



Paranga is InterContinental Malta's seaside restaurant, set on teak decking overlooking the rippling Mediterranean Sea. Here one is certain to find an enticing and exclusive atmosphere, where the centre of attention is the pristine and unspoiled natural flavour of the cuisine. Chef de Cuisine, Ramon Galea presents a menu characterised by a superb array of stimulating and diverse Italian and Mediterranean creations, interpreted in both a traditional and contemporary style. Fresh fish and shellfish arrive daily from local fishermen, creating with certainty, a peak of individual interest or the ideal fare for a special occasion; all of which may be enjoyed with an ideally selected and impeccably paired wine, aperitif or digestif.

Daniele Russo is the Operations Manager for InterContinental Malta's beach operations and outlets. His passion, skill and continual aspiration for unparalleled customer service has led rapidly to the entire team providing faultless attention to detail that perfectly complements throughout the dining experience the creations of the kitchen.

**We treat food allergies seriously. Every effort is made to instruct our staff regarding the potential severity of food allergies. Please advise your server if you have any food allergies.**

## ANTIPASTI

### HORS D' OEUVRES

**Carpaccio di barbabietole rosse, consistenze di albicocca e noci caramellate e mousse di tofu**



€ 8.50

*Beetroot carpaccio, apricot textures, candied walnuts, tofu mousse, rocket salad leaves*

**Mozzarella di bufala e pancetta coppata D.O.P**

€14.00

*Buffalo Mozzarella with cured pancetta, served on barley and red kuris squash, cherry tomato confit, E.V.O oil*

**Crudo di pesce e crostacei**

€38.00

*Marinated langoustine, fish carpaccio, fresh local red prawns and scallop, enhanced with passion fruit gel and fresh chives*

**Spezzatino di seppie, con fave e focaccia scottata**

€12.50

*Savoury cuttlefish stew with anchovies, onion, broad beans and garlic chilli, accompanied with grilled focaccia bread*

**Cozze alla Tarantina**

€15.50

*Taranto-style pot sautéed mussels in a slightly spicy tomato sauce, complimented by grilled Maltese bread*

**Antipasto misto mare**

€17.50

*Grilled octopus tentacles and prawns, pan roasted scallops wrapped in cured pork-cheek, squid ink dallop and asparagus*

**Tartare di Scottona con cetriolini e senape, croccante di Parmigiano e Bagna Cauda**

€15.00

*Heifer beef tartare with gherkins and mustard, grated cured egg yolk, served with a crisp of Parmesan cheese and anchovy sauce*

**Frittelle di neonata con chutney piccante al pomodoro**



€ 9.50

*Whitebait fritters served with a spiced tomato relish, smoked aubergine purée, lime and chilli dip*

## ZUPPE SOUPS

**Zuppa di patate e porri con guanciale croccante**

€ 9.00

*Potato and leek soup and crispy smoked cured pork cheeks*

**Guazzetto di pesce e crostacei**



€13.50

*Mediterranean fish broth with fresh clams, mussels, prawns, squid and filleted white fish*

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**PRIMI – PASTA & RISO**  
**STARTERS – PASTA & RICE**

