Lunch

Available weekdays from 12pm to 3pm

Antipasti
Ksh 950

Antipasto Italiano
Selection of cold cuts and cheeses from Italiy

Carpaccio di Manzo
Thinly sliced raw beef marinated in olive oil, lemon and black pepper, served with rucola, fresh champignon mushrooms and Parmesan cheese

Mozzarella in Carrozza
Deep-fried, bread-crumbed mozzarella with aubergines, tomato and pesto, served with raspberry jam

Verdure alla Griglia
Selection of grilled vegetables with olive oil and basil

The Smoked Salmon
Smoked salmon cones filled with goat cheese and rucola, served with caramelised onions, quail's eggs and horseradish sauce

V **Bruschetta al Pomodoro e Basilico** (4)
Tomato and basil bruschetta
Ksh 350

Le Insalate
Ksh 950

Niçoise Seared Tuna Salad
Sesame-coated and seared tuna with anchovies, French beans, new potatoes, mixed peppers, cherry tomatoes, boiled egg, black olives and Niçoise dressing

Rosemary Chicken Caesar Salad
Lettuce, spring onions and cherry tomatoes tossed in Caesar dressing and topped with rosemary grilled chicken breast, Parmesan shaves and garlic croutons

V **Caprese Salad**
Homemade mozzarella, tomatoes, basil and olive oil, served with marinated olives and sun-dried tomato crostini

V **Mediterraneo Salad**
Mixed leaves, green peppers, tomatoes, red onions, feta cheese, mozzarella, black olives, preserved grilled aubergine and cucumber with a balsamic dressing

V **Vegetarian Caesar Salad**
Lettuce, spring onions and cherry tomatoes, topped with grilled zucchini chunks, Parmesan shaves and garlic croutons

V **Tropical Waldorf Salad**
Mango, avocado, red grapes, onions, apples, sun-dried tomatoes, walnuts and celery, all dressed with an orange and ginger mayonnaise on a bed of rucola leaves

Paste
Ksh 1100

Choose a Pasta…
Penne
Fusilli
Rigatoni
Tagliatelle
Spaghetti
Homemade Ricotta & Spinach Ravioli

…Then Choose a Sauce
Tomato and Basil
Spicy Arrabbiata
Mushroom, Béchamel and Parmesan
Pink Sauce
Gorgonzola and Rucola
Bolognese
Amatriciana – Bacon, Onions and Tomato
Carbonara
Calabrese – Spicy Nduja Salami, Tomato, Aubergines and Pecorino Cheese
Spicy Prawns and Cherry Tomatoes
Garlic and Parsley

Lasagne Verdi all'Emiliana
Layer of green homemade pasta with Béchamel and slow cooked Bolognese sauce, baked with mozzarella and Parmesan cheese

From the Grill
Ksh 1350

Choose a Cut of Meat…
Rosemary Chicken Breast
Prime Beef Fillet
Sirloin Steak
Lamb Chops
Pork Chops
Fillet of Tilapia
Calamari

…Then Choose a Sauce
Black Peppercorn
Mushroom
Herb Gravy
Mustard and Cream
Gorgonzola
Garlic Butter
Spicy Siciliana with Olives and Anchovies

Filetto di Salmone Grigliato alle Erbe Fini
Grilled fresh Norwegian salmon fillet marinated with fresh herbs, lemon juice and olive oil
Ksh 1850

Served with garden vegetables and french fries, mashed potatoes, boiled potatoes or a side mix salad

Le Pizza
Pizza and a soda for Ksh 950
Pizza and a Peroni for Ksh 1100

V **Margherita**
Tomato, mozzarella and basil
Ksh 850

Napoli
Tomato, mozzarella and anchovies
Ksh 900

V **Estate**
Tomato, mozzarella, Parmesan cheese, rucola and basil

V **Vegetariana**
Tomato, mozzarella, asparagus, zucchini, aubergines, roast pepper, cherry tomato and onion
Ksh 950

V **Bianca**
Mozzarella, Pesto Genovese, fresh tomato, basil and rucola

Quattro Stagioni
Tomato, mozzarella, artichokes, cooked ham, mushrooms and black olives
Ksh 1000

