



## A MATTER OF TASTE

### A BREAKFAST TRADITION

Many Maltese skip an early breakfast, opting instead for sweet tea and a pastizz (a savoury pasty filled with Ricotta or peas), Malta's national snack, on offer from hundreds of pastizzerias all over the island. They're inexpensive, and always warm due to the high demand.

### A FAMILY-RUN FEAST

If a restaurant tends to be packed with locals, it's usually a good sign. You'll need to reserve a table at family-run Rubino, one of Valletta's oldest restaurants. It serves local and Mediterranean style cuisine, and is famous for its Cassata Siciliana.

### DINNER FOR TWO

Possibly the most romantic dinner spot in Malta, Barracuda overlooks the enchanting bays of Balluta and Spinola. The sensitively restored 18th century villa in St Julian's houses one of Malta's premier fine-dining restaurants serving Mediterranean cuisine with the emphasis on fresh, local ingredients.



## A SIGHT TO BEHOLD

### EXPLORE VALLETTA

Malta's capital is one of the Mediterranean's architectural stars. In its tangle of narrow streets hide some of Europe's finest artworks, churches and palaces, and around every corner is something new to admire. Grab a map, and audio guide, or just wander.

### THE NOBLE CITY

Mdina claims to be one of the most beautiful inhabited medieval citadels in Europe. Decide for yourself - there's no traffic to interfere with your exploration of its narrow, timeless streets, before enjoying the wonderful views from the peaceful Fontanella gardens.

### INTO THE DEEP BLUE

The Blue Grotto caves and their pristine waters are one of Malta's natural wonders. They're part of a network of sea caves best reached by boat, so hop on board one of the licensed boats. But check the weather forecast, as any sign of a strong southerly wind sends everyone home.



## A PARTING GIFT

### THE NATURE OF GLASS

Each and every piece of Mdina Glass is handmade. Visit the crafts village at Ta'Qali to watch the highly skilled craftsmen and artists, and choose perfect gifts or souvenirs from thousands of unique and lovely pieces. Jewellery, lace, gold filigree and pottery are also crafted in the village.

### CATCH OF THE DAY

Malta is known for the freshest fish and the finest lace. Get up early and head to the Sunday Marsaxlokk market to find both. The pick of the catch comes in early, fresh off the fishing boats, and after shopping you can lunch in one of the many seafood restaurants around the picturesque bay.

### WORD ON THE STREET IS...

If you love fashion, the Baystreet Shopping Complex is without a doubt Malta's best and liveliest mall. Around 40 shops mingle with food stalls and restaurants, all of which stay open late, and shows by street performers and entertainers add to the buzz.

## Contacts

### A breakfast tradition

<http://www.malta.com/en/dining/maltese-specialities/pastizzi-recipe>

### Rubino

<http://rubinomalta.com/>

Rubino, 53 Old Bakery Street, Valletta

### Barracuda

<http://www.barracudarestaurant.com/#the-barracuda-l>

194/195 Main Street, Sliema, SLM05. Malta

### The Noble City

<http://www.visitmalta.com/en/mdina-and-rabat>

### Blue Grotto caves

<http://www.bluegrottomalta.com.mt/>

### The nature of glass

[https://www.mdinaglass.com.mt/en/home.htm#.WBDMQ\\_orLcs](https://www.mdinaglass.com.mt/en/home.htm#.WBDMQ_orLcs)

Mdina Glass, Crafts Village, Ta'Qali

### Catch of the day

<http://www.malta.com/en/attraction/shopping/marsaxlokk-market>

Xatt is-Sajjieda, Marsaxlokk, Malta

### The Baystreet Shopping Complex

<http://www.baystreet.com.mt/>

Baystreet Shopping Mall, St George's Bay, St Julians

## Our Malta hotels

### InterContinental Malta

