



## SOUP

€7.50

Freshly Home-made Soup with Toasted Maltese Bread



## HEALTH WATCHERS CORNER

### LEBANESE CHICKEN SALAD

€12.50

Grilled Chicken Breast on a Mixed Salad of Cucumbers, Sweet Peppers, Spring Onions, Red Raddish, Flat Bread, Lettuce, Tomatoes, Parsley, Lime Juice and Fresh Herb Dressing

### GREEK SALAD

€11.50

A typical Mediterrenean Salad made with Cucumbers, Tomatoes, Black Olives , Sliced Onion Rings, Peppers, Capers, Lettuce, Lemon Oregano Oil, Feta Cheese, Pitta Bread and Tzatziki

### PANZANELLA DI MOZZARELLA

€11.50

Marinated Baby Mozzarella tossed with Fresh Cherry Tomatoes, Artichoke Hearts, Mixed Green Leaves, Crispy Garlic Croutons and Mustard Vinaigrette

### SHELLFISH SALAD

€14.00

Mixed Marinated Shellfish on a bed of Greens, Lime and Chilli Dressing

### TUNA AND EGG SALAD

€11.00

With Lettuce, Tomatoes, Onions, Capers, Anchovies, Bell Peppers and Fresh Herb Oil



## THE UNIQUE VIEW OF ST.PAUL'S ISLAND TRADITION

Christianity has almost 2000 years of history in Malta. According to tradition, it was brought to the Islands by none other than the Apostle Paul himself in around A.D. 60.

Paul was being taken to Rome to be tried as a political rebel, but the ship carrying him and some 274 others was caught in a violent storm only to be wrecked two weeks later on the Maltese coast. All aboard swam safely to land.

The site of the wreck is traditionally known as St. Paul's Island, and is marked by a statue commemorating the event.

The welcome given to the survivors is described in the Acts of the Apostles (XXVIII) by St. Luke:

“AND LATER WE LEARNED THAT THE ISLAND WAS CALLED MALTA. AND THE PEOPLE WHO LIVED THERE SHOWED US GREAT KINDNESS, AND THEY MADE A FIRE AND CALLED US ALL TO WARM OURSELVES... “

As the fire was lit, Paul was bitten by a poisonous snake but he suffered no ill effects. The islanders took this as a sign that he was a special man. This scene is depicted in many religious works of art on the Islands.

According to tradition, the Apostle took refuge in a cave, now known as St. Paul's Grotto in Rabat, Malta.

During his winter stay, he was invited to the house of Publius, the Romans' chief man on the Islands. It was here, according to tradition,that Paul cured Publius' father of a serious fever. Publius is then said to have converted to Christianity and was made the first Bishop of Malta. The Cathedral of Mdina is said to stand on the site of Publius' house.



## CAFE DELOS BAR & BISTRO



## FOOD MENU



## FRESH BAKERY & WRAPS

### ROAST VEGETABLE WRAP

€9.00

Rolled Tortilla with Feta Cheese, Roast Vegetables, Crispy Iceberg Lettuce and Potato Crisps

### SMOKED SALMON CIABATTA

€10.50

Toasted Ciabatta with Cream Cheese Spread, Cucumbers, Capers, Crispy Lettuce and Crisps

### GRILLED CHICKEN AND BACON WRAP

€10.50

Grilled Chicken Breast, Grilled Bacon, Sliced Tomatoes, Lettuce, Cheese, Mustard Mayonnaise and Potato Crisps

### THREE WAY SANDWICH

White or Brown Fresh Sliced Bread or Toasted served with Potato Crisps Choose a filling from either:

Ham, Cheese

€ 6.50

Chicken

€7.00

(EXTRA HAM OR CHEESE OR CHICKEN AT AN ADDITIONAL OF 30CENTS)







# PASTA & RISOTTO

SPAGHETTI ALL ARRABIATA

€12.00

Flash Fried Pepperoncino, Garlic and Fresh Tomatoes finished with a Pinch of Parsley

PENNE CHICKEN & PANCETTA

€12.50

Seared Pancetta and Chicken Fillets, Parsley Cream Sauce, Matured Grana Cheese

RICOTTA RAVIOLI MALTESE STYLE

€12.00

Topped with Garlic flavoured Fresh Tomato Puree and finished with a pinch of Parsley