Prosciutto e Funghi
Tomato, mozzarella, cooked ham and mushrooms
Ksh 1000

Diavola
Tomato, mozzarella, hot salami and onions
Ksh 1050

V **Quattro Formaggi**
Tomato, mozzarella, Taleggio, fontina and Gorgonzola
Ksh 1050

Terra & Mare
Tomato, mozzarella, chicken, prawns and mushrooms
Ksh 1350

Calozne
Mozzarella, cooked ham and mushrooms in a folded pizza
1350

Pizza a Metro
A Mediterraneo original, this is four pizzas of your choice, baked together on a metre-long dough.
Ksh 3500, served with four Peronis

Extra toppings from Ksh 100
Any topping substitutions will be charged accordingly

Smoothies
Ksh 300

Golden Warrior
Black passion fruit, mango, lemon juice, orange juice and banana

Apple Shiner
Sweet melon, red grapes, green apple and lemon juice

Smooth & Simple
Raspberries, strawberries, sugar and orange juice

Tropical Mint Twist
Raspberries, orange juice, banana, mango and mint leaves

Hum-zinger
Pineapple, mango, banana, strawberries, caster sugar and lime

Made with fresh local fruit and creamy yoghurt

Desserts
Ksh 500

Tiramisù al Caffè
Traditional coffee and mascarpone cheese cake with finger biscuits

Torta di Formaggio e Frutta
Cheese cake topped with today's fresh fruit and Cream Chantilly – ask your waiter for today's topping

Mousse al Cioccolato
Dark chocolate mousse

Fragole Meringate
Fresh strawberries, cracked meringue, amaretti biscuits, cream and Amaretto Di Saronno liqueur

Sorbetto al Limone
Homemade lemon sorbet served with passion fruit and fresh mint

Homemade Ice Cream
Two scoops of your choice – ask your waiter for available flavours

V Vegetarian • Half portions available at 70% of full price • Take Away Available, Containers are Ksh. 40 • Price is inclusive of all applicable taxes and VAT • All major credit cards accepted • Cheques not accepted • Our dishes may contain nuts or nut traces

A La Carte

Available evenings and weekends, and during weekday lunches by request

Stuzzichini for Sharing

V **Ciotolina di Olive Marinate con Origano**
Bowl of Italian olives marinated with garlic, chilli and oregano
Ksh 400

V **Bruschetta al Pomodoro e Basilico** (4)
Tomato and basil bruschetta
Ksh 450

V **Pane Casalingo all'Aglio** (4)
Toasted homemade garlic bread
Ksh 450
With melted fontina
Ksh 500

Focacce

V **Balloon**
Chilly butter
Ksh 600

V **Primavera**
Tomato, garlic, onion and chilli
Ksh 600

V **Rosmarino**
Olive oil, salt and rosemary
Ksh 550

Insalate

Insalata Parmigiana
Hard lettuce, pears, walnuts, Parma ham and Parmesan cheese flakes
Ksh 1150

Insalata Cesare
Romaine lettuce, cherry tomato, grilled chicken breast, spring onion and Parmesan cheese with a Caesar dressing
Ksh 1250

V **Insalata Tropicale**
Hard lettuce, mango, paw paw, pineapple, sultana and mint leaves with a honey mustard dressing
Ksh 1250

V **Caprese Mediterraneo**
Homemade mozzarella served with tomato and rucola in an olive oil, basil and sun-dried tomato dressing
Ksh 1100

Zuppe

V **Crema di Funghi di Bosco con Bruschetta all'Aglio**
Wild mushroom cream with tarragon served with garlic bruschetta
Ksh 800

V **Minestrone di Verdure di Stagione con Pesto**
Classic Italian vegetable soup with Pesto Genovese
Ksh 800

Brodetto di Polpa di Granchio al Profumo di Zenzero
Light Lamu crab soup with fresh ginger and coriander, garnished with fresh tomato and served with grilled garlic bruschetta
Ksh 1450

Antipasti

V **Funghi alla Kiev con Burro all'Aglio e Insalatina al Limone**
Golden fried mushroom filled with melted garlic butter served on a lemon dressed salad with cocktail sauce and garlic mayonnaise
Ksh 1100

V **Parmigiana di Melanzane**
Baked sliced aubergines, layered with tomato sauce, Parmesan cheese and fresh basil
Ksh 1150

