



“Passion, attention and the finest raw ingredients that nature has to offer are the three main elements of the Lore & Fitch steak experience. Every member of our team is passionate about what they do and they carry out their craft with constancy. This is what we built our promise upon and we hope that your experience today will be as gratifying to you as is the opportunity for us to serve you”



A STORY *in* *Four* *Courses*

Antipasto

Our Story begins on the not so far away island of Sicily where two young brothers spent their childhood days skiving school, playing football in the streets of Ragusa and chasing girls! Trying to tame these two young ragamuffins who were partners in crime in virtually everything was an arduous task for their parents, so much so that in the village where they lived they were affectionately known as i monelli Lorefice (the mischievous Lorefice brothers).

However as they started growing up it was clear that the eldest sibling, Riccardo, had inherited his grandmother's sharp business sense whilst Luca, shared the same passion and love for cooking and food as his mother and father, who owned a popular restaurant amongst the locals of Vittoria called La Goletta. Riccardo was keen to follow in his grandmother's footsteps and strongly rebelled against his father's desire for him to become a white collar worker. In fact no amount of warnings, punishments, threats or lock-ins sufficed to dampen his strong desire to obtain his independence and pursue his own path.

Primo Piatto

By the time he was in his teens his father conceded defeat. It was clear that his eldest son had dreams and ambitions which were far bigger than what the island could offer him. However victory came at a price and Riccardo found himself catapulted into the adult world at a very young age. The strong bond between the two young brothers was such that after a short stint in trying to pursue his own dreams, Luca faithfully returned by his brother's side and together they decided to take over the family restaurant LA GOLETTA. It was an arduous task for these two young men to follow the lore of culinary recipes that transcended in time from one family member to another. But with patience and perseverance they slowly started learning the ropes and making a name for themselves.



Secondo Piatto

Now not every tale finishes with ‘..and they lived happily ever after’ and this little story is no different! Still young and adventurous the Lorefice brothers started getting restless and longed for a new horizon, which just happened to be directly south of Sicily right in the middle of the Mediterranean Sea! Armed with just their family recipes, a good dose of cheeky charm and a hilariously funny English accent the Lorefice’s embarked on their first business venture on the sunny island of Malta, where they took over the then renowned restaurant BORSALINO.

Their fresh and colourful approach to cooking coupled with their respect for tradition were the perfect ingredients to quickly win over the hearts of many. This was encouragement enough for the siblings to take another bold step by opening their own joint called Ristorante Tana del Lupo which brought a proper traditional Sicilian kitchen to Malta. I MONELLI FOOD EXPERIENCE™ was the siblings second project and another success story for Riccardo’s insatiable appetite for creating new concepts and Luca’s determination to put the family name high amongst the stalwarts of gastronomy.

Il Dolce

Colin Powell once said, “A dream doesn’t become reality through magic; it takes sweat, determination and hard work”.

And it so happened that Riccardo had yet another dream, that of creating a boutique steak experience. Together with Luca he carefully crafted every aspect of what he wanted this dining affair to be. He moved away from the mainstream and gave a new dimension to the traditional steakhouse by marrying the finest cuts of meat, with an unparalleled wine selection, to an intimate, cool and relaxing dining space, suggestive of a high-end Manhattan speciality shop with strong undertones of Italian elegance and style... and it was called LORE & FITCH STEAKS™ .



KNOW YOUR BEEF

USDA Prime Beef

Anyone that has savoured a USDA Prime Graded Steak knows that it is delightfully tender and juicy with a buttery flavour that makes it distinctively superior to any other American steak. Of all the beef produced in the US, less than 2% is certified as USDA Prime.