PENNE AL RAGU

€13.50

With Braised Ground Beef and Red Wine Reduction topped with Grana Cheese Shavings

SPAGHETTI WITH OAK SMOKED SALMON

€14.00

Poached Salmon, Spring Onions, Zucchini and Sundried Tomatoes Flamed with Vodka, Cream and a touch of Dill

MUSHROOM AND PARMA HAM RISOTTO

€14.00

Folded with Cream Cheese, Thyme and Aged Grana Cheese



# PIZZA

FOCACCIA BIANCA

€6.50

Plain Focaccia brushed with Rosemary Oil sprinkled with Grana Padano, Balsamico and Rucola Leaves

FOCACCIA TARTUFATA

€8.00

Truffle Paste and Olive Oil, Sliced Onion Rings and Rucola Leaves

MARGHERITA

€9.00

Tomato Sauce, Mozzarella and Oregano

FUNGHI

€9.80

Tomato Sauce, Mozzarella, Oregano, Mushrooms, Sliced Onions and Truffle Oil

LA SCOGLIERA

€13.00

Tomato Sauce, Oregano, Mixed Shellfish, Black Olives, Cherry Tomatoes and Extra Virgin Olive Oil

CHICKEN TIKKA

€13.00

Tomato Sauce, Mozzarella, Cherry Tomatoes, Chicken Tikka, Bell Peppers and Pickled Chilli

FLAMENCO

€11.00

Tomato Sauce, Mozzarella, Oregano, Spanish Chorizo, Pimentos and Onions

CAPRICIOSA

€12.00

Tomato Sauce, Mozzarella, Artichokes, Mushrooms, Ham, Boiled Eggs, Peas and Olives

MALTIJA

€13.50

Tomato Sauce, Local Sausage, Olives, Caponata, Sun-dried Tomatoes and Maltese Grated Cheeselets

PIZZA PARMA

€14.00

Tomato Sauce, Mozzarella, Oregano, Parma Ham, Rucola and Grana Padano

SMOKED SALMON

€14.50

Tomato Sauce, Mozzarella, Oregano, Smoked Salmon, Spanish Black Olives and Blue Cheese

HELLAS PIZZA

€13.00

Tomato Sauce, Mozzarella, Oregano, Feta Cheese, Pork Sausage, Artichokes and Cherry Tomatoes

TIERRA Y MAR

€14.80

Tomato Sauce, Oregano, Mozzarella, Prawns, Chili Oil, Parma Ham and Cherry Tomatoes

EXTRA TOPPINGS

€1.85



# HOUSE SPECIALS

BEEF BURGER

€14.00

In Toasted Brioche Bun, Iceberg Lettuce, Sliced Plum Tomatoes, Battered Onion Rings and Fries

DELOS BURGER

€15.50

Grilled Burger, Rucola, Sliced Tomatoes, Crispy Bacon and Feta Cheese in a Toasted Brioche Bun and Fries

STIR FRIED CURRIED CHICKEN

€15.50

With Toasted Peanuts on a bed of Steamed Rice and Fried Poppadums

HALF RACK PORK BABY RIBS

€16.00

Slow cooked Baby Pork Ribs in our Special Herb, Spice Rub, Coleslaw and French Fries

FISH AND CHIPS

€15.00

Breaded Fish Fillet on Mushy Peas with Tartar Sauce

FALAFEL PATTIES

€14.00

On Vegetable Salad served with Tahini Sauce



# KIDS

RED RIDING HOOD

€7.00

Pasta with Tomato Sauce

CHICKEN LITTLE

€9.50

Breaded Chicken Fillets, Onion Rings and Fries

DEXTER

€7.50

Pizza, Cocktail Sausages and Eggs

MCQUEEN

€7.50

Chicken Salad, Lettuce, Cherry Tomatoes, Croutons and Mayonnaise



# GRILLS

GRILLED BEEF FLAP

€24.00

With Balsamic Rucola Leaves, Grana Cheese Shavings, Truffle Mayo Dip, Battered Onion Rings and Potato Wedges

