

CUBA VIDA

Fresh & Healthy

Vegan Pita Pocket (V, G) - A chickpea and red kidney bean mix, pico de gallo, rucola, iceberg lettuce and sliced cucumber served in guacamole spread wholemeal pita bread - **€4.85**

High Protein Vegan Bowl (V, N) - Red kidney beans, chickpeas, garlic marinated mushrooms, garden peas, broad beans, cucumber and dill tops, served on a lightly seasoned rice-cake, dressed with our own peanut butter and soy sauce - **€5.25**

Barley-Based Vegan Salad (V) - Sweetcorn, tomatoes, cucumber mixed in a bed of barley, lightly dressed with our in-house tangy chipotle and lime dressing - **€9.95**

Greens and Feta (V, L) - Garden peas, broad beans, cucumber, dill tops, feta cheese and hard-boiled egg tossed in a sweet and zesty lime-dressed lettuce leaves mix - **€9.95**

Pasta Integrale Estilo Latino (G, L, SH) - Wholegrain pasta tossed with crumbled feta cheese, pico de gallo, sweet corn, black beans, chopped avocado. Flavoured with a zesty yoghurt - tabasco, lime juice, paprika and olive oil. Served cold - **€12.85**

Ginger Lime Chicken - (Keto Diet) Chicken breast marinated in soy sauce, lime juice and zest, sesame oil, ginger and red pepper flakes, grilled until caramelised. Garnished with a touch of cilantro and served with a side of steamed cauliflower florets, pumpkin and green bell peppers - **€18.75**

Focaccia Integrale 'La Fresca' - (G, L) Wholegrain focaccia with rucola, cherry tomatoes, black olives, mozzarelline di bufala, oregano, salt, pepper and olive oil - **€10.75**

Pizza Integrale con Melanzane - (G, L) Wholegrain focaccia with grilled aubergines, fresh tomato, feta cheese, basil and a drizzle of garlic infused olive oil - **€10.15**

Pizza Integrale Trinacria - (G, F, L) - Wholegrain focaccia with anchovies, fresh tomato, fresh ricotta, black olives and basil - **€9.95**

Pizza is not available for lunch from Monday to Thursday

BREAD AND SNACKS

All Day Breakfast Bagel (G, E, L, SS) - With a fried egg, smoked ham, melted cheddar cheese and served with pico de gallo on the side - **€4.95**

El Classico (G, L) - Smoked ham and cheddar cheese toasted sandwich served with a side of pico de gallo - **€4.95**

Tacos di Carne (Beef) (SH, G, L) - Succulent, slow-roasted pulled beef brisket, melted cheddar cheese and refried beans, rolled cigar-style in a toasted tortilla. Served with a chargrilled pico de gallo dipping salsa - **€9.45**

Quesadilla di Pollo (G, E, L) - Marinated chicken with melted mature cheddar cheese and fresh coriander all folded into a toasted tortilla and served with our own guacamole dip - **€8.95**

Vegetable Quesadilla (G, E, L) - Grilled marrows, mushrooms, melted mature cheddar cheese and spring onions folded into a toasted tortilla, served with our sour cream dip - **€7.95**

Quesadilla di Carne (Beef) (G, L) - Cuba's own slow-cooked pulled brisket and in-house Mexican cheese spread in a toasted tortilla, served with our pico de gallo salsa - **€8.95**

Ftira biz-Žejt (G, F) - Traditional Maltese ftira bread spread with tomato paste, and filled with tuna, capers, olives, cannellini beans, finely chopped onions and fresh herbs - **€6.75**

Upgrade to fries for €1.85 or a side salad at an extra charge of €1.95.

SAVOURY CRÊPES

Our crêpe batter is prepared daily following a trusted recipe and cooked to order. All of our ingredients are the finest and freshest.