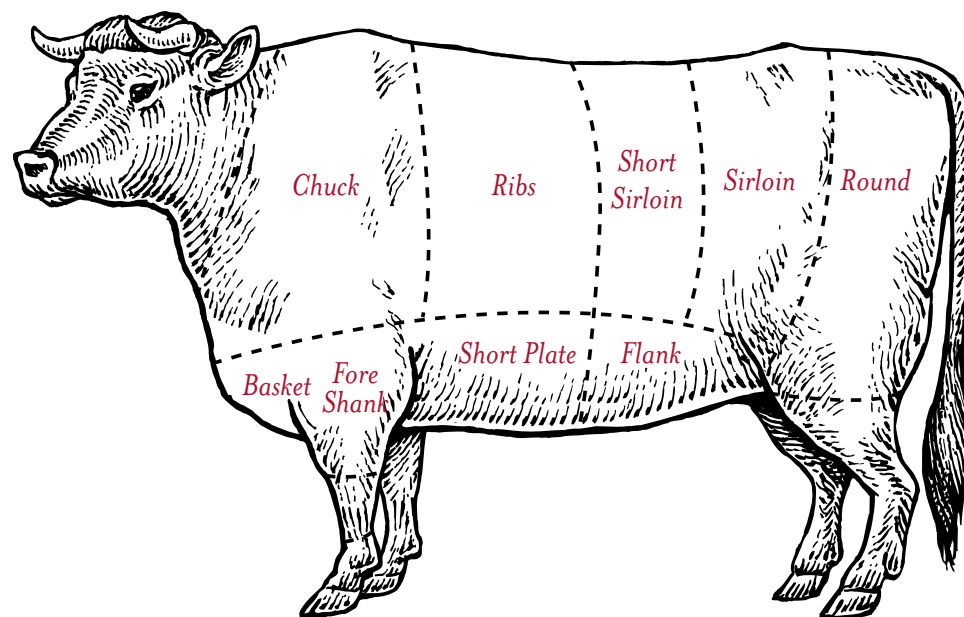
The grading system determines the quality rating of beef based upon a very complicated inspection system which essentially measures the amount of marbling (fat specs) in the rib eye muscle (lean) portion and combines the maturity (age) of the beef carcass to arrive at the inspected grade quality.

Basically the higher the ratio of marbling and the younger the beef, the higher the grade. It is the fat marbling that determines tenderness, juiciness and flavour. The age of the beef determines beef texture and also effects flavour. Younger beef produces a finer texture and a lighter red colour.

Scottona

Scottona is a young female bovine that has never been pregnant, and is not more than 15/16 months old. These two features are essential to ensure an ideal muscle development to provide beef of an exceptional and distinctive taste. Scottona meat is recognised by small infiltrations of fat in the muscle mass, known as marbling. During the cooking process, the marbling will melt thus giving the meat a delicious taste and the famed tenderness associated to this beef.

Scottona owes its name to a farmer, who raised cattle, and was forced to lead to the slaughter a young female cow that had failed to impregnate and felt 'scottato' (burned) by this loss.



Grain Fed Black Angus Beef

Black Angus beef is derived from superior Black Angus cattle, grain fed for 150 to 170 days on a specifically formulated high energy grain diet. The cattle are only bred from the best bloodlines and are independently verified as being 100% Black Angus, having no added hormones and being free from antibiotics.

Black Angus cattle have the unique advantage of being predominately bred, grown and grain fed in the prime agricultural region of the Liverpool Plains in New South Wales. The cattle enjoy a stress free life-cycle which supports safe, healthy and consistently marbled beef.

New Zealand Meat

New Zealand's cattle are raised in free-range open fields all year round and live on a natural diet of fresh pasture, grass and nutrient-rich clover - eliminating the need for grain feeding and nutritional supplements. A temperate climate also means the livestock do not need energy-intensive housing during the winter months.

New Zealand's sophisticated meat industry produces products that are tender, flavoursome and healthy. Their focus on healthy animals living in good conditions, which are pasture-fed and naturally raised, gives the New Zealand meat a unique and much sought-after flavour.

Piedmontese Meat

Exceptionally lean and incredibly tender, Certified Piedmontese beef provides a healthier beef option without sacrificing flavour. Certified Piedmontese cattle are each DNA tested to confirm their unique heritage. Not only is the beef much lower in fat, the cattle are never given antibiotics or steroids. This rare breed is raised through a ranch-to-fork approach that ensures traceability, environmental sustainability, humane animal handling and responsible resource management at every step.

