



CHARCUTERIE & CHEESES

CHEESES

Choice of 3 ~23

Pecorino Crotonese

Sheep's Milk, *Italy*

Gorgonzola Dolce

Pasteurized Cow's, *Italy*

Manchego

Raw Sheep's Milk (12mths), *Spain*

"Cabra al Vino"

Past. "Drunken" Goat's Cheese, *Spain*

Brie

Pasteurized Cow's Milk, *France*

CHARCUTERIE

Choice of 3 ~25

Prosciutto di Parma

18 Months Dry-Cured Ham, *Italy*

Spanish Dry Chorizo

Intensely Seasoned Pork Sausage

Dried & Cured With Paprika, *Spain*

Sweet Sopressata

Coarsely Ground Salame That is

Lightly Seasoned & Perfectly Aged *Italy*

"Sujuk"

Smoked Beef Sausage, *Bosnia-Herzegovina*

"Pastirma"

Lean Beef Dried & Cured With Paprika

& Cumin, *Turkey*

CHEF'S BOARD 28

Gorgonzola Dolce & Manchego

"Sujuk" & Prosciutto di Parma

RAW BAR

1/2 dz Blue Point Oysters 18

1/2 dz Little Neck Clams 14

BRUSCHETTE TRIO 15

Fresh Sheppard's Ricotta

Cherry Tomatoes & Fresh Basil

Sautéed Chicken Liver

Crumbled Goat Cheese,

Caramelized Red Onion & Parsley

Mussels & Chorizo

Mussel Meat & Grilled Chorizo

BITES TRIO 18

Date Pincho

Goat Cheese, Mint & Speck

Risotto Croquettes

Saffron, Jamon Serrano & Fontina

Boquerones

Large White Anchovies with

Sundried Tomatoes Paste

SIDES

Okra	8
Assorted Grilled Vegetables	10
Broccoli Rabe & Red Chilies	10
Papas Fritas	8
Fingerling Potatoes	9
Brussel Sprouts	9



MENU

Mixed Olives ~ 7

Mixed Mediterranean Olives marinated in Fresh Rosemary, Oregano, Garlic, Chili Flakes & EVOO

Hummus & Pita ~ 10

Roasted Garlic Hummus, Grilled Pita Bread & Shaved Cucumber

Greek Salad ~ 12

Diced Cucumbers, Peppers, Onions, Kalamata Olives, Feta Cheese & Tomatoes

Tricolore Salad ~ 14

Arugula, Endive & Radicchio with Goat Cheese, Toasted Almonds, Honey Mustard Dressing

Burrata & Prosciutto ~ 22

Fresh Creamy Mozzarella with Prosciutto di Parma

Braised Artichokes & Shaved Pecorino Romano ~ 14

Onions, Anchovies, Fresh Mint & Parsley, EVOO, White Wine & Pecorino Romano Cheese

Lamb Kofte ~ 16

Grilled Lamb Patties with Grilled Pita Bread & Tzatziki Sauce

Meatballs in Tempranillo Sauce ~ 15

Ground beef, Pine nuts, Raisins & Fresh Parsley

Sautéed Mussels & Clams ~ 17

Sautéed Mussels and Clams with Fresh Tomatoes, Leeks & Saffron

Grilled Spanish Octopus ~ 20

Celery, Kalamata Olives, Fresh Lemon Juice & Red Pepper Flakes

Pappardelle "Al Limone" ~ 18

Fresh Hand cut Pasta with Meyer Lemon, Almond, Fresh Basil & Parmesan

Homemade Ricotta Gnocchi ~ 22

Black Summer Truffle & Butter Sauce

Single Egg Raviolo ~ 16

Large Raviolo Filled with Ricotta & Egg yolk with Grilled Speck in Butter & Sage Sauce

~All pastas are made fresh daily in limited quantities~

Duck Legs Confit ~ 26

Slow Braised Legs of Duck with Barley Mushroom Pilaf, in Grand Marnier Reduction Sauce