The Italian Job (G, L, N) - Parma ham, rocket leaves and grana cheese shavings, dressed in a basil pesto infused olive oil - **€7.50**

Quick Boost (G, V, N) - Garden peas, broad beans, cucumbers and dill-tops, red kidney beans and chickpeas, with a peanut butter and soy dressing - **€7.15**

La Nueva Favorita (G, L) - Smoked ham, cheddar cheese, spring onion, paprika, Mexican cheese sauce and a hint of oregano - **€7.30**

Parmigiana di Melanzane (G, L, V) - Grilled aubergines, mozzarella fior di latte, tomato and basil sauce and grana Padano - **€7.45**

La Boscaiola (G, L, S, E) - Marinated chicken strips, sautéed mushrooms, garlic and smoked ham with a garlic mayo dressing - **€7.50**

La Fresca (G, V, L, E) - Guacamole, cream cheese, cucumber, olives, tomato and parsley dressed with a lemon and thyme infused oil - **€7.25**

B & M (G, L, E) - Grilled collar bacon, garlic marinated mushrooms, truffle cream sauce, grana shavings and parsley - **€7.25**

El Jefe (G, L, SH, M) - Thinly sliced slow-cooked pork, smoked ham, gherkins and a mustard mayo dressing - **€7.50**

STARTERS

Tacos di Carne (Beef) (G, L, SH) - Three soft shell corn tacos, made to order, with beef brisket, pico de gallo, refried beans and feta cheese, garnished with radish and coriander - **€7.50**

Tacos di Cerdo (Pork) (G, L, SH) - Three soft shell corn tacos, made to order with slow-cooked pork belly, pico de gallo, guacamole and feta cheese, with a radish and coriander garnish - **€7.50**

Tacos de Langostinos (Prawn) (SH, G, F, L) - Three soft shell corn tacos, made to order with lime and chilli marinated prawns, pico de gallo and guacamole, garnished with radish and coriander - **€8.50**

La Guajira Chicken Wings (SH, G, L) - Deep-fried wings coated with a moderately spicy tomato based sauce - **€7.65**

Nachos Mexicanos (V, G, L, SH) - Warm tortilla chips topped with a Mexican cheese sauce, refried beans, jalapeno peppers, spicy tomato salsa and sour cream - **€11.10**

KIDS

Super Wudy Kids Pizza (G, L) - Tomatoes, mozzarella fior di latte and Wudy sausage - **€6.50**

Chicken Strips and Fries (G, E) - Breaded chicken strips and fries - **€6.50**

Wudy Sausages and Fries (G) - Grilled Wudy sausages and fries - **€6.50**

Pasta con Pomodoro (G, V) - Spaghetti or penne with fresh tomato sauce and grana Padano (80g) - **€6.50**

Pasta Prosciutto e Panna (G, L) - Spaghetti or penne with cream, smoked ham and grana Padano (80g) - **€6.50**

ENSALADAS

All our salad leaves are brought in daily and tossed with an olive oil and balsamic vinegar dressing.

Chicken & Pineapple - Pan-seared pineapple and orange juice marinated chicken thighs, capsicum peppers, cherry tomatoes, cucumbers and pineapple chunks, served on a bed of fresh crispy salad leaves, garnished with a lime, orange zest and parsley infusion - **€12.95**

Salmon & Barley (F) - Poached fresh salmon, barley and pico de gallo salsa, sweet and zesty lime dressing and a touch of coriander - **€13.85**

Havana Beef (G, SS, N) - Deep-fried strips of crispy prime beef, coated in our honey and black bean sticky sauce, served with mixed salad leaves, roasted red peppers, cherry tomatoes, spicy cashew nuts and sesame seeds - **€13.15**

Brisket & Green Chilli (SH) - Slow-cooked, pulled beef brisket, tossed in our in-house green chilli sauce and pico de gallo dressing, served on a bed of fresh crispy lettuce leaves, sweetcorn and thinly sliced red onions - **€13.15**

Monday to Friday between 11:30 and 15:00, you can help yourself to our buffet style salad bar for €9.75

PASTA

Penne tal-Midalja (G, L, N) - Penne tossed in our own basil pesto, with chicken, cherry tomatoes, mozzarella fior di latte and a dash of cream - **€12.85**