The Piedmontese breed originated in the Piedmont region of northwest Italy, where it was first discovered among the region's robust history of fine wines and rich cuisines over 100 years ago. Prized for its noticeably heavy musculature, the breed's unique genetic composition means that these cattle naturally develop a significantly greater muscle mass compared to conventional cattle. At the same time, muscle fibers remain tender without the need for excess marbling. The result is consistently superior beef that is both lean and tender.



ANTIPASTI - TO START WITH

<i>La Caprese</i> (V) (L) Buffalo mozzarella and tomatoes with a generous drizzle of basil infused oil	€ 13.00
<i>La Bruschetta</i> (G) (L) A fresh and light mixture of cherry tomatoes, garlic, extra virgin olive oil and oregano served on crispy Maltese bread	€ 9.00
<i>Polpettine alla Napoletana</i> (E) (G) (L) (N) A classic Neapolitan dish of homemade beef meatballs in a rich tomato sauce	€ 13.00
<i>Arancini, Empanadas Argentine</i> (G) (L) (E) Home-made combo of rice balls stuffed with saffron, mozzarella and ham Fried pizza dough stuffed with stir fried beef, green olives and ragusano cheese	€ 14.50
<i>Tris di Hamburger</i> (G) (L) (E) Mini hamburgers in three different varieties: White bun, beef burger and BBQ sauce White bun, chicken, avocado and curry mayonnaise Black bun, Salmon, sour cream and lime	€ 19.00
<i>Mozzarella in Carrozza</i> (G) (L) (E) Breaded and deep fried bread loaf slice with mozzarella and anchovies filling, served on a creamy tomato sauce	€ 11.00

Dear guests, if you have any allergy or dietary restriction, please inform your waiter and our chefs will be happy to accomodate your needs.

ANTIPASTI - TO START WITH

<i>Gamberoni in Tempura (G)</i> Fried fresh king prawn in batter served with sweet chilli sauce	€ 19.00
<i>Il Ragusano Piastrato (V) (L)</i> A mouth-watering starter of grilled Ragusano DOP cheese served with a homemade marmalade	€ 13.00
<i>Insalata di Polipo e Patate</i> Mediterranean flavours are brought to life with a simple salad of warm octopus and potatoes, combined with tomatoes and Taggiashe olives	€ 18.00
<i>Tris di Salsiccia alla Griglia</i> A succulent trio of grilled sausages, spicy sausage with chilli, sausage with fennel and the classic Tuscan sausage served with Dijon mustard	€ 14.00
<i>Il Carpaccio a Modo Nostro (L)</i> A handful of finely sliced raw beef, laid on a bed of green leaf salad, Girgenta goat robiola cheese, finished with tomato confit	€ 16.00
<i>La Classica Tartare (E)</i> Steak tartare seasoned with English mustard, onions, capers, anchovies, raw egg, lemon and Worcestershire sauce	€ 17.00

DOP - Denominazione di Origine Protetta (Protected Denomination of Origin)
(E) Contains Eggs (G) Contains Gluten (L) Contains Lactose (N) Contains Nuts (V) Vegetarian Dish

All prices are
inclusive of VAT



DALLA SALUMERIA - FROM THE DELI

<i>Tagliere di Formaggi Misti x 2 (L) (N)</i>	€ 22.00
A delectable cheeseboard serving Girgentana goat and dairy cow cheeses, accompanied by a mixture of fresh dried fruits and complimented by our homemade marmalade of carob honey	
<i>Tagliere di Salumi x 2 (N) (L) (G)</i>	€ 22.00
Lore & Fitch signature platter of cured meats	
<i>Tacos (L)</i>	€ 20.00
A Traditional Mexican corn tortilla, with a rich beef stuffing, bell peppers, onion, avocado, chilli, paprika, guacamole, cumin, cheddar cheese and iceberg lettuce	

