



17.5°c sea temp.

# THURSDAY

the 22<sup>nd</sup> of March

## FROM *the* KITCHEN

FRESH SALMON TARTARE 30,000

lemon, pain de campagne

SMOKED FISH OF THE DAY 16,000

lemon, pain de campagne

MARKET SALAD 10,000

seasonal greens, avocado, mustard

champagne vinaigrette

+ add your pick from the crates crate price

AVOCADO TOAST

chia seeds, chili flakes on whole

wheat, open faced

+ gravlax, dry cured Scottish salmon 22,000

+ Scottish smoked salmon 25,000

\* gluten-free breads available +3,000

BLACK & BLUE SALAD 34,000

seared Australian grass-fed beef fillet,

medium rare, arugula, parmigiano reggiano,

lemon & olive oil dressing

MAINE-STYLE LOBSTER ROLL 38,000

on a split-top soft bun with marie-rose dressing

BOK CHOY-BROCCOLI BOWL 17,000

stir-fried greens & mushrooms

TURKEY, BRIE & AVOCADO SANDWICH 27,000

roasted turkey breast, brie, avocado, arugula,

basil pesto mayo, pain de campagne.

THE SWEETGREEN 17,000

baby spinach, mesclun, wild arugula, kale,

apples & cranberries, grapes, chevre, misograitte

TACOMACO 24,000

grilled organic chicken,

black bean & corn salsa,

avocado crema & magic sauce



FRESH LOBSTER SALAD 70,000

lettuce greens, avocado pears, citrus spark

THE "COD WITCH" 26,000

beer-battered cod, magic sauce,

in a soft bun, side of coleslaw

UDON-BEEF DONBURI 34,000

glazed beef tenderloin tips

& broccoli with

udon noodles,

ginger soy vinaigrette



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

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

## SIDES

ASIAN RICE BOWL 8,000

FORBIDDEN RICE BOWL 10,000

## SWEET

CAKE 10,000

PUDDING priced daily

## DRINKS

WATER

small 4,500

SAN PELLEGRINO

small 6,000

WINE OF THE DAY

priced daily

SAKE OF THE DAY

glass 15,000 bottle 90,000

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