

# PARANGA

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 F&B 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 APPETIZERS

<b>Frittelline di neonata</b> - <i>contains eggs, fish</i>	€14
whitebait fritters   smoked baba ghanoush   cilantro & lemon mayonnaise	
<b>Arancini gourmet ai funghi</b> - <i>contains gluten, lactose, eggs, soy, tree nuts</i>	€14
Italian breaded rice balls   forest mushrooms   Provolone cheese   truffle mayo   Parmesan cheese velouté   pistachio crumble	
<b>Cozze alla tarantina</b> - <i>contains gluten, molluscs, fish, celery, sulphites</i>	€17
fresh mussels   white wine   chili   garlic   tomato sauce   Maltese bread	
<b>Duo di bruschetta gourmet</b> - <i>contains gluten, lactose, fish, crustaceans, sesame</i>	€16
sourdough   heirloom tomato medley   raw scarlet prawns sourdough   stracciatella   cured salmon   pomegranate	
<b>Crudo di mare</b> - <i>GF contains fish, crustaceans, molluscs, sulphites</i>	€39
langoustine   scarlet prawns   fish carpaccio   fish sashimi   scallop   passion fruit   chives   chili	
<b>Tartare di manzo fumé su bagnacauda</b> - <i>contains lactose, eggs, soy, mustard, sulphites</i>	€21
beef tartare   gherkins   cured egg yolk   Parmesan cheese crisp   garlic & anchovy sauce   mustard   lime	
<b>Stufato di seppie e fave</b> - <i>GF contains lactose, fish, molluscs</i>	€15
sautéed cuttlefish   fava beans   cauliflower purée	
<b>Carpaccio di zucchine</b> - <i>V, VG contains soy, tree nuts, sulphites</i>	€10
pickled courgette   crispy fried tofu   almonds   dried cherry tomatoes   marmalade	
<b>Costruisci il tuo antipasto misto; crudo e cotto</b> - <i>GF contains fish, molluscs, crustaceans</i>	
build your grilled or raw platter of fresh fish and shellfish from our daily catch:	
<b>Gambero rosso - crudo o grigliato</b>	each €8
scarlet prawns - marinated or grilled	
<b>Capasanta - crudo o grigliata</b>	each €7
scallop in shell - marinated or grilled	
<b>Scampo - crudo o grigliato</b>	each €5
langoustine - marinated or grilled	
<b>Tonno locale - sashimi</b>	per 100g €6.5
local tuna sashimi – marinated	
<b>Ostrica Gillardeau - crudo</b>	each €6
Gillardeau oyster - marinated	
<b>Gambero Pandalus - grigliato</b>	each €4.5
pandalus prawn - grilled	
<b>Tentacolo di polpo - grigliato</b>	each €3.5
octopus tentacle – grilled	
<b>Calamaro – grigliato</b>	each €6
squid - grilled	

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Halal Certified Meat Available

GF – Gluten Free V – Vegetarian VG – Vegan

## ZUPPE

### SOUPS

- Vellutata di topinambur e patate con zampone croccante - **GF** contains lactose, celery €10  
Jerusalem artichoke & potato velouté | Parmesan tuille | smoked ham hock
- Guazzetto di pesce e crostacei - **GF** contains fish, crustaceans, molluscs, celery €14  
prawn bisque | mussels | clams | squid | white meat fish | prawns | herbs

## PRIMI – PASTA & RISO

### STARTERS – PASTA & RICE

- Linguine artigianali di Gragnano allo scoglio - contains gluten, fish, molluscs, crustaceans, celery, sulphites €19  
copper-pulled artisanal linguine | mussels | clams | squid | fish | prawn bisque | cherry tomatoes | herbs
- Linguine artigianali di Gragnano al pesce bianco - contains gluten, fish, celery, sulphites €15  
copper-pulled artisanal linguine | white fish pulled meat | wild fennel | aubergine purée | spiced white wine sauce | tomato relish
- Tortelli ai gamberi e aragosta - contains gluten, lactose, eggs, crustaceans, celery, sulphites [GF option available] €21  
prawns & lobster filled tortelli | prawn bisque reduction | romanesco broccoli | tomato concassé
- Spaghettoni artigianali di Gragnano all'astice - contains gluten, crustaceans, celery, sulphites €36  
copper-pulled artisanal spaghettoni | fresh half lobster | cherry tomatoes | brandy | lobster bisque
- Spaghettoni artigianali di Gragnano alla carbonara - contains gluten, egg, lactose, celery €16  
copper-pulled artisanal spaghettoni | smoked, cured pork cheek | Pecorino Romano DOP cheese | black pepper | egg yolk
- Casarecce con salsiccia e friarelli (pasta all'uovo) - contains gluten, lactose, egg, sulphites €16  
twisted short egg pasta | Italian sausage | turnip greens | Parmesan cheese velouté | jus
- Mezze maniche di Gragnano alla Luciana rivisitata - contains gluten, molluscs, sulphites €18  
copper-pulled artisanal short tubed pasta | octopus | garlic | chili | white wine | cherry tomatoes | Kalamata olives | herbs | anchovy toasted breadcrumbs
- Papiri artigianali di Gragnano al cacio, pepe e limone - **V** contains gluten, lactose €12  
copper-pulled artisanal pasta scrolls | Pecorino cheese | coarse black pepper | lemon zest
- Risotto Acquerello ai gamberi e burrata €22  
**GF** contains lactose, fish, molluscs, crustaceans, tree nuts, celery, sulphites  
12 month aged risotto | prawn bisque | leek purée | pandanus prawns | scarlet raw prawn | chives | preserved lemon | burrata cheese | crushed pistachios
- Risotto Acquerello ai funghi e Taleggio - **GF, V** contains lactose, celery, sulphites €17  
12 month aged risotto | forest mushrooms | Taleggio cheese | asparagus | Parmesan cheese