Salmon y Caviar (L, F) - Spaghetti with fresh salmon and caviar, cherry tomatoes and finely chopped onions, all tossed in a tomato and fresh cream sauce, seasoned with a hint of mint - **€13.65**

Tagliatelle Carne y Habanero (G, L, SH) - Pasta with a pulled beef ragù, habanero-flavoured cream cheese and a touch of coriander - **€12.95**

Cajun Seafood Rice (F) - Chorizo sausage, chicken breast, prawns and mussel meat cooked in a sofrito of onions, green bell peppers, garlic and thyme - **€13.65**

Ravioli alla Norma (V, G, L) - Aubergine and sundried tomato filled ravioli, tossed in a simple butter and basil sauce and grana Padano shavings - **€11.85**

HOUSE BURGERS

Cuba burgers are housemade using 100% prime beef. Served with your choice of fries. Upgrade to sweet potato fries for €2.00. Add an extra beef patty to your burger for an additional charge of €2.65.

El Toro (G, L, M, E) - 200gr of succulent minced beef served in a toasted brioche burger bun with onion marmalade, gherkins, tomatoes, lettuce and mustard mayo - **€11.50**

El Gringo (G, L, S, M, E) - Our classic burger garnished with smoky BBQ and black bean sauce, sizzling bacon, sliced tomatoes, lettuce and melted mature cheddar cheese. Garnished with crisp-fried onion rings - **€14.35**

L'Especial (G, L, S, M, E) - Our in-house beef patty with garlic marinated mushrooms, red onion slices, collar bacon, cheddar cheese and a smothering of truffle mayo, served in thick brioche loaf slices - **€14.85**

El Vegeteriano (V, G, SH) - A deep-fried red kidney bean and chickpea patty, with a chimichurri dressing, cabbage and carrot mix and rucola - **€13.50**

Pollo Queso (G, L, E, SH) - Lime and coconut marinated chicken thighs, grilled and served with pico de gallo and nachos, topped with our own Mexican cheese sauce, jalapenos and coriander, in a toasted brioche burger bun - **€13.95**

La Montanha (G, L, E) - Our new beast burger. 120g of slow-cooked pulled pork, 2 beef patties, melted smoked cheddar cheese, thinly sliced gherkins and BBQ sauce, served in a double brioche bun - **€16.85**

GRILLS AND MAINS

Our grills and mains are served with fries and vegetables or salads.

BBQ Pork Ribs (M, S, L) - A rack of slow-cooked pork ribs glazed in BBQ sauce - **€15.95** (half rack), **€20.60** (full rack)

Fresh Beef Rib-Eye Steak - Grilled to your taste, and served with a wedge of lemon - **€23.95**

Lo 'n' Slo Pork Belly (SH, G) - Slow-cooked marinated roasted pork served with plantain fritters and our in-house tris of salsas: green chilli salsa, chargrilled pico de gallo, pineapple and tomato salsa - **€19.50**

Peri Peri Chicken (SH) - Chicken breast marinated in our piquant Peri Peri sauce - **€19.50**

Ropa Vieja (SH) - Slow-cooked, super tender beef brisket, cooked with slivers of red and green peppers, onions, green olives and sultanas stewed in a fresh tomato and chilli pulp, served with a side of Cuban style rice - **€19.85**

Banana Leaf Wrapped Salmon (F, SH) - Salmon seasoned with basil, chilli, coriander, ginger, lemon grass and lime, baked in a wrapped banana leaf - **€19.50**

SIDE DISHES

Deep-Fried Plantains (V) - Deep-fried plantain slices seasoned with cumin and salt, served with a garlic aioli dip - **€4.35**

Cuban Rice (V) - Basmati rice and black beans cooked with finely chopped green peppers, celery, onions, garlic, cumin and fresh coriander - **€4.35**

French Fries (V) - **€3.25** • **Curly Fries** (V) - **€3.25**

Sweet Potato Fries (V) - Thickly-cut sweet potato sticks, deep-fried and served with our smoky chipotle mayo dipping sauce - **€4.25**

Mixed Salad (V) - Mixed salad leaves, thinly sliced onions and black olives, in our in-house dressing - **€2.65**

Grilled Seasonal Veg (V) - Chargrilled fresh chopped vegetables - **€2.95**

FOCACCE/PIZZE

Pizza and focaccia are baked in a traditional wood burning oven using all the finest ingredients. The tomato, mozzarella fior di latte and refined flour are specially imported directly from Italy.