INSALATONE - HEALTHY & TASTY

<i>La Caesar (G) (L)</i>	€ 18.00
Romaine lettuce with grilled chicken strips, crispy bacon, anchovy fillets, Parmigiano Reggiano shavings, homemade croutons and Caesar dressing	
<i>Al Salmone (N)</i>	€ 18.00
Mixed salad with pan-fried Norwegian salmon, pineapple, avocado, lime, cherry tomato and black sesame seeds	
<i>Vegan Salad (V)</i>	€ 14.00
Quinoa with avocado, cherry tomatoes, onions, sweet corn, cucumber, carrots, misticanza leaves topped with fresh herbs	
<i>Alla Mediterranea (V)</i>	€ 14.00
Mixed salad with grilled vegetables, cherry tomatoes, olives, capers seasoned with a vinegar emulsion	





PRIMI PIATTI - THE PASTA EXPERIENCE

<i>La Lasagnetta (G) (L) (E)</i> Rich baked lasagna, with minced meat, ham and melted provola ragusana cheese	€ 16.00
<i>Fagottini al Pesto di Noci (G) (L)</i> Speck and Fontina cheese dumplings, complimented with a flavoursome walnut pesto	€ 18.00
<i>Gnocchi Gorgonzola e Pistacchio</i> Dumplings with creamy gorgonzola sauce, pistachio slivers and crunchy bacon	€ 18.00
<i>Casarecci Salsiccia e Provola (G) (L)</i> Casarecci, with authentic Sicilian sausage, smoked provola cheese, cherry tomato and arugula sauce	€ 18.00
<i>Paccherotti alla Norma (V) (G) (L)</i> Paccherotti di Gragnano with pan-fried aubergines, tomatoes, salted ricotta cheese and fresh basil	€ 15.00
<i>La Zuppa del Giorno (G)</i> Soup of the day served with seasoned croutons	€ 8.00

DOP - Denominazione di Origine Protetta (Protected Denomination of Origin)
(E) Contains Eggs (G) Contains Gluten (L) Contains Lactose (N) Contains Nuts (V) Vegetarian Dish

All prices are
inclusive of VAT



I SECONDI DALLA CUCINA - OUR FAVOURITES

<i>La Classica Tagliata (L)</i> Beef Tagliata, topped with arugula, cherry tomatoes and parmesan	€ 29.00
<i>Costoletta d'Agnello</i> Grilled lamb chop rack	€ 36.00
<i>*L'Hamburger (G) (L) (E)</i> A 250g U.S.D.A. Prime beef burger topped with fried egg, bacon and cheese. Served with steakhouse fries	€ 20.00
<i>Chicken Burger</i> Breaded and grilled chicken breast, tomato, lettuce, coleslaw, garlic & tabasco mayonnaise, melted ragusano cheese, crispy bacon and sweet and sour onions, served with steakhouse fries	€ 20.00
<i>Trancio di Salmone</i> Grilled salmon, seasoned with herbs served with baked potatoes and a fresh orange and onion salad sided by a wasabi mayonnaise	€ 28.00
<i>1,250g Tagliata for 4 (L)</i> Beef tagliata served with parmesan shavings, cherry tomatoes, arugula and Gorgonzola sauce	€ 99.00

*Choice of Burger buns:
White, Multi-grain, Gluten free (€ 1.50)

All grilled meats are served with one choice of either roasted potatoes, French fries, sautéed vegetables or mixed salad. Extra sides can be ordered separately.
A charge of €2,00 will be applied to exchange any of the included choice with any extra side dish.

DOP - Denominazione di Origine Protetta (Protected Denomination of Origin)
(E) Contains Eggs (G) Contains Gluten (L) Contains Lactose (N) Contains Nuts (V) Vegetarian Dish

All prices are
inclusive of VAT



How would you like your steak?

