

Mediterranean cuisine reflects the cultures and lifestyles of the people living in the regions that surround the Mediterranean Sea. A culinary culmination of North African (particularly Morocco), Eastern Mediterranean (Egypt, Greece, Israel, Lebanon, Syria, and Turkey), and Southern Europe (Italy, France, and Spain).

Mediterranean flavours are robust, clear, free of complicated sauces, heavy cream and butter. The ingredients are born out of the climate, which readily produces onions, garlic, tomatoes, eggplants, squash, peppers, mushrooms, cucumbers, artichokes, and various greens and lettuces, which are mainstays in this diet.

MED's Head Chef Cliff Fernandes moved to the Hawke's Bay Region because of its Mediterranean climate and the fantastic range of local produce.

Cliff's experience with Mediterranean food began in his home city of Goa, India - formerly a Portuguese colony. He trained and worked with the Taj Group of Hotels in Mumbai, before heading overseas to the Abu Dhabi National Hotel in The Emirates. Here he learnt the different styles of Mediterranean foods, including Turkish, Lebanese, Arabic and North African.

To enhance his skills, Cliff spent two years at the William Angliss Institute in Melbourne, which is home to a large Greek, Italian and Lebanese population. It gave him the opportunity to work with many accomplished Mediterranean chefs. He then worked at the prestigious RACV City Club, working alongside celebrity chefs such as George Calombaris and Shannon Bennett.

Since moving to the Hawke's Bay Cliff has worked for prominent wineries. Now as the Head Chef of MED Wine Bar & Bistro, Cliff brings his passion and knowledge of Mediterranean dishes to produce what we feel is Hawke's Bay's foremost Mediterranean dining experience.

Enjoy



Dinner Menu

Open Monday - Sunday

From 4.30pm till Late

TAPAS & ENTREES

Breads freshly baked, with our daily dips
For 2-6
For 4-8

Marinated green and black olives
9

Patatas bravas, fried hand cut potatoes spiked with
smoked paprika, sweet chilli aioli
8

Portobello mushroom a la Grecque, torn bread, fresh
garden herbs, balsamic & red wine reduction
13

Calamari curls, sumac, green harissa mayonnaise
12

Tiger prawns red lentil coated, tomato relish, preserved
lemon guacamole, pine nut wafer
15

Chicken kebab wrap, spicy apricot chutney, smoked
cucumber dressing
15

Asparagus veloute, soft centered poached egg, crispy
pancetta, white truffle oil (dish available while season
permits)
12

Arancini Bolognese, pickled beetroot relish, caramelized
shallot puree, parmesan crumbs
13

Pork belly confit, seared scallops, orange salsa, spiced
citrus caramel dust
16

MED'S PIZZA OVEN

Freshly baked pizzas

Gluten free options available
(2 extra)

Mixed seafood, puttanesca sauce, olives, mozzarella
19

Classic tomato & mozzarella with basil pesto & bocconcini
19

Beef mince, prosciutto, blue cheese, roasted Spanish onions
19

Roast chicken, portobello mushroom, tomatoes, capers,
sour cream
19

Pepperoni, chorizo, salami, pork belly, crispy sage
19

MAINS

Fish of the day, pan-fried, feta, sun dried tomatoes,
caper & orzo salad, pesto vinaigrette
29

Roasted beetroot risotto, horseradish mascarpone, spiced
walnuts
24

Twice baked goats cheese soufflé, roasted vegetable
tian, pumpkin puree, pepperade
26

Corn fed free range chicken breast, chermoula, chickpea
& broad bean fritter, wilted spinach, hung yogurt,
roasted red capsicum coulis
30

Hawke's Bay natural lamb loin, herb crusted, ratatouille,
potato & olive oil mash, eggplant crisps
32

Eye fillet oven roasted, rosemary onion & garlic crushed
potato salad, steamed green leaves, creamy mushrooms
34

SALADS & SIDE ORDERS

Traditional Greek salad with marinated feta and kalamata
olives
8

Caesar salad, traditional accompaniments with chicken
14

Vegetables steamed seasonal
7

Baked potato and olive oil mash
6

DESSERTS

Passion fruit & yogurt pannacotta, chocolate
baklava cigar, mint coulis
12

Malted milk chocolate parfait, fresh strawberries,
traditional spanish doughnut
12

Date brulee, home made hokey pokey, candied hazelnuts
12

Selection of Kapiti ice creams, served with hazelnut &
cinnamon biscotti, short bread, glass biscuit

-Passion fruit & lemon curd

-Classic vanilla bean

-Black doris plum & crème fraiche

12

Kaimai cheese board

Havarti – mild buttery semi soft cheese

Blue – crumbly texture with a sharp peppery after
texture

Double cream camembert- 2009 gold medal winner
with a hint of mushroom

28

Individual cheese with accompaniments
12