

## STARTERS

**Fresh Bread & Aioli**

3.0

**Olives**

2.5

**Cajun Mussels**

Fresh mussels served with an original creamy cajun sauce and crusty bread

8.0

**Chinese Style Crispy Pork Belly**

Five spice crispy pork belly with a sticky sweet & spicy coating

7.5

**Baked Provolone**

Baked with herbs in a tomato sauce

6.5

**Grilled Prawns Thai Red Curry**

King prawns in a spicy red thai sauce- HOT!

9.0

**Marinated Chicken Thighs**

Vietnamese inspired-boneless chicken thighs served with a fresh lime & chilli dipping sauce

7.5

**Tempura Prawns**

Served with a sweet chilli dip

5.5

**Sweet Potato Rounds**

Served with feta cream, figs, pomegranate, rocket & a balsamic glaze


7.5

**Smooth Peppercorn Pate**

Served with a fresh, vibrant side salad & crusty bread

7.5

JOIN US ON:  MED 54

 med54bar\_eltoro

 tripadvisor

**FOOD ALLERGEN INFORMATION AVAILABLE ON REQUEST/ VAT INCLUDED.**



GLUTEN



CELERY



TREE NUTS



FISH



SOY



SESAME



PEANUTS



CRUSTACEANS



EGGS



MOLLUSCS



MILK



MUSTARD



SULPHUR DIOXIDE  
SULPHITES



LUPIN

--- ON THE GRILL ---  
**BURGERS**



**Med 54 Beef**

A unique combination of sweet & salty bacon-onion-tomato jam,  
topped with smoked applewood cheese  
14.5

**Sticky Hoisin Duck**

Shredded duck breast, served in a sticky hoisin sauce, on a bed of  
crunchy veg topped with a runny fried egg  
15.5

**Minted Lamb**

Served with a mint yoghurt dressing, topped with crumbled feta  
15.5

**Cajun Chicken**

A succulent chicken breast marinated in cajun spices, topped with  
cheddar cheese and a tangy siracha mayo. Served with corn on the  
cobb  
14.5

All burgers served on a brioche bun with homemade chips &  
coleslaw

**STEAKS**

**Ribeye 275g**  
25.5

**Fillet Steak 275g**  
26.5

Both served, based with garlic, fresh thyme and rosemary,  
homemade chips, cherry tomatoes, grilled mushrooms & med veg

add prawns for 4.0

Change your chips for sweet potato fries extra 1.5

**EXTRAS/ SIDES**

Pepper sauce 2.5  
Blue cheese sauce 2.5  
Chimichurri 2.5

Portion of onion rings 3.0  
Corn on the cobb 1.5  
Sweet potato fries 5.0

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## MAINS

### Med 54 Ribs

Pork ribs served with a homemade sticky whisky and sweet peach BBQ sauce, chips & coleslaw

18.0

### Our Famous Fish & Chips

Beer battered cod, served with homemade chips, mushy peas, tartar sauce & lemon

14.5

### Lamb Shank

Braised in a red wine gravy, served with whole grain mustard mash & roasted garlic butter carrots

16.5

### Roasted Sweet Potato & Cauliflower Tacos

3 vegetarian filled tacos with roasted cauliflower, sweet potato, Avocado, black beans, chipotle lime & cashew crema

14.0 (vegan friendly)

### Lemon, Honey & Chipotle Chicken Skewers

Served with pitta bread, salad, coleslaw & a chipotle dip

12.5

### Marinated Halloumi & Vegetable Skewers

Served Greek style with pitta bread, olives, salad, coleslaw & A side of hummus (Vegetarian)

11.5

## SALADS

### Goats Cheese

Served on a bed of seasonal salad, figs & a fruit glaze

12.5

### Layered Med

Sliced mozzarella & tomato layered on a bed of rocket, drizzled with a basil oil & balsamic glaze

7.5

### Cajun Chicken Caesar

Served with mixed leaf salad, with croutons and topped with a Caesar dressing & shaved parmesan

12.5

## FOR KIDS

Fish fingers, chips & beans  
Chicken nuggets, chips & beans  
Sausage, mash & beans  
6.5

## JESSIE'S HOMEMADE DESSERTS

A choice of homemade desserts, prepared fresh,  
Locally by our very own Jessie!  
Ask staff for choices.  
Follow Jessie on  
**Instagram:** @jessies\_home\_made\_cakes  
**Facebook:** Jessie's homemade cakes  
6.2

## MED DESSERT MARTINIS

### BISCOFF EXPRESSO

Vodka, kahlua, biscoff, shot of espresso

### WHITE CHOCOLATE

Vanilla Vodka, white chocolate liqueur & cream

### STRAWBERRY CHEESECAKE

Vodka, strawberry liqueur, white chocolate liqueur & cream

### AFTER EIGHT

White rum, mint liqueur, vanilla sugar, chocolate liqueur & cream

### CHOCOLATE ORANGE

Cointreau, baileys, chocolate milk & cream

### SNICKERTINI

Baileys, disaronno, milk, Frangelico & crushed nuts  
8.0

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