



28.5°C sea temp.

# WEDNESDAY

the 23<sup>rd</sup> of August

## FROM *the* KITCHEN

### FRESH SALMON TARTARE

lemon, pain de campagne 35.000

### TUNA SANDWICH 29.000

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

### THE ROAST 27.000

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 21.000  
+ Scottish smoked salmon 27.000  
\* 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

### CHIRASHI BOWL 70.000

fresh sashimi, over Japanese rice: ikura+salmon+hamachi+scallops +seabream+avocado+cucumber, crispy salmon skin crackling, ponzu dressing

### CHIRASHI SLATE 73.000

ikura+salmon+hamachi+scallops +seabream+avocado+grilled asparagus, crispy salmon skin crackling, ponzu dressing

### MATCHA-GREEN-TEA NOODLES & STICKY PRAWN DONBURI 46.000

with napa cabbage, salmon skin crackling, tom yum peanut vinaigrette

### BEEF TACOS 28.000

grass-fed Australian beef tenderloin, sriracha sauce, on a flour tortilla



### KALE CAESAR SALAD BOWL 32.000

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

### FRESH CATCH OF THE DAY

meat or fish crate price + 30.000

### SMOKED FISH OF THE DAY: SWORDFISH

lemon, pain de campagne 16.000

## 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

ROASTED POTATOES 6.000

ASIAN *or* FORBIDDEN RICE BOWL 11.000

CHARRED MANGETOUT & BROCCOLI 14.000

## SWEET

CAKE 10.000 PUDDING 10.000

## DRINKS

### WATER

small 4.500

### SAN PELLEGRINO

small 7.500

### WINE OF THE DAY

glass 13.000 bottle 79.000

### SAKE OF THE DAY

glass 12.000

### PROSECCO

glass 12.000 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