- Linguine Artigianali di Gragnano IGT con calamari, purea di zucchine, pomodoro ciliegino, crumble di acciughe** €15.50  
*Artisan Gragnano long flat pasta with squid in a mildly spicy white wine sauce, zucchini purée, cherry tomatoes, preserved lemon and anchovy crumble*
- Calamarata allo Scoglio** €17.00  
*Fresh short tube pasta tossed in a prawn bisque with fresh clams, mussels, squid and fresh fish fillets*
- Linguine Artigianali di Gragnano IGT con pesce bianco, su purea di melanzane e basilico, marmellata di pomodorini al timo** €15.00  
*Artisan Gragnano flat pasta with white fresh fish in a delicate spicy white wine and wild fennel sauce, aubergine and basil purée, cherry tomato and thyme marmalade* 
- Tortelli ripieni di cernia su bisque di gamberi e asparagi** €17.00  
*Fresh ravioli pasta filled with grouper and served on a prawn bisque reduction, complimented with fresh asparagus and tomato concasse (available in Gluten Free)*
- Gnocchi alla Piemontese con cacio e pepe**  €11.50  
*Typical Piedmont style potato gnocchi with a pecorino cheese and coarse black pepper sauce*
- Spaghettoni artigianali di Gragnano IGT alla Carbonara** €12.50  
*Artisan Gragnano thick spaghetti with crispy smoked cured pork cheek, Pecorino Romano cheese and egg yolk*
- Quadrelli ripieni di Chianina, con burro al timo e crema di Parmigiano, su purea di zucca** €14.00  
*Fresh pasta parcels filled with Chianina beef, tossed with thyme butter, on a pumpkin purée with Parmesan cheese sauce*
- Risotto Acquerello ai gamberi, capesante marinate e porri**  €16.50  
*Acquerello rice with seared prawns, marinated raw scallops, leek purée, preserved lemon and fresh chives*
- Risotto Acquerello con purea di broccoli, Gorgonzola e nocciole caramellate**  €10.50  
*Acquerello rice with broccoli purée, Gorgonzola cheese and candied hazelnuts*

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## SECONDI DI MARE MAIN COURSE – FISH & SHELLFISH

### Pesce fresco del giorno

D.M.P

*Fresh fish from our daily catch, cooked in a variety of ways of your choice*

**Al Sale** - Baked in a salt crust // **Alla Pentola** – In casserole //

**All' Acqua Pazza** – Poached in a broth with cherry tomatoes, basil and onion //

**Ai Ferri** – Barbecued // **Alla Mugnaia** – In butter and lemon //

**Alla Livornese** – Pan fried with onion, tomato, garlic and parsley.

*Ask your server for the recommended cooking method to your choice of fish*



### Crudo di pesce e crostacei del giorno

D.M.P

*Select your Crudo of fresh fish and shellfish from our daily catch*

### Cacciucco alla Livornese

A Persona  
€48.00

Per Due  
€89.00

*An Italian fish stew which originated in the early stages of the 17th century in the northern fishing village of Livorno; half a lobster, squid, mussels, prawns, fresh fish fillets, clams all cooked in a shell fish and tomato bisque with a hint of chili and lemon juice, served with garlic bruschetta*

### Polpo ai Ferri



€27.50

*Charcoal grilled octopus, on a tomato purée, fried caper berries finished with basil infused oil dressing*

### Misto mare

€27.00

*Griddle roasted fresh fish fillets, charcoal grilled prawn and squid, basil infused oil dressing and orange gel*

### Fritto misto

€23.50

*Deep fried platter of fresh fish fillet bites, prawns, squid and white-bait, served along with lemon and chive homemade mayonnaise*

### Filetto di salmone in padella

€20.50

*Pan seared fresh salmon fillet on a roasted salsify purée, sautéed artichokes and asparagus, garnished with almond flakes*

### Ombrina in crosta d'acciughe ed erbe aromatiche



€27.00

*Poached fillets of black meagre in a herb and anchovy crust, zucchini purée served over a sweet corn ragù*

### Aragosta // Astice alla Catalana

D.M.P

*Poached fresh lobster, tomato concasse, red onion, Kalamata olives, fresh basil, chilli, lemon juice and garlic*


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**D.M.P – Daily Market Price per 100g at the counter**



## SECONDI DI TERRA


### MAIN COURSE – MEATS // VEGETARIAN

**Petto d' anatra cotto a bassa temperatura, quinoa soffiata, su purea di batata**  €24.50  
*Pan seared, basted Barbary duck breast, puffed quinoa, wilted bok-choi, sweet potato purée, orange and red berries reduction*

