
Breakfast

Served Monday to Saturday 10.00 - 15.00

Sunday 10.00-12.00

English Breakfast € 4.50

2 Sausages, 2 bacon, baked beans, 2 fried eggs, grilled tomato and toasted bread

Full English Breakfast € 6.50

2 Sausages, 2 bacon, 2 hash browns, 2 fried eggs, mushrooms, baked beans, grilled tomato, toasted bread and tea or instant coffee

Sandwiches, Buns, Rolls

Ham and Cheese Toast € 1.50

Beans on Toast (V) € 1.50

2 Fried Eggs on Toast (V) € 2.00

Beans and 2 Fried Eggs on Toast (V) € 2.50

Ham and Fried Egg Toast € 2.50

Sausage Bun € 2.00

Bacon Lettuce and Tomato Bun € 2.50

Bacon and Fried Egg Bun € 2.50

Breakfast Bun - Sausage, Bacon and Fried Egg € 3.20

REFLECTIONS

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Omelettes

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Sunday 10.00-12.00

Plain Omelette (V)	€ 3.50
Ham Omelette	€ 4.50
Cheese Omelette (V)	€ 4.50
Mushroom Omelette (V)	€ 4.50
Ham and Cheese Omelette	€ 5.00
Ham, Cheese and Mushroom Omelette	€ 5.50

Baked Potatoes

Baked Potato stuffed with Tuna and Mayo	€ 4.50
Baked Potato stuffed with Beans (V)	€ 4.50
Baked Potato stuffed with Cheese (V)	€ 4.50

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Starters

Cheesy Garlic Bread (V)	€ 2.90
Onion Rings (V) <i>Served with BBQ sauce</i>	€ 3.00
Mushrooms in Garlic (V) <i>Mushrooms sautéed in garlic butter and white wine served with toasted bread</i>	€ 5.00
Potato Skins <i>Stuffed with bacon bits and topped with melted cheese sour cream and green onions</i>	€ 5.50
Vegetable Spring Rolls (V) <i>Served with sweet chilli sauce</i>	€ 4.50
Duck Spring Rolls <i>Served with sweet chilli sauce</i>	€ 5.80
Spicy Chicken Wings <i>8 pieces served with BBQ sauce</i>	€ 5.80
Chicken Strips <i>6 pieces breaded chicken breast strips served with mexican salsa dip</i>	€ 5.80
Prawn Cocktail <i>A bed of salad topped with succulent prawns garnished with prawn marie sauce</i>	€ 4.50
Crispy Calamari <i>Deep fried calamari rings served with tartar sauce</i>	€ 4.90
Octopus in Garlic (GF) <i>Pan fried octopus in garlic, parsley and spring onions</i>	€ 8.90

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Platters

All platters serve 2 persons

Mexican Platter (V)

€10.50

Tortilla crisps topped with cheese and jalapenos and served with tomato salsa, cheese sauce and guacamole

Oriental Platter

€14.00

Ribs, chicken wings, vegetable spring rolls, duck spring rolls, money bags, prawn crackers and sweet chilli sauce

American Platter

€14.00

Ribs, chicken wings, chicken tenders, potato skins and onion rings

Salads

Tuna

€ 8.50

Crispy iceberg lettuce, tomatoes, cucumber, onions, boiled egg and tuna

Chicken Ceaser

€ 9.50

Crispy iceberg lettuce, tomatoes, parmesan staffing, croutons, crispy bacon and chicken breast dressed with ceaser dressing

Chicken

€ 9.50

Crispy iceberg lettuce, tomatoes, cucumber, sweet corn, boiled egg and grilled chicken breast

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Pasta

Choice of Spaghetti or Penne or Gluten Free

	<u>Starter</u>	<u>Main</u>
Napolitana (V) <i>Pasta tossed in a rich tomato sauce</i>	€ 6.00	€ 8.00
Aglio e Olio (V) <i>Pasta tossed in virgin oil, garlic and parsley</i>	€ 6.00	€ 8.00
Carbonara <i>Pasta tossed in crispy bacon, egg, parmesan and light creamy sauce</i>	€ 6.50	€ 8.50
Bolognese <i>Pasta tossed with rich minced meat, onion, garlic, tomato and red wine sauce</i>	€ 6.50	€ 8.50
Blue Cheese (V) <i>Pasta tossed in creamy blue cheese and garlic</i>	€ 6.50	€ 8.50
Chicken and Mushroom Cream Sauce <i>Pasta tossed in a creamy sauce with chicken and mushrooms</i>	€ 7.00	€ 9.00
Al Salmone <i>Pasta tossed in fresh salmon cooked in white wine, light tomato and cream sauce</i>	€ 7.00	€ 9.00
Octopus <i>Pasta tossed in traditional maltese octopus sauce</i>		€11.50

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Pizza

Served Monday to Saturday from 18.00

Sunday from 12.00

All pizzas are finished with oregano

Garlic and Anchovies

€ 5.90

Garlic butter, anchovies and finished with olive oil

Margherita (V)

€ 5.90

Tomato sauce and mozzarella

Funghi (V)

€ 6.90

Tomato sauce, mozzarella and mushrooms

Quattro Formaggi (V)

€ 7.50

Tomato sauce, mozzarella, cheddar cheese, blue cheese and parmesan cheese

Capricciosa

€ 7.50

Tomato sauce, mozzarella, mushrooms, ham, egg, artichokes hearts and black olives

Pepperoni

€ 8.50

Tomato sauce, mozzarella and pepperoni

Tonno

€ 8.50

Tomato sauce, mozzarella and tuna

Reflections

€ 9.50

Tomato sauce, mozzarella, ham, chicken, pepperoni, green peppers, sweet corn and BBQ sauce