V **Grigliata di Verdurine e Asparagi**
Selection of grilled vegetables and steamed asparagus served with Parmesan cheese cream and black truffle
Ksh 1150

Carpaccio di Tonno al Profumo di Sesamo
Yellow fin tuna carpaccio marinated in olive oil and roasted sesame seeds served with a citrus fruit salad and toasted bread
Ksh 1250

Carpaccetto con Carciofini, Parmigiano e Rucoletta
Thinly sliced raw beef carpaccio served with artichokes, Parmesan cheese and rucola
Ksh 1250

Bresaola della Valtellina con Rucola, Pomodorini e Montasio
Bresaola, or air-dried salted beef, topped with rucola, cherry tomato, Montasio cheese, lemon juice and olive oil
Ksh 1350

Ventaglio di Avocado con Granchio, Gamberi e Aragosta
Avocado with crab meat, prawns and lobster meat topped with cocktail sauce
Ksh 1350

Tagliere all'Italiana
Board of cured meat from around Italy served with grilled aubergine, Parmesan cheese and olives
Ksh 1450

Salmone Affumicato con Crudités
Smoked salmon served with a crudités salad
Ksh 1450

Pasta Freshce

V **Tortelloni Paglia e Fieno**
Homemade green and white tortelloni filled with ricotta and spinach with a butter, sage and Parmesan cheese sauce
or
Tomato and fresh basil sauce
Ksh 1250

Lasagne Verdi all'Emiliana
Layer of green homemade pasta with Béchamel and slow cooked Bolognese sauce, baked with mozzarella and Parmesan cheese
V **or**
Baked green lasagne with garden vegetables, tomato, Béchamel white sauce and Parmesan cheese
Ksh 1300

V **Pappardelle ai Funghi Porcini**
Large homemade tagliatelle tossed with porcini mushrooms, herbs, cream and Parmesan cheese
Ksh 1350

V **Agnolotti di Funghi Misti**
Homemade choux pastry ravioli filled with mixed mushrooms and ricotta cheese, served with a sautéed wild mushroom sauce
Ksh 1350

V **Lingotti di Patate**
Homemade pasta ingots filled with Taleggio cheese and served with a potato, zucchini and chive sauce
Ksh 1350

V **Gnocchi di Zucca su Crema di Rape Rosse**
Homemade pumpkin dumplings served on a beetroot velouté
Ksh 1350

Ravioloni Neri al Salmone Romanoff
Large black ravioli filled with salmon and tarragon tossed in tomato and cream flambéed with vodka and topped with salmon roe
Ksh 1450

Paste

Fusilli alla Isolana
Fusilli pasta tossed with prawns, red peppers, onions, asparagus tips, cream, tomato sauce and red chilli
Ksh 1350

Penne alla Calabrese
Penne with fried aubergines, tomato, basil, red chilli, garlic, hot pork salami and oregano, topped with pecorino cheese
Ksh 1450

V **Caserecce al Gorgonzola**
Short pasta tossed with Gorgonzola cheese and rucola in double cream and topped with Parmesan cheese
Ksh 1450

Spaghetti al Granchio e Zenzero
Spaghetti in crab meat, ginger, fresh tomato, garlic, green chilli and basil with olive oil
Ksh 1600

Tagliatelle alla Mediterraneo
Tagliatelle with lobster, prawns, calamari, crab and sea fish fillet in tomato, chilli and olive oil
or
In a cream sauce
Ksh 1950

Risotti
Full portion only

V **Risotto Funghi Procini**
Risotto with real Italian porcini mushrooms and Parmesan cheese
Ksh 1350

V **Risotto Asparagi Tips e Zucchine**
Risotto with asparagus and zucchini blended with basil and fontina cheese
Ksh 1350

Risotto Frutti di Mare
Risotto with lobster, prawns, crab and sea fish blended with olive oil, lemon zest and parsley
Ksh 1950

Pesci e Crostacei

Filetto di Tilapia alla Siciliana
Tilapia fillet from Lake Victoria in tomato, onion, garlic, black olives, oregano and red chilli sauce
or
Pesto sauce
Ksh 1450

