



18.5°c sea temp.

# WEDNESDAY

the 17<sup>th</sup> of January

## FROM *the* KITCHEN

FRESH SALMON TARTARE 30,000

lemon, pain de campagne

TUNA SANDWICH 29,000

Ortiz yellowtail tuna in olive oil,  
olive tapenade, organic boiled egg,  
romaine lettuce, pain de campagne

THE ROAST 28,000

seared Australian grass-fed beef fillet,  
medium rare, salsa verde, horseradish  
cream, arugula, pain de campagne

AVOCADO TOAST

with chia seeds, chili flakes  
on whole wheat, open-faced

+ gravlax, dry cured Scottish salmon 22,000

+ Scottish smoked salmon 25,000

\* five-grain gluten-free bread available +3,000

MARKET SALAD 10,000

seasonal greens, avocado,

mustard champagne vinaigrette

+ add your pick from the crates *crate price*

BLACK & BLUE SALAD 34,000

seared Australian grass-fed beef fillet,  
medium rare, arugula, parmigiano reggiano,  
lemon & olive oil dressing

KALE CAESAR SALAD BOWL 35,000

Scottish salmon fillet, kale & romaine, parmigiano  
reggiano, croutons, yogurt citrus vinaigrette

GINGER CARROT SOUP 11,000

carrot ginger and fresh turmeric

THE SWEETGREEN 17,000

baby spinach, mesclun, wild arugula, kale,  
apples & cranberries, grapes, chevre, misograitte

BOK CHOY-BROCCOLI BOWL 17,000

stir-fried greens & mushrooms

IKURADON 60,000

ikura & salmon sashimi over Japanese  
rice, cucumber, crispy salmon skin  
crackling, ponzu dressing

MATCHA-GREEN-TEA NOODLES

& STICKY PRAWN DONBURI 42,000

napa cabbage, salmon skin crackling,  
tom yum peanut vinaigrette

BEEF TACOS 28,000

grass-fed Australian  
beef tenderloin,

sriracha sauce,

on a flour tortilla



SMOKED FISH OF THE DAY 16,000

lemon, pain de campagne

FRESH CATCH OF THE DAY

pan seared, with broccoli & mange tout,  
lemon & olive oil sauce *priced daily*

BUTCHER'S CUT: YOUR CHOICE OF MEAT

with roasted potatoes, horseradish cream,  
salsa verde, and mustard *priced daily*

## FROM *the* CRATES

*crate price + plating fee*

DAILY SELECTION  
OF OYSTERS

ON THE HALF SHELL

+ 500 shucking fee per piece



YOUR CHOICE OF SASHIMI + 5,000

served with wasabi & soy sauce

YOUR CHOICE OF SMOKED FISH + 5,000

served with lemon, pain de campagne

SIDE

ASIAN

13,000

FORBIDDEN RICE BOWL

13,000

SWEET

CAKE

10,000

PUDDING

*priced daily*

DRINKS

WATER

*small 4,500*

SAN PELLEGRINO

*small 7,500*

WINE OF THE DAY

*priced daily*

SAKE OF THE DAY

*glass 15,000*

PROSECCO

*glass 15,000 bottle 74,000*

BEER 961 Lager 10,000

*hitachino hand-crafted Japanese 16,500*

POMEGRANATE JUICE 13,000

LEMONGRASS ZINGER 13,000

*with apples & ginger*

ESPRESSO / TEA 6,000

CONSUMING RAW OR UNDERCOOKED SEAFOOD, MEAT OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS ESPECIALLY IF YOU HAVE A MEDICAL CONDITION

*aishti by the sea, jal el dib / 04 725 781 / theshop@meatthefish.com / #meatthefish / #mtfseaside*