Focaccia Erasmo (V, G, L) - Walnuts, blue cheese and grapes, drizzled with honey - **€8.95**

Focaccia Rosmarino (V, G) - Olive oil, rosemary and rock salt - **€7.65**

Introducing the Fagottino, a thin and crispy pizza "sandwich" oozing with flavourful ingredients and melting mozzarella fior di latte. Order with a side salad or as a starter to share.

Fagottino la Campaniola (V, G, L) - Mozzarella di bufala, cherry tomatoes, rucola, oregano, olive oil and grana shavings - **€11.75**

Fagottino la Boscaiola (G, L) - Prosciutto crudo, mushrooms, mozzarella di bufala, olive oil and oregano - **€11.25**

Fagottino la Margherita (V, G, L) - Tomato sauce, mozzarella fior di latte, olive oil, oregano - **€9.25**

Margherita (V, G, L) - Tomatoes, mozzarella fior di latte, olive oil and basil - **€9.25**

Margherita con Bufala (V, G, L) - Tomatoes, mozzarella di bufala, olive oil and basil - **€11.50**

Gino Classica (V, G, L) - Mozzarella fior di latte, tomato sauce, Parmesan shavings, cherry tomatoes, basil and extra virgin olive oil - **€10.50**

Contadina (G, L) - Tomato sauce, mozzarella fior di latte, smoked pancetta, aubergines, oregano and grana shavings - **€11.35**

Alla Marinara (V, G) - Tomato sauce, oregano, garlic and extra virgin olive oil - **€8.75**

Il Pescatore (G, F) - Tomato sauce, shrimps, mussel meat, vongole meat, leeks, garlic, fresh parsley and a drizzle of olive oil - **€11.95**

La Siciliana (V, G, N, L) - Mozzarella di bufala, sundried tomatoes, pistachio paste and a touch of basil - **€12.85**

La Rustica (G, L) - Maltese sausage, baked potatoes, red onions, rosemary and mozzarella fior di latte - **€10.70**

Capricciosa (G, E, L) - Tomatoes, mozzarella fior di latte, mushrooms, artichoke hearts, hard-boiled egg, olives and smoked ham - **€10.70**

Annati (G, L) - Mozzarella fior di latte, tender chicken strips, BBQ sauce, coloured bell peppers, sweetcorn, onions and smoked ham - **€11.25**

El Diablo (SH, G, L) - Tomatoes, mozzarella fior di latte, spianata Calabrese and chilli oil - **€11.50**

Salmone e Limone (F, G, L) - Smoked salmon, lemon slices, mozzarella fior di latte, cream and mint - **€11.50**

Il Katamarano (G, L) - A four-pocket rectangular pizza filled with fresh ricotta and salami Napoli, minced beef and scamorza cheese, tomato sauce, mozzarella fior di latte and spianata Calabrese - **€12.60**

Porco Loco - Moon-shaped closed pizza (SH, G, L) - Slow-cooked pulled BBQ pork, smoked cheese, Pico de Gallo salsa and a touch of coriander for garnish - **€12.95**

La Cubana - Star-shaped pizza (SH, G, L) - Chilli con carne, Mexican cheese, mozzarella fior di latte, onions and jalapenos - **€12.75**

Important - The following are indications of food allergens. Kindly inform a member of our staff when your order is being taken.
(SH) Spicy Hot (SS) Sesame Seeds (M) Mustard (S) Soyabean (V) Vegetarian (G) Gluten (L) Lactose (E) Eggs (F) Fish (N) Nuts