Filetto di Salmone Grigliato alle Erbe Fini
Grilled fresh Norwegian salmon fillet marinated with fresh herbs, lemon juice and olive oil
Ksh 1850

Fritto Misto alla Veneziana
Golden fried calamari rings, queen prawns and fish fillet, served with dips
Ksh 1850

Gamberoni Giganti della Tanzania alla Griglia
Grilled large jumbo prawns from the Tanzanian coastline marinated in garlic and olive oil
Ksh 2950

Aragosta di Scoglio alla Griglia
Grilled rock lobster served with melted garlic butter and mixed salad
Ksh 2950

Grigliata Mista di Pesce e Crostacei alla Mediterraneo
Mixed grill of lobster, prawns, calamari and the catch of the day served with garlic butter, salmoriglio and harissa sauces and a side mix salad
Ksh 3450

Filetti di Dentice Rosso al Cartoccio
Red snapper fillets baked in foil with white wine, broccoli, zucchini, onions and potato fondants with thyme and saffron
Ksh 1850

Carni alla Griglia

Costoletta di Maiale
Grilled pork chops
Ksh 1450

Filetto di Manzo alla Griglia
Grilled prime Kenyan aged beef fillet
Ksh 1450

Galletto Amburghese
Grilled whole spring chicken
Ksh 1550

Costata alla Fiorentina
Grilled classic Florentine T-bone steak
Ksh 1750

Grigliata Mista di Carni alla Mediterraneo
Italian mixed grill of beef, chicken, lamb, pork, sausages and liver
Ksh 1950

Controfiletto di Manzo
Grilled aged sirloin steak
Ksh 1650

Sauces

Creamy Black Pepper Sauce
Gorgonzola Sauce
Dijon Mustard Sauce
Wild Mushroom and Herbs Sauce
Herbs and Habanero Chilli Diavola Sauce
Chianti Wine, Black Truffle and Cream Sauce
Apple and Mustard Sauce

Extra Sauces Ksh 350

Carni

Scaloppine di Tacchinella Mare e Monti
Pan-fried escalope of turkey breast with prawns, mushrooms, white wine, lemon juice, parsley and cream served with mashed potatoes
Ksh 1550

Costolette d'Agnello Croccanti
Molo lamb chops breaded with a gremolata of fresh herbs and pecorino cheese
Ksh 1550

Involtino di Pollo agli Asparagi
Chicken breast paupiettes filled with asparagus and chicken, pan-fried in white wine and served with a creamy mushroom sauce
Ksh 1550

Tagliata di Manzo e Rucola
Grilled beef fillet thinly sliced and drizzled with olive oil and rosemary, topped with rucola salad
Ksh 1550

Stracotto di Stinco d'Agnello al Barolo
Slow oven baked lamb shanks with a Barolo wine and juniper berry sauce, served with glazed carrots and creamy mashed potatoes
Ksh 1650

Ossobuco di Vitello alla Milanese
Braised veal ossobuco in red wine, fresh herbs and tomato sauce served with saffron risotto
Ksh 1650

All fish and meat dishes are served with buttered mixed vegetables and your choice of french fries or mashed potatoes or steamed rice primavera

Contorni
Side Dishes

Insalata Mista
Mix salad with Italian dressing
Ksh 450

Insalata Verde
Lettuce, cucumber and green pepper
Ksh 450

Pomodori e Cipolla Rossa con Basilico
Tomato, red onion and basil
Ksh 450

Patate Fritte
French fries
Ksh 450

Patate Lyonesi
Sautéed potatoes with onions
Ksh 450

Purè di Patate
Creamy mashed potatoes
Ksh 450

Riso al Vapore con Legumi di Stagione
Steamed rice primavera with spring vegetables
Ksh 450

Patate al Forno al Rosmarino
Roast Potatoes with Rosemary
Ksh 500

Spinaci al Burro, Panna e Aglio
Italian spinach in butter, garlic and cream
Ksh 550

Pizza

V **Margherita**
Tomato, mozzarella and basil
Ksh 850

Napoli
Tomato, mozzarella and anchovies
Ksh 900

V **Estate**
Tomato, mozzarella, Parmesan cheese, rucola and basil

V **Vegetariana**
Tomato, mozzarella, asparagus, zucchini, aubergines, roast pepper, cherry tomato and onion
Ksh 950