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Meats and Poultry

All served with Salad or Vegetables and Fries or Roast Potatoes unless noted otherwise

Sirloin 350g	€17.50
<i>Grilled to your liking with a choice of garlic butter, peppered, blue cheese or mushroom sauce</i>	
Rib-Eye 350g	€21.50
<i>Grilled to your liking with a choice of garlic butter, peppered, blue cheese or mushroom sauce</i>	
Fillet 300g	€23.00
<i>Grilled to your liking with a choice of garlic butter, peppered, blue cheese or mushroom sauce</i>	
Steak Pie	€ 8.50
<i>Beef steak chunks, braised in gravy with onions and garlic. Encased with puff pastry served with peas and fries</i>	
Chicken Schnitzel	€12.50
<i>Juicy chicken breast covered in golden breadcrumbs</i>	
Grilled Chicken Breast	€12.50
<i>Served with a choice of peppered or mushroom sauce or topped with bacon and basted in hickory BBQ sauce</i>	
Half Rack of Pork Ribs	€10.50
<i>Basted and glazed with hickory smoked BBQ sauce and grilled to perfection</i>	
Rack of Pork Ribs	€15.50
<i>Basted and glazed with hickory smoked BBQ sauce and grilled to perfection</i>	
Combo Pork Ribs and Chicken Wings	€17.50
<i>A combination of half rack of pork ribs basted with hickory smoked BBQ sauce and crispy chicken wings</i>	

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Cumberland Sausages € 9.50

5 sausages served with mashed potatoes and onion gravy

Bragoli – Beef Olives €15.50

Thinly slices of beef stuffed with mincemeat, onions, garlic, parsley, carrots and boiled egg, cooked with carrots, peas, tomato sauce and potatoes

Rabbits are served by a pre-order

Fenek Moqli - Fried Rabbit €14.50

Cooked with wine, olive oil, garlic and parsley

Fenek biz-Zalza - Rabbit Stew €15.90

Stewed in a traditional style with wine, garlic, carrots, potatoes and tomato sauce

Fish

Ale Batter Cod Fillet € 8.80

Served with mushy peas, tartar sauce and chips

Scampi € 9.00

8 Breaded Scampi served with wedge of lemon tartar sauce and chips

Bowl of Mussels €12.00

Cooked in anisette with cherry tomatoes, garlic, herbs and light curry sauce

Norwegian Grilled Salmon €13.00

Grilled with herbal crust

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Homemade Burgers

All served with Salad and Fries

Beef Burger	€ 7.60
<i>Grilled and served in a sesame bun with fried onions</i>	
Cheese Burger	€ 8.00
<i>Grilled and served in a sesame bun with melted cheddar cheese and fried onions</i>	
Beef Burger with Blue Cheese	€ 8.80
<i>Grilled and served in a sesame bun with melted blue cheese and fried onions</i>	
Deluxe Burger and Onion Tower	€10.50
<i>Grilled and basted with our famous BBQ sauce. Layered in a sesame bun with grilled bacon slices, melted cheese, fried onions, all topped up with a stack of beer battered onion rings</i>	
Reflections Burger – 300grs	€11.00
<i>Grilled and layered with mushrooms, bacon and topped with melted cheese and fried onions served in sesame bun</i>	
Crispy Chicken Burger	€ 9.00
<i>Deep fried chicken breast, topped with mayo served in a sesame bun</i>	
Grilled Chicken Burger	€ 8.50
<i>Grilled chicken breast served in a sesame bun</i>	
Veggie Burger (V)	€ 7.90
<i>Breaded vegetable burger served in a sesame bun</i>	

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Wraps

All served with Fries

Tuna	€ 7.00
<i>Tuna, olives and pickle cucumbers served in tortilla wrap</i>	
Crispy Chicken	€ 7.00
<i>Crispy breaded chicken served in tortilla wrap with lettuce, tomatoes and herb mayo</i>	
Grilled Chicken	€ 7.00
<i>Grilled chicken breast served in tortilla wrap with lettuce, tomatoes and herb mayo</i>	
Doner style Lamb Tortilla	€ 7.50
<i>Middle –eastern spiced marinated and slow cooked tender lamb shoulder, with shredded vegetables and cheese, all wrapped in a flour tortilla</i>	

Kids Menu

6 Chicken Nuggets with Chips	€ 4.95
6 Fish Fingers with Chips	€ 4.95
4 Sausages and Chips	€ 4.95
Macaroni Cheese (V)	€ 4.95
Kids Pizza (Served from 6.00pm)	€ 4.95
<i>Tomato sauce, mozzarella, sausages and eggs</i>	

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Side orders and Extras

	<i>Small</i>	<i>Large</i>
Chips	€ 2.00	€ 3.50
Cheesy Chips		€ 3.80
Cheesy Chips and Bacon		€ 4.60
Mushroom or Pepper Sauce		€ 1.50
Salad or Vegetables		€ 2.00
Onion Rings		€ 2.00
<i>Extras are available for complimenting your meals or toppings</i>		<i>Price per extra</i>
Egg, Cheese, Bacon, Sausage, Pepperoni		€ 1.00

Desserts

2 Scoops Ice Cream <i>Strawberry, Vanilla, Chocolate</i>	€ 3.50
Imqaret (Maltese Pastry) <i>Traditional fried date fritters served with vanilla ice-cream</i>	€ 4.00
Profiteroles <i>Pastry balls, filled with vanilla cream and coated with milk chocolate</i>	€ 4.00
Warm Chocolate Fondant <i>Baked chocolate pudding with a melting soft centre</i> <i>Served with chocolate sauce and vanilla ice-cream</i>	€ 5.80



Some dishes may contain traces of nuts and other allergies. Please ask your server for more information