Hanger Steak Tagliata ~ 28

10 oz. Sliced Steak with Baby Arugula & Shaved Parmesan Cheese

Pan Seared Fillet of Mediterranean Branzino ~ 29

Cherry Tomatoes, Kalamata Olives, Toasted Almonds & Broccoli Rabe

Couscous Casserole ~ 30

Squid, Prawns, Mussels, Octopus, Clams, "Merguez" Lamb Sausage & Almonds

Grilled Lamb Chops ~ 32

Okra with Tzatziki Sauce & Fresh Mint

Grilled Mixed Sea Food for Two or More ~ 75

Fillet of Branzino, Grilled Prawns, Grilled Octopus, Grilled Calamari & Half Lobster on the Shell

Whole Fish of the Day ~ PA





Medi Pre Theatre Prix Fixe \$29

4PM – 7PM ONLY

CHOICE OF APPETIZER

Hummus & Pita

Roasted Garlic Hummus, Grilled Pita Bread & Shaved Cucumber

Greek Salad

Diced Cucumbers, Peppers, Onions, Kalamata Olives, Feta Cheese & Tomatoes

CHOICE OF ENTRÉE

Baked Atlantic Salmon

Crusted with Dijon Mustard served with Lemon Sauce & Sautéed Spinach

Duck Leg Confit

Slow Braised Leg of Duck with Barley Mushroom Pilaf, in Grand Marnier Reduction Sauce

Pappardelle “Al Limone”

Fresh Hand cut Pasta with Meyer Lemon, Almond, Fresh Basil & Parmesan

CHOICE OF DESSERT

Panna Cotta with Blueberries & Vincotto

Sütlaç:

Rice pudding with Raisins & Toasted Almonds

No Substitutions



Medi Dinner Prix Fixe \$45

CHOICE OF APPETIZER

Lamb Kofte

Grilled Lamb Patties with Grilled Pita Bread & Tzatziki Sauce

Hummus & Pita

Roasted Garlic Hummus, Grilled Pita Bread & Shaved Cucumber

Tricolore Salad

Arugula, Endive & Radicchio with Goat Cheese, Toasted Almonds, Honey Mustard Dressing

CHOICE OF ENTRÉE

Homemade Ricotta Gnocchi

Black Summer Truffle & Butter Sauce

Pan Seared Fillet of Mediterranean Branzino

Fresh Cherry Tomatoes, Kalamata Olives, Toasted Almonds & Broccoli Rabe

Hanger Steak Tagliata

10 oz. Sliced Steak with Baby Arugula & Shaved Parmesan Cheese

CHOICE OF DESSERT

Panna Cotta with Blueberries & Vincotto

Toasted Pine Nuts Chocolate Cake

No Substitutions

..a bit of history

Mediterranean cuisine is the food from the lands around the Mediterranean Sea and its preparation. This geographical area broadly follows the distribution of the olive tree, which provides one of the most distinctive features of the region's cooking, olive oil.

Over the years historians, writers and food critics have agreed and defined the three core elements of the cuisine as the olive, wheat, and the grape, yielding oil, bread and pasta, and wine, respectively.

The region spans a wide variety of cultures with distinct cuisines, in particular the Italian, Levantine, Maghrebi, Ottoman / Greek, Provençal (French), and Spanish. However, the historical connections of the region, as well as the impact of the Mediterranean Sea on the region's climate and economy, mean that these cuisines share dishes beyond the core trio of oil, bread, and wine, such as roast lamb or mutton, meat stews with vegetables and tomato (for example, Spanish andrajós and Italian ciambotta), and the salted cured fish roe, bottarga, found across the region.

The cooking of the area is not to be confused with the Mediterranean diet, made popular because of the apparent health benefits of a diet rich in olive oil, wheat and other grains, fruits, vegetables, and a certain amount of seafood, but low in meat and dairy products. Mediterranean cuisine encompasses the ways that these and other ingredients, including meat, are dealt with in the kitchen, whether they are healthgiving or not.

Visit Our Other Location Blue Seafood Bar at 856 9th Ave www.blueseasfoodbar.com

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