Pegasus

The Pegasus Concept and Philosophy …

At the Pegasus, renowned Chef Saul Halevi and his award winning team combine classic Mediterranean cuisine with an abundance of local products together with a touch of creativity and flair to traditional dishes.

We source the best local vegetable and seafood produce which make up approximately 80% of all the ingredients used in our dishes. To achieve this, our kitchen team hand picks the ingredients from various markets and producers on a daily basis which in turn assures the highest quality and freshness. When it comes to beef, we make sure that only the best fresh cuts are chosen from imported Scottish grass-fed cattle.

We aim to transform this high quality, fresh ingredients, into a symphonic culinary feast with a minimal amount of processing to preserve all the vitamins, minerals, flavours and freshness. We believe this is one of the secrets to healthy eating which we would like to share with our guests.

We are committed to using primarily local produce with herbs and vegetables also from our own gardens as our ECO friendly initiative to reduce our carbon footprint. We aim to make the Pegasus a true ECO friendly restaurant.

<u>Dietary Requirements</u>.
Unless otherwise indicated by our Gluten Free symbol, menu items may contain traces of gluten. All our pasta dishes (except the ravioli) can also be served using Gluten Free pasta.
Vegetarian dishes are marked with
Vegan friendly dishes are marked with

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Starters

GRANNY SMITH APPLE POCKETS WITH A LOCAL RED SHRIMP TARTARE €11.00

PUMPKIN AND LENTIL VELOUTÉ, CRISPY CALAMARI €9.00
ON A PETIT SALAD

RED MALTESE PRAWNS IN KATAIFI PASTRY WITH AN EMULSION OF WINE €12.00
BUTTER, SWEET RED PEPPERS AND THYME

OCTOPUS SALAD WITH BLUE POTATOES, MANGE TOUT €12.00
FENNELS, ORANGE SEGMENTS AND BLACK OLIVE POWDER

TIAN OF QUAIL ACCOMPANIED BY QUAIL BREAST WITH SWEET POTATOES €10.00
WILD SPINACH IN A MODENA BALSAMIC VINEGAR REDUCTION

LOCAL VEGETABLES "CAPONATA" WITH ROASTED ALMONDS, GRATED AGED €8.00
PARMESAN AND BLACK OLIVE POWDER

TARTARE OF BLACK ANGUS BEEF WITH FOREST BERRIES €12.00
SESAME OIL

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Intermediate

LOCAL LOBSTER RAVIOLI SERVED WITH LOBSTER BISQUE AND FRESH BUFFALO RICOTTA €15.50

GARGANELLI PASTA WITH WILD GAME CARBONARA €11.50

SARDINIAN GNOCCHETTI WITH PUMPKIN, LOCAL CHEESELET 'GBEJINA' SPECK POWDER €11.50

TRADITIONAL MEDITERRANEAN ROCK FISH SOUP SERVED WITH BASIL AND BASMATI RICE €14.50

RISOTTO WITH PORCINI MUSHROOMS, COFFEE DUST BUFFALO MOZZARELLA FOAM AND RED BERRIES €15.00

RISOTTO WITH SCAMPI AND DIJON MUSTARD €13.00

WILD BARLEY SERVED WITH RATATOUILLE, HAZELNUTS PISTACHIO AND FRESH ROCKET PESTO €10.00

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Main Courses

FRESH FISH OF THE DAY	PRICE ACCORDING TO WEIGHT
CHATEAUBRIAND (SERVES TWO PERSONS)	€68.00
FRIED FRESH CALAMARI AND LOCAL SEAFOOD WITH WHITE TRUFFLE SALT	€19.50

--- THE ABOVE DISHES ARE GARNISHED WITH FRESH VEGETABLES IN SEASON AND POTATOES ---

FRESH WILD MEAGRE ON A BED OF SPINACH, GRILLED FENNELS BLACK OLIVE POWDER	€21.00
RED MALTESE PRAWNS WITH GRAND MARNIER EMULSION SERVED WITH NUTS, GRILLED PUMPKINS AND CORAL BEANS	€26.00
FRESH LOCAL RABBIT WITH AN ITALIAN CACCIATORE SAUCE	€25.00
SEARED IRISH RIB EYE ON A BED OF SPINACH, ROASTED BLUE POTATOES TRUFFLE OIL AND MACADAMIA NUTS	€30.00
BLACK ANGUS FILLET OF BEEF WITH RED WINE REDUCTION, CINNAMON ROSEMARY-FLAVOURED SWEET POTATOES AND GRILLED ASPARAGUS	€32.00
DUO OF LAYERED PUMPKIN AND SCAMORZA CHEESE	€18.00

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Desserts

GATEAU OF HELWA TAT-TORK	€7.00
TRILOGY OF VALRHONA CHOCOLATE	€7.50
BRONTE PISTACCHIO SEMIFREDDO	€8.00
FILO PASTRY BASKET FILLED WITH FRESH FRUIT, BERRIES FRESH CREAM	€6.00
CLASSIC FLAMBÉ CREPE SUZETTE	€9.50
MIXED MALTESE TRADITIONAL HOMEMADE FINGER PASTRIES WITH LOCAL HONEY	€6.50

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Where 80% of our ingredients come from…

Our Vegetables are sourced from the Pitkali Market Centre in Ta' Qali, a centre where local grown fruit and vegetables are sold by local farmers. Our Chefs carefully go through the fruits and vegetables to make sure they select only the best and freshest.

Il-Brazzol fishery was established over fifteen years ago, supplying the local market and the Phoenicia Hotel with the freshest fish and seafood caught by a team of expert fishermen using state of the art fishing boats that currently consist of four fishing boats to supply the local market and another seven to supply other fish markets around the world.

Three of the fishing boats Il-Brazzol uses for the local market

Marie de Lourdes
Used to catch bottom line fish, the best fish in the Mediterranean Sea.

Zeus
Used to catch local Red Prawns and Scampi

Nile
Used to catch Mackerel and other surface fish such as Mahi Mahi and Bonito