



SUMMER MENU

MED Wine Bar & Bistro Art Deco Masonic Hotel
Corner Emerson Street & Marine Parade, Napier

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WELCOME TO MED

Mediterranean cuisine reflects the cultures and lifestyles of the people living in the regions that surround the Mediterranean Sea. A culinary culmination of North African (particularly Morocco), Eastern Mediterranean (Egypt, Greece, Israel, Lebanon, Syria and Turkey), and Southern Europe (Italy, France and Spain). Mediterranean flavours are robust, clear, and free of complicated sauces, heavy cream and butter. The ingredients are born out of the climate, which readily produces onions, garlic, tomatoes, eggplants, squash, peppers, mushrooms, cucumbers, artichokes and various greens and lettuces, which are mainstays in this diet.

MED's Head Chef Cliff Fernandes moved to the Hawke's Bay Region because of its Mediterranean climate and the extensive range of local produce.

Cliff's experience with Mediterranean food began in his home city of Goa, India formerly a Portuguese colony. He trained and worked with the Taj Group of Hotels in Mumbai, before heading overseas to the Abu Dhabi National Hotel in The Emirates. Here he learnt the different styles of Mediterranean foods, including Turkish, Lebanese, Arabic and North African. To enhance his skills, Cliff spent two years at the William Angliss Institute in Melbourne, which is home to a large Greek, Italian and Lebanese population. It gave him the opportunity to work with many accomplished Mediterranean chefs. He then worked at the prestigious RACV City Club, working alongside celebrity chefs such as George Calombaris and Shannon Bennett.

Since moving to the Hawkes's Bay Cliff has worked for prominent wineries. Now as the Head Chef of MED Wine Bar & Bistro, Cliff brings his passion and knowledge of Mediterranean dishes to produce what we feel is Hawke's Bay's foremost Mediterranean dining experience.

Enjoy

One Account Per Table Please

STARTERS & ENTREES

- Freshly baked breads with our daily dips**
For two \$6
For four \$8
- Marinated olives (GF & V)** \$9
Green and black olives marinated in garlic, chilli, preserved lemon and fresh herbs
- Marinated feta (GF & V)** \$10
Watermelon and marinated Puhoi Valley feta with pomegranate and mint dressing
- Risotto balls (V)** \$9
Kaimai Blue cheese stuffed risotto balls with home-made rocket pesto
- Crostini** \$6
Crostini with black Kalamata olive tapenade, chicken liver paté and tomato salsa
- Oyster shooters (GF)** \$9
Chilled gazpacho shots with Pacific oysters
- Calamari curls (GF)** \$14
Crispy calamari curls dusted in chickpea flour, seasoned with a Middle Eastern spice mix and served with a red harissa mayonnaise
- Sesame and sumac crusted tiger prawns** \$18
Tiger prawns crusted in sesame seeds and sumac, with a salad of cucumber, cherry tomatoes, red onions, avocado, bitter greens and a tahini dressing
- Seared scallops (GF)** \$18
Scallops with spiced pumpkin puree, fried chorizo and preserved lemon infused beurre noisette
- Chicken liver paté** \$16
Rich chicken liver paté with a Maison Therese pear and fig chutney and home-made brioche
- Duck and wild mushroom crispy cigars** \$18
Confit of Canter Valley duck and wild mushroom spring rolls with beetroot relish and micro herb salad
- Fried haloumi salad (GF & V)** \$17
Fried haloumi cheese with a caponata of summer vegetables, chilli and pine nut dressing

MAINS

Roasted red pepper Wellington (V) \$28

Roasted red peppers, garlic, sautéed wild mushrooms and spinach wrapped in puff pastry, sweet corn and basil puree and fresh rocket leaves

Fish of the day (GF) \$32

Pan fried locally caught fish of the day with a white bean and potato skordalia, medley of vegetables and sun dried tomato vinaigrette

Corn fed chicken (GF) \$32

Free range Rangitikei corn fed chicken stuffed with chorizo, warm potato salad with Spanish flavours and a romesco sauce

