



CHARCUTERIE & CHEESES

CHEESES

Choice of 3 ~29

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 ~29

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 35

Gorgonzola Dolce & Manchego

"Sujuk" & Prosciutto di Parma

RAW BAR

1/2 dz Blue Point Oysters 18

1/2 dz Little Neck Clams 16

BRUSCHETTE TRIO 19

Fresh Sheppard's Ricotta

Cherry Tomatoes & Fresh Basil

Sautéed Chicken Liver

Crumbled Goat Cheese,

Caramelized Red Onion & Parsley

Pan Tumaca

Shaved Tomatoes, Manchego

Cheese & Prosciutto

BITES TRIO 24

Date Pincho

Goat Cheese, Mint & Speck

Risotto Croquettes

Saffron, Jamon Serrano & Fontina

Bacalao

Cod fish pate & Fried Polenta

SIDES

Okra 12

Assorted Grilled Vegetables 14

Broccoli Rabe & Red Chilies 12

Papas Fritas 12

Fingerling Potatoes 12

Brussel Sprouts 12

MEDI
WINEBAR

MENU

Mixed Olives ~ 10

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

Mediterranean Dipping Tray ~ 18

Hummus, Babaganush & Roasted peppers with Feta & Grilled Pita Bread

Greek Salad ~ 17

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

Red Beet Salad ~ 19

Red Beet Carpaccio, Baby Spinach, Goat Cheese & Toasted Almonds

Burrata & Prosciutto ~ 27

Fresh Creamy Mozzarella with Prosciutto di Parma

Braised Artichokes & Shaved Pecorino Romano ~ 19

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

Lamb Kofte ~ 20

Grilled Lamb Patties with Grilled Pita Bread & Tzatziki Sauce

Meatballs in Tempranillo Sauce ~ 18

Ground beef, Pine nuts, Raisins & Fresh Parsley

Mussels & Chorizo ~ 22

Sautéed with Fresh Tomatoes, Cilantro, White Wine, Garlic & EVOO

Grilled Spanish Octopus ~ 24

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

Roasted Cauliflower & Hummus ~ 20

Toasted Almonds, Fresh Mint, Lemon & EVOO

Pappardelle "Al Limone" ~ 22

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

Homemade Ricotta Gnocchi ~ 26

Black Summer Truffle & Butter Sauce

Single Egg Raviolo ~ 20

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

~All pastas are made fresh daily in limited quantities~

Duck Legs Confit ~ 35

Slow Braised Duck Legs, Grandmarnier & Orange Reduction, Served with Blueberry Barley Risotto

Hanger Steak Tagliata ~ 32

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 ~ 38

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

Grilled Lamb Chops ~ 42

Okra with Tzaziki Sauce & Fresh Mint

Whole Fish of the Day ~ MP (Ask your server)

Grilled Mixed Seafood for Two or More ~ 94

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

Grilled Mixed Meats for Two or More ~ 84

Duck Legs, Lamb Chops, Lamb Kofte, Sausage & Hanger Steak

MEDI
WINEBAR



Medi Pre Theatre Prix Fixe \$45

4PM – 7PM ONLY

CHOICE OF APPETIZER

Mediterranean Dipping Tray

Hummus, Babaganush & Feta-Roasted Peppers
with & Grilled Pita Bread

Greek Salad

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

CHOICE OF ENTRÉE

Crispy Skin Atlantic Salmon

Pan Roasted over Sautéed Fennels

Duck Leg Confit

Slow Braised Duck Leg over Blueberry Barley Risotto

Pappardelle “Al Limone”

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

CHOICE OF DESSERT

Panna Cotta

with Blueberries & Vincotto

Sütlac:

Rice pudding with Raisins & Toasted Almonds

No Substitutions



Medi Dinner Prix Fixe \$55

CHOICE OF APPETIZER

Lamb Kofte

Grilled Lamb Patties with Grilled Pita Bread & Tzatzik
Sauce

Mediterranean Dipping Tray

Hummus, Babaganush & Feta-Roasted Peppers
with & Grilled Pita Bread

Red Beet Salad

Red Beet Carpaccio, Baby Spinach, Goat Cheese &
Toasted Almonds

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

Chocolate Cake with Toasted Pine Nuts

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