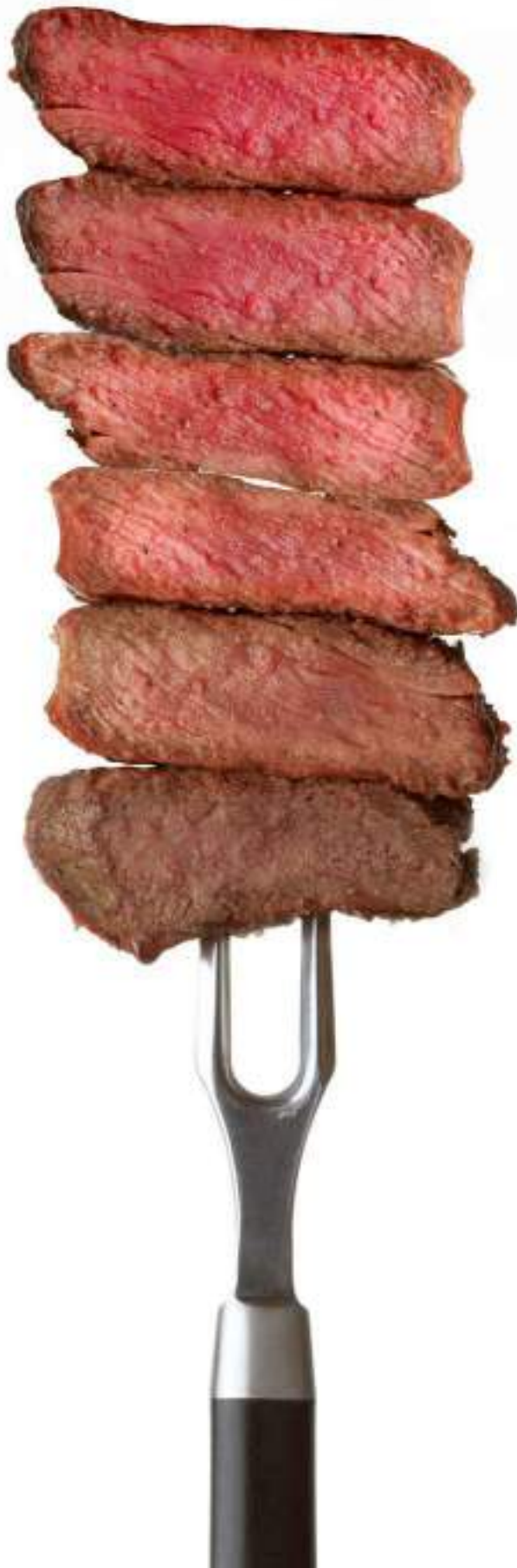
At Lore & Fitch we believe that the steak you order should be cooked perfectly to your expectations ensuring that you enjoy every bite.

Here is a guide to help you order your steak to the cooking temperature of your liking.



There are various ways you can ask to have your meat cooked:

Blue, Rare, Medium Rare, Medium, Medium to Well or Well Done. We would suggest that the best cooking temperature is Rare to Medium Rare however we would be glad to oblige with your preferred cooking temperature.



DEGREE OF DONENESS

Blue Rare (46°C/115°F)

Seared on the outside, completely red throughout. Meat remains gel-like in texture and difficult to chew; juices are not yet flowing freely.

Rare (52°C/125°F)

Seared and still red 75% through the centre. Once the heat transfer is completed during the resting period, you will have what we call The Perfect Steak - tender and juicy.

Medium Rare (57°C/135°F)

Seared with 50% red centre. Just passed the point of the Perfect Steak.

Medium (63°C/145°F)

Seared outside, 25% pink showing inside. Much drier and tougher than The Perfect Steak, but still palatable.

Medium Well (66°C/150°F)

Done throughout with a slight hint of pink. Past the point of no return.

Well Done (71°C/160°F)

100% brown - a bit too far gone for our liking.