CHARRED CHICKEN BREAST

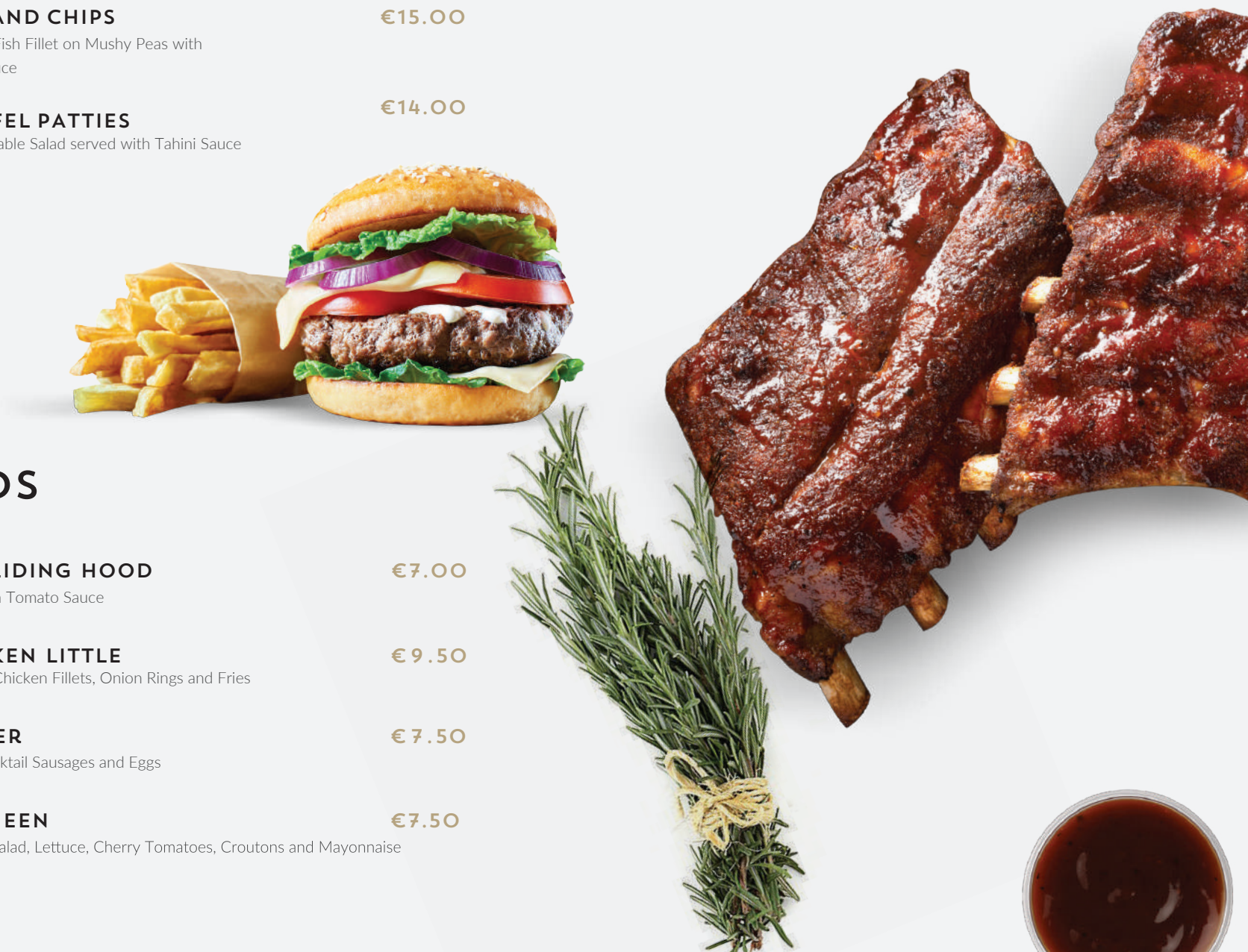
€18.00

Marinated with Lemon and Rosemary on Roast Garden Vegetables and Potato Wedges

PORK CHOPS

€18.00

Grilled Pork Chops on Roasted Vegetables, Potato Wedges and Barbecue Sauce



PLEASE INFORM YOUR WAITER IF YOU HAVE ANY KNOWN ALLERGIES OR PREFERANCES.

DON'T FORGET YOUR DESSERT!!!  
OUR TEAM OF STAFF WILL BE HAPPY TO HELP YOU CHOOSE FROM OUR SELECTION OF TARTS, CAKES, PASTRIES, ICE-CREAM & FRUIT