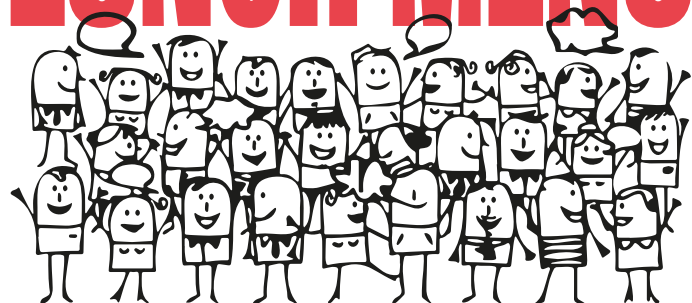


THE
OVEN

LUNCH MENU



NIBBLES

LITTLE
BITES TO
SHARE

CHEEZY NACHOS (V) (M) (C) (E) (SU)	€4.50
NACHOS GRANDE (V) (M) (C) (E) (SU)	€7.00
Cheesy nachos with sour cream, chopped tomatoes, jalapeños and coriander.	
CHICKEN WINGS (6PCS) (SPICY/BBQ) (SO) (SU)	€5.90
CHICKEN WINGS (9PCS) (SPICY/BBQ) (SO) (SU)	€7.90
CHICKEN TENDERS (4PCS) (SPICY/BBQ) (SO) (SU) (C) (E)	€7.00
JALAPEÑO DIPPERS (4PCS) (V) (M) (C) (E) (SU)	€5.00
MOZZARELLA STICKS (6PCS) (V) (M) (C) (E) (SO) (SU)	€5.00
GARLIC BREAD (V) (M) (C)	€4.20
GARLIC BREAD WITH MOZZARELLA (V) (M) (C)	€5.50
FRIES (SU)	€3.00
SWEET FRIES (SU)	€3.90
ONION RINGS (8PCS) (M) (C) (E) (SU)	€4.00
CHICKEN NUGGETS (6PCS) (M) (C) (E) (SU)	€5.00

SALADS

NOT
TOSSED
TOGETHER!

THE NEW ITALIAN (M) (C) (N)	€7.95
Burrata, mortadella, couscous, feta cheese, cherry tomatoes, sweet corn and rucola.	
THE MALTESE (M) (F) (C)	€6.95
Tuna, Gozo cheese, sun-dried tomatoes, feta cheese, couscous, green olives, lettuce, rucola and extra virgin oil.	
SALMON SALAD (M) (F) (C)	€8.95
Couscous, sliced salmon, lettuce, cherry tomatoes, rucola, sliced green olives, feta cheese, served with a lemon wedge.	

ADD PREMIUM ITEMS - €3.50

Add extra marinated beef, fajita mix, parma ham, chicken, burrata, sliced salmon and bufala.

ADD EXTRA ITEMS - €1.20

Ask your server for items option.

SALAD BAR

FRESH,
CRISPY,
HEALTHY

CHICKEN CAESAR (C) (M)	€8.50
Tender pieces of chicken mixed with iceberg lettuce, rucola, bacon, croutons, cherry tomatoes, parmesan shavings and caesar dressing.	
FAJITA SALAD (M)	€9.00
Homemade strips of beef marinated with mexican spices, cooked peppers and onions, cherry tomatoes, sweet corn, red kidney beans, lettuce, rucola, sour cream and coriander.	
CHICKEN'S NEST (M) (SO) (C) (E) (SE) (SU)	€8.00
Crispy chicken breast on a bed of lettuce, rucola and cherry tomatoes with a side of honey.	
TUNA (M) (E) (F)	€8.50
Iceberg lettuce, rucola, feta cheese, tuna, sliced green and black olives, cherry tomatoes, onions, eggs, drizzled with balsamic glaze.	
ASIAN FUSION (HOUSE SPECIAL) (M) (SO) (SE)	€9.00
A generous amount of marinated beef (The Oven style) fried but not deep fried, served over iceberg lettuce, cherry tomatoes, red cabbage, rucola, feta cheese, drizzled with balsamic glaze.	
THE PARMABUF! (M)	€9.00
Parma ham, iceberg lettuce, rucola, fresh basil, feta cheese, cherry tomatoes, mozzarella di bufala, drizzled with balsamic glaze.	
GREEN SALAD (V) (M)	€5.50
Iceberg lettuce, rucola, fresh basil, feta cheese, cherry tomatoes, olives, red cabbage, drizzled with balsamic glaze.	