LE SALSINE DELLO CHEF

Our special sauces to accompany your steak €3.00

Nduja (spicy)

BBQ (G) (L)

Sour Cream (G) (L)

Gorgonzola (G) (L)

Mushroom (G) (L)

Green Peppercorn (G) (L)

Bearnaise Sauce €5.00



I SECONDI DALLA GRIGLIA



FROM THE GRILL



I SECONDI DALLA GRIGLIA - FROM THE GRILL

<i>T-Bone Steak</i> 500g Scottona	€ 47.00
<i>Porterhouse Steak</i> 1,000/1,200g Piemontese Fiorentina. Suggested for 2	€ 99.00
<i>Rib / Bone-in Steak</i> 1,200g Tomahawk. Suggested for 2	€ 99.00
<i>Rib Eye</i> 350g U.S.	€ 49.00
350g Piemontese Veal	€ 30.00
300g Scottona	€ 35.00
<i>Fillet</i> 350g Scottona	€ 47.00
250g Australian	€ 42.00
<i>Striploin Steak</i> 350g U.S. New York	€ 45.00
300g Australian	€ 33.00
<i>Ribs</i> Full rack of BBQ Pork Ribs	€ 29.00

All grilled meats are served with one choice of either roasted potatoes, French fries, sautéed vegetables or mixed salad. Extra sides can be ordered separately.

A charge of €2,00 will be applied to exchange any of the included choice with any extra side dish.



DEGUSTAZIONE CARNE THE LORE & FITCH PRIME CUTS DEGUSTATION



Bowery Grill for 2

Veal Rib Eye 350g
Australian fillet tail 250g
Australian Striploin 300gr
2 Tuscan sausages

€ 110.00

de WAAL STRAAT for 4

Veal Rib Eye 350g
Scottona fillet 350g
U.S.D.A. Rib Eye 350g
U.S.D.A. Prime Striploin 350g
4 Tuscan sausages

€ 210.00

Queens Choice for 4-5

Tomahawk Steak 1,200g
Veal Rib Eye 350g
Australian fillet tail 300g
Striploin USDA 350g
U.S.D.A. Prime Rib Eye 350g
4 Tuscan sausages

€ 270.00

The meat degustations are served with grilled vegetables, French fries, jacket potato and two different sauces of your choice

I CONTORNI - FOR EXTRA COMPANY

<i>Purè di Patate (V) (L)</i> Mashed potatoes	€ 5.00	<i>Patata al Forno (V)</i> Roasted potatoes	€ 4.00
<i>Insalata Mista (V)</i> Fresh mixed salad	€ 4.00	<i>Patata Fritta (V) (G)</i> French Fries	€ 4.50
<i>Patata al Cartoccio (V)</i> Jacket potato served with fresh sour cream	€ 5.00	<i>Spinaci (V)</i> Fresh boiled spinach	€ 7.00
<i>Pure' di Patate al Tartufo</i> Truffled mashed potatoes	€ 7.00	<i>Coleslaw</i> Finely-shredded raw cabbage with mayonnaise	€ 4.50
<i>Patate Dolci Fritte</i> Fried sweet potatoes	€ 6.00		





Hand Made knives since 1895. At Coltellerie Berti each knife is produced by the hands of one craftsman. Whoever starts, ends it. This is the essence of the artisan method of the Berti Family, since 1895 retaining the real joy of owning a true craft knife in the wake of authentic tradition. Each Berti knife is engraved on the blade with the initials of the Artigiano that produced it.

These knives have been especially imported from Florence, Italy and exclusively available for sale at Lore & Fitch.

We are proud to be the exclusive agents for Berti Knives in Malta. The above is just a sample of the vast range available. Whilst any knife on display at our restaurant is available for sale, we would be more than happy to assist you with any order you might wish to make.



no.8 Fiorentino



no.12 Napoletano



no.29 Calabrese



no.30 Palmerino



no.33 Bersagliere



no.41 Amore



no.42 Amore



no.44 San Potito



no.47 Arburese



no.52 Mozzetta di David



no.53 Abruzzese



no.59 Senese



no.61 Vernante



no.63 Napoletano



no.68 Fiorentino



Prices available upon request.