**Controfiletto alla griglia su purea di cipolle con mini porri grigliati e fondo al pepe nero**  €28.00  
*Grilled rib-eye on an onion purée, served along with grilled baby leeks, finished with a black peppercorn jus*

**Vitella di Latte – Milk-fed Veal 300g** €28.00  
**USDA Black Angus Pregiato – 300g Prime Cut USDA Black Angus** €38.00


**Filetto di Scottona alla piastra, variazioni di funghi su purea di patate al tartufo**  €30.00  
*250g Pan seared Heifer beef fillet, mushrooms textures, truffle mashed potatoes, finished with Port wine jus*

**Suprema di pollo ruspante cotto a bassa temperatura, crocchetta di pollo e scamorza affumicata, su purea di carote, con bietolina saltata e jus gras**  €23.00  
*Pan seared corn-fed chicken supreme on a creamy carrot purée, sautéed Swiss chard, chicken and smoked cheese beignet, served along with jus gras*

**Lonza di maiale bardata con lardo di Colonnata ai semi di finocchio, con cavolo croccante su purea di parstinaca** €22.50  
*Slow cooked pork loin wrapped in cured lard and seasoned with crushed fennel seeds, parsnip purée, crispy kale and sautéed baby carrots, served along with a French mustard jus*

**Fungo Portobello grigliato, polenta frita agli aromi di tartufo e aglio, cipolle e cavolo cinese arrostito, purea di patata dolce**  €16.50  
*Grilled Portobello mushroom with twice cooked roasted garlic and truffle cornmeal, roasted onions, wilted Bok-choi, tomato relish served on sweet potato purée*

**Parmigiana di melanzana tradizionale**  €16.50  
*Fried and baked sliced aubergine layered with tomato sauce, basil, Parmesan cheese and Mozzarella*

**Bistecca vegana con polenta ai funghi, purea di cipolle, pomodorini secchi, mini porri grigliati**  €22.50  
*Vegan flank steak with mushroom polenta, onion purée, dried cherry tomatoes and grilled baby leeks*

## CONTORNI

### SIDE DISHES

**Verdure alla griglia** *Grilled seasonal vegetables*  € 3.50

**Insalata di rucola, pomodorini e scaglie di Parmigiano**  € 3.50  
*Rocket leaf and tomato salad with Parmesan cheese shavings*

**Insalata mista** *Seasonal mixed leaf salad*  € 3.00

**Cavolfiori gratinati** *Cauliflower au gratin*  € 3.50

**Patate fritte** *Potato fries*  € 3.00

**Cubetti di patate in camicia al forno**  € 3.00  
*Skin on diced, baked potatoes with coarse black pepper and a hint of garlic*

**DOLCI**  
**DESSERTS**



**Frangelico crème brûlée, zucchero caramellato e nocciole** €6.00

*Frangelico crème brûlée coated with caramelized sugar, crushed hazelnuts*

**Delizia Tropicale** €7.00

**Cremeux di ananas e cocco, biscotto al cioccolato e composta di mango**

*Tropical Delight with a pineapple and coconut cremeux, chocolate breton biscuits served with a mango compôte*

**Opera al pistacchio** €7.00

*Layers of almond sponge cake with pistachio, ganache, butter-cream with pistachio extract, berry gel*

**Tiramisù classico** €6.00

*Layers of Savoiardi biscuits soaked in espresso and mascarpone cheese, topped up with cocoa powder*

**Panna cotta al cioccolatofondente** €6.00

*Dark chocolate panna cotta with berries layers (allergen free)*

**Tortino al cioccolato bianco** €7.00

*White chocolate fondant (requires 15/18 minutes of cooking time)*

**Macedonia di frutta fresca** €5.50

*Fresh seasonal fruit salad (allergen free)*

**Gelati e sorbetti a scelta**

*Selection of ice-cream and sorbet*

**1 scoop** €3.50

**2 scoops** €5.00

**3 scoops** €6.50

*Gluten and alergen free flavours available*

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