new!	18

Please check our drink list for the complete selection.

HOUSE APERITIVI

AMALFI SPRITZ MedFoods signature cocktail. Refreshing limoncello and limonata.	15
CATANIA SPRITZ Aperol, limoncello and blood orange.	15
APEROL SPRITZ Aperol and prosecco.	15

Please check our drink list for the complete selection.

DESSERTS

TIRAMISU Our best seller, the specialty. Classic Italian dessert. Matilde Vicenzi lady fingers, Atomic espresso coffee, Lombardo marsala, and mascarpone cream. Topped with cocoa powder.	small 8/ large 14
AFFOGATO AL CAFE Your choice of gelato with a shot of Atomic espresso.	10
GELATO Italian “ice cream”. Because of its lower milk fat content, it’s much softer, denser, and has smaller ice crystals compared to regular ice cream. Please check the flavours of the day with the staff.	single 5.5 / double 7.5
FORMAGGIO DEL GIORNO Our selection of cheeses served with nuts, quince paste, and housemade relish.	14

Please check our desserts menu for the complete selection.



MENU

OUR HISTORY

Starting out over 30 years ago as a food wholesaler importing products directly from Italy, Mediterranean Foods 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

-  mediterraneanfoods.co.nz
-  Mediterranean Food Company Christchurch

BREAKFAST GF DF available until 11am

CROISSANT		TOASTED HOUSEMADE BREAD	
Ham & alpine cheese, jam & butter, V	11	Salami & cheese.	16
or pistachio cream. V -new!		Jam & butter V	9.5
SWEET & CREAMY POLENTA V	18	EGGS YOUR WAY	25
Served with sautéed apple & pear.		Fried, poached or scrambled free-range eggs,	
FRENCH TOAST V	21	with: -bacon & mushrooms	
Served with sautéed peach & pistachios.		- free range ham & mesculin	
		- cold smoked salmon & rocket.	

STARTERS GF DF available fom 11am

MARINATED OLIVES V	10	HOUSEMADE FOCACCIA V	9
Med Food olives with our housemade marinade.		Our famous housemade focaccia, sliced & served	
Pairs well with Grecanico.		with Italian extra virgin olive oil.	
PROSCIUTTO CRUDO	13	MOZZARELLA DI BUFALA V	12
A tasting of our famous Prosciutto crudo.		A tasting of our famous Mozzarella di bufala.	
Pairs well with Chianti.		Pairs well with Nero D'Avola.	
ASSAGGIO PLATTER reg 36 / lrg 65		FORMAGGI E SALUMI PLATTER reg 36 / lrg 65	
A tasting from the deli &store selection of salami,		A selection of our best salami and cheeses	
cheese, vegetables &olives served		from our deli, served with housemade bread.	
with housemade bread.		Pairs well with Prosecco/Rosé.	
Pairs well with Prosecco/Rosé.		BRUSCHETTA DI ACCIUGHE -new!	21
CAESAR SALAD	24	Italian marinated anchovies on toasted housemade	
Cos lettuce, pancetta, parmesan chips, croutons,		bread with tomato coulis.	
anchovy dressing		Pairs well with Rose.	
Pairs well with Grecanico.			

MAINS GF DF VG available fom 11am

SPAGHETTI ALLA CARBONARA	29	‘LIGUORI’ GNOCCHI DI PATATE	29
Italian pancetta, eggs, pepper, Parmigiano		Served with cream & blue cheese V Barbera.	
Reggiano, Pecorino Romano.		or house made pork & beef ragu. Chianti.	
Pairs well with Chianti.		DUCK RILLETTE	21
PENNE ALL’AMATRICIANA	29	Served with relish, gherkins, pickled vegetables &	
Italian pancetta, onion, garlic, chilli, tomato,		housemade bread.	
Pecorino Romano.		Pairs well with Grillo.	
Pairs well with Barbera		FETTUCCE AI FRUTTI DI MARE	30
SPAGHETTI AGLIO, OLIO	27	Mussels, prawns, shrimp, clams, and garlic, served	
& PEPERONCINO V		with house made tomato sauce.	
Garlic, chilli, Parmigiano Reggiano, parsley.		Pairs well with Fiano.	
Pairs well with Tempranillo.		‘BERTAGNI’ FILLED PASTA OF THE DAY	29
MEDFOOD SALAD	25	Served with sage & butter. Macabeo.	
Mesclun, Spanish peach, Prosciutto from Emilia		or house made tomato sauce. Tempranillo.	
Romagna, blue cheese, semi-dried tomatoes &		SEASONAL RISOTTO	
peach dressing, served with housemade focaccia.		Please see the black board for our special.	
Pairs well with Nero D’Avola.		Pairs well with Prosecco.	