ADD SOME FLAVOUR - €0.50

Try our side dressings! Choose from Honey mustard, sweet balsamic glaze or our traditional caesar salad dressing.

CIABATTAS

SERVED
TILL 5PM
BURSTING
WITH FLAVOUR
INSIDE

TRADITIONAL (M) (C)	€4.50
Homemade sauce, mozzarella and ham.	
THE VEGETARIAN (V) (M) (C)	€7.00
Homemade sauce, aubergines, sliced tomatoes, mozzarella, parmesan shavings and rucola.	
THE TUNA BITE (M) (C) (F) (E)	€6.00
Tomatoes, lettuce, tuna, eggs, mayonnaise.	
LITTLE ITALY (M) (C)	€8.00
Tomatoes, fresh burrata, parma ham, rucola, balsamic glaze.	
THE LOCAL (M) (C) (F)	€6.00
Homemade sauce, lettuce, tuna, capers, sliced tomatoes, sliced green olives, onions and peppered Gozo cheese.	
CHICKEN DELIGHT (M) (C) (E) (MU)	€7.00
Tender pieces of chicken tucked into your ciabatta with iceberg lettuce, bacon, egg, onions, tomatoes, honey mustard and mayonnaise.	
LICK THAT CHICK! (M) (C)	€6.50
Tender pieces of chicken, cheddar cheese, tomatoes, iceberg lettuce, pickles and mango chutney.	
HEY PESTO! (M) (C)	€7.50
Homemade pesto sauce, mozzarella, parma ham, tomatoes, feta cheese and rucola.	
THE FRESH PRINCE (M) (C) (F)	€9.45
Burrata, salmon, lettuce.	

ADD PREMIUM ITEMS - €2.00

Chicken, Parma Ham, sliced Salmon, burrata and bufala.

ADD EXTRA ITEMS - €1.00

Ask your server for items option.

FTIRAS



SERVED
TILL 5PM
CRISPY BREAD
WITH HEARTY
FILLINGS

AW LILLY! (Hey There!) (C)(M)(N)(SU)(SE)	€8.45
Homemade pesto, burrata, mortadella, rucola, sun-dried tomatoes and crispy onions.	
AW LOVELY! (Hey Lovely) (C)(M)(SE)	€8.45
Burrata, guanciale, sliced tomatoes, grana shavings, rucola.	
TAL-PEPE' (Maltese English) (C)(M)(F)(SE)	€6.45
Homemade pesto, salmon, feta cheese, rucola, sliced tomatoes.	
X'DAQTEJN FIK (Slap you Twice) (C)(M)(F)(E)(SU)(SE)	€5.95
Red pepper and honey sauce, tuna, feta cheese, sliced tomatoes, crispy onions and rucola.	
TAL-MALTIN (of the Maltese) (C)(M)(F)(SE)	€5.45
Homemade sauce, tuna, Gozo cheese, sliced tomatoes, capers, green olives, onions and extra virgin oil	
L-ANNIMAL (The Animal) (C)(M)(E)(SE)	€7.95
Crispy chicken, pepperoni, jalapeños, nacho cheese, sour cream, lettuce and fresh cilantro.	
IL-MAZZA (The Sledge Hammer) (C)(M)(E)(SE)	€7.45
Crispy chicken, guanciale, sliced tomatoes, lettuce, crispy onions and ranch dressing.	
INT BI SERJETA! (Are you Serious!) (C)(M)(E)(SE)	€5.45
Homemade sauce, mortadella, Gozo cheese, Maltese sausage, caponata and extra virgin oil.	
BAJD U LAHAM (Egg and Meat) (C)(M)(E)(SE)	€5.45
Fried egg, sliced beef, cheese, cooked onions, sliced tomatoes, lettuce and ketchup.	
BAJD U BEJKEN (Egg and Bacon) (C)(M)(E)(SE)	€5.45
Fried egg, bacon, cheese, cooked onions, sliced tomatoes, lettuce and ketchup.	
BAJD U LILU (Egg and Sausage) (C)(M)(E)(SU)(SE)	€5.45
Fried egg, pork sausage, cheese, cooked onions, sliced tomatoes, lettuce and ketchup.	
TOP IL-FULL (Fill it Up) (C)(M)(E)(SU)(SE)	€7.45
Fried egg, sliced beef, pork sausage, streaky bacon, cheese, cooked onions, sliced tomatoes, lettuce and ketchup.	
IL-VERGNI (The Virgin) (V)(C)(SU)(SE)	€6.45
Homemade sauce, vegan cheese, sweet corn, tomatoes, rucola and aubergines.	
AW SABIHA! (Hey Beautiful) (C)(M)(SE)	€5.45
Parma ham, grana shaving, sliced tomatoes and rucola.	
AHRAQLI HALQI (Burn my Mouth) (C)(M)(SE) 🌶️🌶️	€8.45
Spicy salami, nduja, burrata, red chillies and caramelised onions.	
KEMM INT HELU (You're so Sweet) (C)(SE)	€5.95
Chicken, mango chutney and sliced tomatoes.	

