

Myarcobaleno.com



@arcobalenobtn

The logo for Arcobaleno features a dark blue, thick, curved line that starts on the left, arches over the word 'ARC COBALENO', and ends on the right. The text 'ARC COBALENO' is in a bold, dark blue, sans-serif font.

**ARC COBALENO**

**FOOD MENU**



# ABOUT OUR MENU

A myriad of influences make up the culinary landscape of the island of Malta. As civilisations and invasions traversed the land, the traditions and tastes of neighbouring and colonising countries were gradually woven into the fabric of Maltese cuisine.

You'll find strong influences from the Italians next-door in our Sicilian staples and seasonal, rustic flavours, as well as a genuine appreciation for hearty, home-cooked food. We'll be serving up Mediterranean style meals cooked with love—and a contemporary twist.

## SMALL PLATES

**Selection of bread and olives** £4.50

**Burnt aubergine, pickles, capers and flatbread** £6.50

**Stuffed tomatoes - Tadam Mimli (ve)** £6.50  
Chickpeas, onions, raisins

**Kapunata (ve)** £6.50  
A stew of vegetables flavoured with savoury olives and capers

**Salmon** £8.50  
Fennel and gin cured salmon, ricotta, lemon, cucumber, capers and crisp bread

**Traditional Maltese pasta omelette (vg)** £7.00  
Froja tat tarja, Vermicelli, parmesan cheese and chopped parsley

**Pastizzi (vg)** £3.50  
Traditional Maltese savoury pastry with choice of ricotta or peas

## SHARING PLATTERS

(Or not sharing!)

**Maltese platter** £12.95  
Stuffed olives, fresh pickles, Maltese sausage, lemon, parsley, ricotta cheese, olive oil, marinated vegetables and bread

**Vegan platter** £12.50  
Burnt aubergine, falafel, olives, avocado, fresh pickles, kapunata (vegetable stew), hummus, pickles and bread

## SIDES

**New potatoes** £4.95

**New potatoes** £5.50  
with salsa verde

**Seasonal Mediterranean vegetables** (hot or cold) £5.50

**Hobz biz zejt** (flat bread) £4.50

**Sourdough bread** £4.50

## MAINS

### Timpana

£12.50

The ultimate Maltese baked pasta pie. Layers of mince, bacon, hard-boiled eggs in between layers of penne

### Kapunata (ve)

£12.50

A Maltese slow-cooked vegetable dish with aubergines, capers, peppers, and olives and served with Maltese bread (hobz biz zejt)

### Bragioli

£14.50

Beef olives, (*there are no olives in this dish*) packets of meat stuffed with bacon, garlic, parsley, oregano, cheese and eggs and simmered for hours in red wine sauce

## SUMMER DISHES

### Gin, fennel and pepper cured salmon

£14.00

### Roasted and marinated feta cheese in olive oil with burnt lemon (vg)

£11.50

### Broad bean and chickpea falafel, tahini dressing (ve)

£11.50

All summer dishes are served with roasted Mediterranean vegetables, new potatoes, olives, salsa Verde, and leaves (ve).

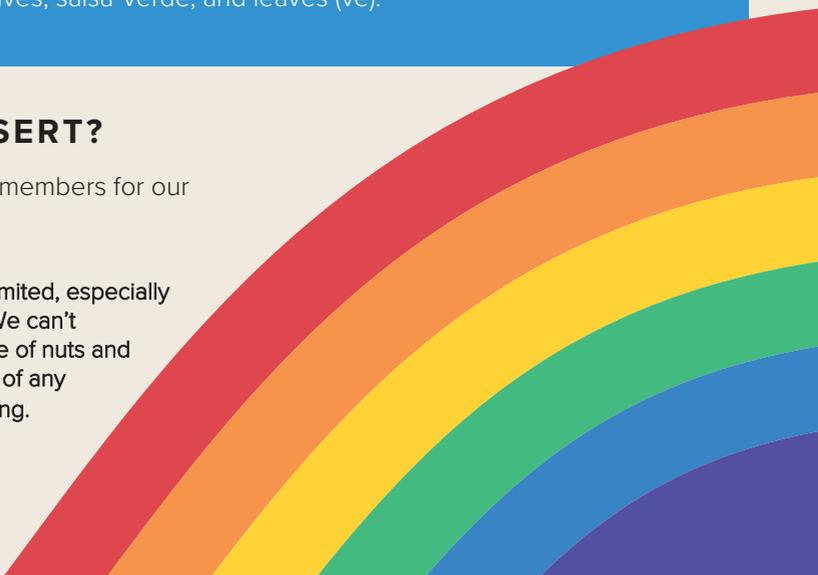
## FANCY DESSERT?

Ask one of our staff members for our dessert options.

Menu alterations are limited, especially during busy periods. We can't guarantee the absence of nuts and flour. Please inform us of any allergies before ordering.

**ve - vegetarian**

**vg - vegan**





## REDEFINING QUEER IDENTITY

Across Rainbows is on a mission to help LGBTQ+ people find and claim their sense of self. It's time for us to be heard and seen for who we are — not who we've been told we ought to be.

Through talks, workshops and community, Across Rainbows provides everything queer people of all ages and backgrounds need to stand up, make confident and courageous moves, thrive, and live life their way.

**Arcobaleno is the physical embodiment of across rainbows and everything that we stand for, and will act as a hub for our community to meet, have fun and live freely without fear of judgement.**

Inspired by open European piazzas, the space is designed to reflect the cultural café-bars of the Mediterranean, inviting open conversation with your neighbours and chance meetings of friends not yet acquainted. **Arcobaleno is a space for all**, prioritising intersectionality, openness, and nonconformity — an intergenerational space to bridge gaps and foster a genuine sense of community.

Arcobaleno hosts a whole range of talks and workshops around mental health and wellbeing, as well as events to entertain and inspire, from **drag nights** to **live music, poetry and book launches, art and fashion shows**, with particular focus on platforming Brighton's local queer and wonderful performers and creatives.

[acrossrainbows.com](https://acrossrainbows.com)



[@acrossrainbows](https://www.instagram.com/acrossrainbows)