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## SECONDI DI MARE SEAFOOD MAIN COURSES

### Pesce fresco del giorno

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

€Market Price

#### Al sale - GF

baked in a salt crust

#### Alla pentola - GF

in casserole

#### All' acqua pazza - GF *contains, fish, molluscs, crustaceans, sulphites*

poached in a broth with cherry tomatoes, basil and onions

#### Ai ferri - GF

barbequed

#### Alla mugnaia - *contains gluten, lactose*

in butter and lemon

#### Alla Livornese - GF

pan fried with onion, tomato, garlic and parsley

*ask your server for the recommended cooking method to your selected fish*

### Crudo di pesce e crostacei del giorno

select your seafood crudo from our daily catch

€Market Price

	A Persona	Per Due
<b>Cacciucco alla Livornese</b> - <i>contains gluten, fish, crustaceans, molluscs, celery, sulphites</i> 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	€60	€110
<b>Polpo ai ferri</b> - GF <i>contains lactose, fish, molluscs, sulphites</i> barbequed octopus   mashed potatoes   roasted capsicum purée   olive powder		€28
<b>Misto mare</b> - GF <i>contains fish, crustaceans, molluscs, soy, celery</i> griddle roasted fresh fish fillets   squid   prawn   poached langoustine   grapefruit gel		€29
<b>Fritto misto</b> - <i>contains gluten, eggs, fish, crustaceans, molluscs, mustard, sulphites</i> deep fried fresh fish fillet bites   prawns   squid   whitebait   garlic confit & chive mayonnaise		€26
<b>Filetto di salmone in padella</b> - GF <i>contains lactose, fish, tree nuts</i> pan seared salmon   lemon & dill crust   sweet potato purée   baby broccoli   roasted almonds		€25
<b>Ombrina ai sentori d'affumicato</b> - GF <i>contains lactose, fish, celery, sulphites</i> smoked black meagre   pea textures   fondant potato   dried cherry tomatoes		€29
<b>Aragosta // Astice alla Catalana</b> - GF <i>contains lactose, crustaceans, sulphites</i> poached fresh lobster   tomato concassé   red onion   Kalamata olives   chili   garlic		per 100g €13

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## SECONDI DI TERRA

### MEAT & VEGETARIAN MAIN COURSES

<b>Filetto di scottona alla piastra</b> - <i>contains lactose, soy, celery, sulphites</i>	€33
250g Pan seared Heifer beef fillet   parsnip purée   potato fondant   baby carrots   asparagus   mushroom jus	
<b>Controfiletto alla griglia</b> - <i>contains sulphites</i>	
grilled rib-eye   king oyster mushroom   zucchini purée   pepper jus	
<b>Vitella di latte</b> – milk-fed veal 300g	€29
<b>Angus Argentino</b> – grass-fed Argentinian Angus 300g	€32
<b>Black Angus pregiato USDA</b> – prime cut USDA Black Angus	per100g €18
<b>Suprema di pollo ruspante farcita con salsiccia e pancetta</b> - <i>contains gluten, lactose, celery, sulphites</i>	€24
slow cooked, pan seared finished corn-fed chicken supreme   Sicilian sausage & bacon stuffing   carrot purée   sautéed spinach   crispy onions   jus gras	
<b>Guance di maiale cotte a bassa temperatura</b> - <i>contains lactose, celery, mustard, sulphites</i>	€25
slow cooked pork cheeks   celeriac purée   bok-choy   roasted root vegetables   rösti potato bites	
<b>Ossobuco alla Milanese</b> - <i>contains gluten, lactose, celery, mustard, sulphites</i>	€27
slow cooked, braised veal shank   saffron, Pecorino Romano DOP cheese Acquerello risotto   veal jus	
<b>Bistecca di cavolfiore</b> - <b>V, VG</b> <i>contains sulphites</i>	€18
cauliflower steak   chickpea textures   roasted shallots   pickled zucchini   kale	
<b>Bistecca vegana con polenta al timo</b> - <b>V, VG</b> <i>contains lactose</i>	€29
vegan flank steak   thyme polenta   sweet potato purée   king oyster mushroom   tomato confit   baby broccoli	
<b>Parmigiana di melanzane tradizionale</b> - <b>V</b> <i>contains gluten, lactose</i>	€17
layered fried and baked aubergine slices   tomato fondue   basil   mozzarella   Parmesan cheese	

## CONTORNI

### SIDE DISHES

<b>Verdure alla griglia</b> - <b>GF, V, VG</b>	€3.5
grilled seasonal vegetables	
<b>Verdure al vapore</b> - <b>GF, V, VG</b>	€4
steamed seasonal vegetables	
<b>Insalata di rucola, pomodorini e scaglie di Parmigiano</b> - <b>GF, V</b> <i>contains lactose</i>	€3.5
rocket leaves   cherry tomatoes   parmesan	
<b>Insalata mista</b> - <b>GF, V, VG</b>	€3.5
seasonal mixed salad	
<b>Patate fritte</b> - <b>V, VG</b> <i>contains gluten</i>	€3.5
potato fries	
<b>Cubetti di patate in camicia al forno</b> - <b>GF, V, VG</b>	€3.5
diced baked potato skins   coarse black pepper   garlic	

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