+ **ADD GLUTEN-FREE 'FTIRA' BREAD - €1.80***

All ftiras are served toasted. *Please note that our gluten free option is not suitable for celiacs. Whilst we take great care, there are still risks of cross contamination. **Note: This option is smaller than the normal ftira.**

MILKSHAKES

THICK &
DELICIOUS!

CHOCOLATE (M)(C)(E)(N)(P)	€4.90
Chocolate ice cream, milk, Nutella, chocolate syrup, topped with whipped cream and chocolate powder.	
SALTED CARAMEL (M)(C)(E)(N)(P)	€4.90
Salted Caramel ice cream, milk, Hershey's chocolate syrup, caramel syrup, topped with whipped cream and chocolate powder.	
OREO (M)(C)(E)(N)(P)	€4.90
Vanilla ice cream, milk, crushed Oreo, chocolate syrup, topped with whipped cream and chocolate powder.	
COOKIES 'N' CREAM (M)(C)(E)(N)(P)	€4.90
Vanilla Ice cream, milk, chocolate chip cookies, chocolate syrup, topped with whipped cream.	

TRY OUR FTIRAS!

"crispy bread with hearty fillings".



WRAPS

LIGHT,
WHOLESOME,
AND PACKED
WITH FLAVOUR

CHICKEN CAESAR (M)(C)(E)	€7.50
Chicken, bacon, lettuce, grana shavings, tomatoes and caesar dressing.	
CHIPOTLE (M)(C)(E) 🌶️🌶️	€7.50
Chicken, couscous, mozzarella, jalapeños, peppers and chipotle sauce.	
SPICY CHICK (M)(C)(E)(SO)(SU)	€7.95
Couscous, sliced tomatoes, onions, spicy crispy chicken, lettuce and ranch dressing.	
MEXICAN (M)(C)(E)	€7.95
Marinated beef with mexican spices cooked with peppers and onions, couscous, red kidney beans, sweet corn, tomatoes, fresh cilantro, rucola and sour cream.	
TUNA & FETA (M)(C)(E)(F)	€6.50
Couscous, tuna, feta cheese, cherry tomatoes, red pepper and honey sauce, sweet corn and rucola	
CRISPY CHICKEN (M)(C)(E)(SO)(SU)	€6.95
Couscous, crispy chicken, lettuce, onions, sweet corn, tomatoes and ranch dressing.	

BEVERAGES

*Excl. BCRS

PAIR YOUR
FAVOURITE
MEAL WITH
THE PERFECT
DRINK!

SOFT DRINKS (50CL)	€2.40
CISK LAGER (50CL)	€2.70
CISK EXCEL (50CL)	€2.90
SKOL LAGER (50CL)	€1.90
HEINEKEN (25CL)	€2.30
SHANDY (33CL)	€1.90
MULTIVITAMIN JUICE (50CL)	€2.40
ORANGE JUICE (50CL)	€2.40
ICED TEA - LEMON OR PEACH (50CL)	€1.90
BITTER LEMON	€2.40
WATER (50CL)	€1.00
SPARKLING WATER	€1.90
MONSTER (50CL)	€2.70
GO & FUN (25CL)	€2.00
REDBULL (25CL)	€2.50
RED/WHITE WINE (GLASS)	€3.50
RED/WHITE WINE (BOTTLE)	€9.00

HOT DRINKS

SAVOUR A
SWEET TREAT
ALONGSIDE
YOUR GO-TO
HOT DRINK.

AMERICANO	€1.30
ESPRESSO / MACCHIATO / LUNGO	€1.30
CAPPUCCINO	€1.80
LATTE	€2.00
TEA	€1.00
HOT CHOCOLATE	€2.50

THEOVEN

THEOVENMALTA

THEOVEN.COM.MT

(V) VEGETERIAN (C) CEREALS (M) MILK (F) FISH (E) EGG (N) NUTS (P) PEANUT (MO) MOLLUSCS (CR) CRUSTACEANS (MU) MUSTARD (SO) SOYA (SE) SESAME (SU) SULPHURDIOXIDE