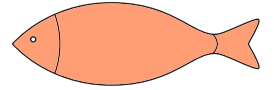


# MEAT *the* FISH



## SALADS

### KALE CAESAR & SALMON BOWL

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

### THE SWEETGREEN

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

### MARKET SALAD

*seasonal greens, avocado, mustard champagne vinaigrette  
+ add your pick from the crates crate price  
+ beyond vegan patty crate price*

### BLACK & BLUE SALAD

*seared Australian grass-fed beef fillet, medium rare, arugula, parmigiano reggiano, ponzu dressing*

### SUMMER CRUSH

*heirloom tomatoes, grilled courgette, crushed feta & croutons, basil*

## BOWLS



### CHICKEN SATAY NOODLE

*bean thread noodles, crunchy slaw, organic grilled chicken, peanut vinaigrette*

## SANDWICHES

### AVOCADO TOAST

*smashed avocado on whole wheat toast  
+ gravlax crate price + Scottish smoked salmon crate price*

### TOMATO TOAST AND FETA

*Summer tomatoes with smashed feta cheese on whole wheat toast open faced*

### MISO EGG SALAD SANDWICH

*miso butter, egg salad, truffle oil, Romaine lettuce, on whole wheat bread*

### TURKEY, BRIE AND AVOCADO SANDWICH

*roasted turkey breast, brie, avocado, arugula, basil pesto mayo, pain de campagne*

### TUNA SANDWICH

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

### THE ROAST SANDWICH

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

### CRABMEAT AVO ON TOAST

*fresh crabmeat, smashed avocado on whole wheat toast open faced*

ALL PRICES ARE IN LEBANESE POUNDS AND VAT INCLUSIVE

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

moukhallassiya street, saifi village, beirut / 01 993 606 / theshop@meatthefish.com / #meatthefish

# SPECIALS

SOUP OF THE DAY

TARTARE OF THE DAY

*lemon, pain de campagne*

SAUSAGE OF THE DAY

GRAIN BOWL & GOJI BERRIES

*siyez, spelt, black quinoa, edamame, adzuki beans, misograitte*

MISO EGGPLANT

*with Asian rice, a side of asparagus & green beans*

CAULIFLOWER STEAK & MISO TAHINI

*roasted cauliflower with miso tahini*

TACOMACO

*grilled chicken, black bean & corn salsa, avocado crema & magic sauce, served on a flour tortilla or romaine lettuce cup*

BEEF CARNITAS TACOS

*grass-fed Australian beef tenderloin, sriracha sauce, served on a flour tortilla or romaine lettuce cup*

“SUMMER ROLL” PRAWN TACO

*sautéed prawns, purple cabbage slaw, cellophane noodles, crushed peanuts, curried yoghurt salsa on a flour tortilla or romaine lettuce cup*

BEYOND BURGER

*vegan burger, lettuce, tomato, coleslaw, on a soft bun*

SURFSIDE BURGER

*salmon patty, crispy salmon skin, cucumber, Spring onion, with ginger mayo*

BEEF BULGOGI ON A SOFT BUN

*Korean style beef tenderloin*

# FROM *the* CRATES

BUTCHER'S CUT: YOUR CHOICE OF MEAT  
*tenderloin or ribeye, cooked to medium rare, roasted potatoes, horseradish cream, salsa verde, and dijon mustard priced daily + plating fee*

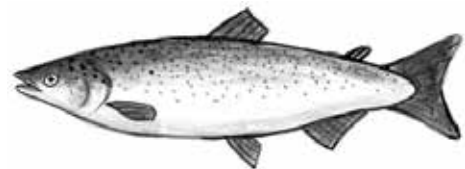
CATCH OF THE DAY *priced daily + plating fee*  
*pan seared fillet with bokchoy, broccoli & mangetout, lemon oil sauce*

PANKO-CRUSTED ORGANIC  
SALMON FILLET  
*with bokchoy, broccoli & mangetout*

OYSTERS ON THE HALF SHELL *per piece*

YOUR CHOICE OF SASHIMI

YOUR CHOICE OF SMOKED FISH



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SIDES FORBIDDEN RICE BOWL  
ASIAN RICE BOWL  
ROASTED POTATOES  
BOKCHOY BOWL

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DRINKS WATER  
SAN PELLEGRINO  
POMEGRANATE JUICE  
LEMONGRASS ZINGER  
ESPRESSO  
TEA