Pork belly (GF) \$32

Freedom farms free range pork belly with apple and potato rosti, Arataki honey glazed vegetables and balsamic gastrique

Hawke's Bay rack of lamb adobo (GF) \$36

Rack of lamb marinated in fragrant spices with a gratinated kumara mash, crushed roasted eggplant, yoghurt, mint and a pistachio dressing

Beef eye fillet \$35

Oven roasted New Zealand eye fillet of beef rubbed in basil pesto served with a crumbed mushroom risotto galette, wilted greens and sauce choron

CLAY OVEN PIZZAS

All pizzas

\$19

Gluten free bases available for an extra \$2

Italian (V)

Tomato, fresh mozzarella, Parmesan and basil pesto

Spanish

Chorizo, chicken, roasted piquillo peppers, red onions and chilli flakes

Greek

Calamari, shrimps, prawns, mussels, fresh lemon, olives and cherry tomatoes

Middle Eastern

Dukkah spiced lamb mince, courgettes, preserved lemon and garlic labne

French

Slow cooked beef mince, blue cheese, local walnuts and fresh rocket leaves

SIDES

All sides

\$8

Rocket salad with crispy pears, Kaimai Blue cheese and local walnuts (GF & V)

Greek salad with Kalamata olives, creamy feta cheese, red onions, capsicum, cherry tomatoes and cucumber (GF & V)

Steamed broccoli with hazelnut butter (GF & V)

Warm potato and chorizo salad (GF)

Salad of cherry tomatoes, fresh mozzarella and basil with extra virgin olive oil (GF & V)

Gratinated kumara mash (V)

DESSERTS

All desserts

\$13

Crème catalana

Classic Spanish orange flavoured custard with a burnt sugar crust, served with churros

Chocolate mousse (GF)

Dark Belgium chocolate mousse with champagne poached strawberries, Black Doris and crème fraiche ice cream and crushed hazelnut praline

Peach Melba "spider"

Peach schnapps, peach puree with whole raspberries and vanilla bean ice cream, topped with lemonade and a hot pastry cream cigar

Baklava

Spiced pistachios and walnuts in warm filo pastry with yoghurt and passionfruit syrup, Turkish Delight and Hokey Pokey ice cream

Selection of ice creams

A scoop of Kapiti vanilla bean, Black Doris plum and crème fraiche and Rush Munroe's Hokey Pokey ice cream with biscotti, orange sesame tuile and crunchy brandy snap

PLATTERS

Hawke's Bay antipasto platter (for two) \$40

Tasty morsels of crispy calamari, falafel, sesame and sumac crusted prawns, chorizo, pepperoni, chicken liver paté, roasted red peppers, creamy feta cheese, bread and dips and marinated olives

Cheese board (for two) \$30

Selection of Kaimai Havarti, Kaimai Blue and French Chevre, served with chutney, crackers, fresh fruit and assorted nuts

All individual cheeses \$12

Kaimai Havarti

Mild buttery semi soft cheese

Kaimai Blue

Crumbly texture with sharp peppery after taste.

French Chevre

Smooth textured soft goat cheese



LIQUEUR COFFEE

All liqueur coffee \$12.00

Irish Coffee – Whiskey
Italian Classico – Amaretto
Hazelnut Coffee – Frangelico
Cream Coffee – Baileys
Calypso Coffee – Kahlua

Our liqueur coffees are served with whipped cream and roasted coffee bean

COFFEES & TEAS

All \$4

Flat White
Latte
Cappuccino
Long Black
Short Black

All \$4.20

Hot Chocolate
Mochaccino
Mocha Latte
Chai Latte

An extra shot of coffee \$0.50

All loose tea selections \$4

Black Teas

Assam Organic Breakfast
New Zealand Breakfast
Masonic Imperial Earl Grey
Darjeeling

Green Teas

Chinese Jasmine
Feijoa Green

Rooibos, Fruit and Herbal Tisanes

Turkish Apple
Garden Mint
Red Baron Rooibos Chai
Chamomile

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