V **Bianca**
Mozzarella, Pesto Genovese, fresh tomato, basil and rucola

Quattro Stagioni
Tomato, mozzarella, artichokes, cooked ham, mushrooms and black olives
Ksh 1000

Prosciutto e Funghi
Tomato, mozzarella, cooked ham and mushrooms
Ksh 1000

Diavola
Tomato, mozzarella, hot salami and onions
Ksh 1050

V **Quattro Formaggi**
Tomato, mozzarella, Taleggio, fontina and Gorgonzola
Ksh 1050

V **Fiorentina**
Tomato, mozzarella, spinach, onion, mushroom and egg
Ksh 1050

Rustica
Tomato, mozzarella, smoked ricotta, speck and grilled aubergines
Ksh 1150

Pugliese
Tomato, mozzarella, tuna, onion, roast pepper and basil
Ksh 1150

V **Caprina**
Mozzarella, feta, sun-dried tomato, artichokes, zucchini and black olives
Ksh 1150

Parmigiana
Tomato, mozzarella, Parma ham, Parmesan flakes and rucola
Ksh 1350

Terra & Mare
Tomato, mozzarella, chicken, prawns and mushrooms
Ksh 1350

Tirolese
Tomato, mozzarella, Taleggio cheese, speck and rucola
1350

Pescatore
Tomato, prawns, calamari, fish fillet, garlic and parsley
1350

Calozne
Mozzarella, cooked ham and mushrooms in a folded pizza
1350

Calzone Diavolo
Tomato, mozzarella, hot salami, anchovies, mushrooms, onions and roast peppers in a folded pizza
Ksh 1350

V **Pizza Stromboli**
Special folded pizza filled with spinach, ricotta, mushrooms, Taleggio cheese and onions, with a Napoletana sauce on the side.
Ksh 1250

Pizza a Metro
A Mediterraneo original, this is four pizzas of your choice, baked together on a metre-long dough.
Ksh 3500

Extra toppings from Ksh 100
Any topping substitutions will be charged accordingly

Desserts

Tiramisù al Caffè
Traditional coffee and mascarpone cheese cake with finger biscuits
Ksh 750

Torta alla Crema di Formaggio e Frutta
Cheese cake topped with today's fresh fruit and Cream Chantilly – ask your waiter for today's topping
Ksh 750

Torta di Mele Calda
Warm apple and sultana pie with vanilla ice cream or double cream
Ksh 750

Mousse al Cioccolato
Dark chocolate mousse
Ksh 750

Fragole Meringate
Fresh strawberries, cracked meringue, amaretti biscuits, cream and Amaretto Di Saronno liqueur
Ksh 850

Mangia e Bevi
Selection of fresh fruits, vanilla ice cream, grenadine, cream, nuts, caramel sauce and Strega liqueur
Ksh 850

Torta Calda al Cioccolato con Noci e Rum
Sizzling chocolate brownie with nuts, vanilla ice cream and Jamaican rum
Ksh 850

Selezione di Desserts
Chef's selection of mini-Mediterraneo desserts
Ksh 950

Assaggini di Formaggi Italiani con Miele di Bosco e Frutta Secca
Selection of Italian cheeses with wild honey and assorted nuts
Ksh 950

Affogato all'Espresso
Homemade vanilla ice cream topped with espresso, chocolate flakes, cream and a hot chocolate sauce
Ksh 750

Gelato allo Yoghurt Naturale, Couli di Mango e Salsa al Caramello
Yoghurt ice cream, mango coulis and caramel sauce
Ksh 750

Sorbetto al Limone con Carpaccio d'Ananas e Vodka
Homemade lemon sorbet on pineapple carpaccio marinated in vodka
Ksh 850

Zuccotto alla Ricotta e Maraschino
Tuscan semifredo with ricotta cheese, chocolate sponge cake, cherry liqueur, nuts and ice cream, topped with a hot chocolate sauce
Ksh 850

Cassata Siciliana con Cioccolata Calda
Traditional Sicilian cassata with nougat and ice cream, topped with a hot chocolate sauce
Ksh 850

All Mediterraneo ice cream and sorbet is made by our Italian chefs with the finest ingredients from original Sicilian recipes

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