PIZZA GF +5 DF VG available fom 11am

WHITE BASE **Pairs well with Macabeo.**

BIANCA V	27	CARCIOFI V	28
Pecornio romano, Buffalo mozzarella, mozzarella		Marinated artichokes, blue cheese, Parmigiano	
fior di latte, basil, extra virgin olive oil.		aged 18 months, mozzarella fior di latte, parsley,	
QUATTRO FORMAGGI V	28	extra virgin olive oil.	
Parmigiano aged 18th months, blue cheese,		FUNGHI V	30
Provolone, Pecorino romano, mozzarella fior di		Mushrooms, blue cheese, Parmigiano aged 18	
latte.		months, with truffle oil, mozzarella fior di latte.	
MAIALONA	31	Pairs well with Nero D’Avola.	
Free range ham, Italian pancetta, Prosciutto		MARE E MONTE	32
from Emilia Romagna, mascarpone.		Mushrooms, prawns, Italian pancetta, white	
CAMPAGNOLA	30	truffle oil, mozzarella fior di latte.	
Italian pancetta, onions, Provolone,		Pairs well with Rosé.	
oregano, mozzarella fior di latte.		PORTAFOGLIO (Folded Pizza) -new!	30
		Buffalo mozzarella, prosciutto, rocket, extra	
		virgin olive oil.	

TOMATO BASE **Pairs well with Chianti.**

COTTO	30	PROSCIUTTO E FUNGHI	31
Tomato, free range ham, mozzarella fior di latte,		Tomato, mushrooms, Prosciutto from Emilia	
buffalo mozzarella.		Romagna, mozzarella fior di latte.	
MARGHERITA V	28	PROSCIUTTO E RUCOLA	31
Tomato, organic basil, buffallo mozzarella, extra		Tomato, Prosciutto from Emilia Romagna, rocket,	
virgin olive oil.		mozzarella fior di latte, 18 monthaged Parmigiano.	
Pairs well with Chianti.		Pairs well with Barbera.	
MARINARA V	25	SICILIANA	31
Tomato, garlic, oregano, extra virgin olive oil.		Tomato, spicy salami from South Italy, onions,	
DIAVOLA V	28	Greek black olives, mozzarella fior di latte.	
Tomato, garlic, Italian marinated chilli, Pecorino		QUATTRO STAGIONI	31
Romano, mozzarella fior di latte.		Tomato, mushrooms, mild salami from North Italy,	
NAPOLITANA	28	Greek black olives, artichokes, mozzarella fior di	
Tomato, anchovies, capers, mozzarella fior di		latte.	
latte, extra virgin olive oil.		CAPRICCIOSA	31
ORTOLANA V	29	Tomato, free range ham, mushrooms, artichokes,	
Tomato, artichokes, mushrooms, roasted red		Greek black olives, mozzarella fior di latte.	
peppers, onion, mozzarella fior di latte.		CALABRESE	31
PROSCIUTTO	30	Tomato, spicy salami from South Italy,	
Tomato, Prosciutto from Emilia Romagna,		mushrooms, Italian marinated chilli, mozzarella	
mozzarella fior di latte.		fior di latte, oregano.	
		Pairs well with Barbera.	
		PIZZA SPECIAL	
		Please see the black board for our special.	
		EXTRAS 2	EXTRA MEAT 4
		GLUTEN FREE BASE 5	
		Take away, fully cooked, or half cooked available.	