

PROJECT EAT

AQUATIC



THE LIFE AQUATIC

BLACKENED SALMON MUNTARI & WASABI MASH 8.50

blackened foods hail from the southern USA and refers to a herb coating which blackens when pan fried, - tho' our salmon is subsequently steamed and encircled with a drizzle of sweet chilli (pots plus veg)

POACHED BARRAMUNDI WITH TOMATOES & WINE ON COARSE GRAIN SPRING ONION MASH 9.00

Aboriginal word meaning 'large-scaled river fish'. Firm, flaky white sweet, buttery flavour slow cooked to retain succulence-will redefine your view of fish (with veg)

CHARGRILLED SMOKED LEMON & SWEET CHILLI MARINATED RED SNAPPER 9.00

(moist, firm, white flesh- mild) served with mango & red pepper salsa (pots plus veg or hse salad)



COMBO-COOKED WHOLE SEA BASS 12.50

500v stun gun, then pan fried and finally grilled - set on stir fried vegetables with lemon butter sauce - cod like, but nicer! a monumental testament to fish (pots plus veg or house salad)

HEBRIDEAN HOT SMOKED SALMON & GREEN SALAD 9.00

Salar Smokehouse in the Hebridean island of South Uist produces this award Winning kiln-cooked flaked salmon - served to the Queen and Tony Blair...,ho hum - we love it despite...(served cold with new pots and green salad)

WHOLETAIL BREADED SCAMPI 8.00

langoustine tails were first served peeled and fried in breadcrumbs in London in 1946 as a substitute shellfish for lobster and quickly became known as scampi; perfectly breaded, these plump premium tails will rekindle your love affair (with homemade tartare sauce, peas or mushy peas & chips)

LEMON SOLE CAMPBELL 10.50

neither a sole (variety of plaice) nor lemony! strips of fillet wrapped around crab mousse cooked sous vide for 100% flavour retention...with a dill scented wine sauce (pots plus veg or house salad)



BEER BATTERED COD FILLET 8.00

the freshest, flakiest fish & crisp-beer hand drawn personally by our chefs! (peas or mushy p's & chips)

JOHN OBI MIKEL DORY 15.00

grilled lemon-pepperd fillet of this wonderful fish on a austere (no feta) Greek salad (pots/veg)

CHARGRILLED MARLIN STEAK 11.50

(not as oily as Swordfish and minus the attitude, firm n meaty) served with sautéed King Prawns (pots plus veg or house salad)

BRILL ROCKET SANTA CRUZ 15.00

(sweeter than Turbot, smaller flakes, underated) a poached supreme of this flatfish served with rocket, pear n watercress salad (pots plus veg)