

MEAT
THE FISH

DINNER EDITION

Raw

CAVIAR starting from £85
MTF selection 30g/125g

OUR OYSTERS £8
gillardeau, shallot vinegar & tabasco

SALMON CARPACCIO £20 **NEW**
marinated with yuzu, pink pepper corn

SASHIMI COUNTER choose from
salmon £15.5, tuna £25, seabass £14.5,
hamachi £18, beetroot £16.5,
with wasabi & pickled ginger

TOSTADOS CEVICHE choose from
salmon £24.5, tuna £35.5, seabass
£23.5, hamachi £27.5, beetroot £26,
with lemon, olive oil, oregano, sumac,
maldon, citrus, aleppo pepper, fried taco

Salad

MTF MARKET SALAD £12 **VE**
seasonal greens, avocado,
mustard soy vinaigrette
+ your choice of sashimi (sashimi counter price)
+ ortiz tuna ventresca £15

SALMON & KALE CAESAR BOWL £32
Scottish salmon fillet, kale & romaine,
parmigiano reggiano, croutons, nori,
crispy salmon skin, yoghurt citrus vinaigrette

**BUTTER LETTUCE
& PISTACHIO** £26 **NEW** **VE**
butter lettuce, pistachio, black pepper,
toasted breadcrumbs, chives,
shredded parmigiano reggiano,
with creamy dijon vinaigrette

CRAB MEAT & AVOCADO SALAD £36
marinated fresh crab meat, avocado,
pink peppercorns, black sesame,
rocket leaves, lemon juice, radish,
mustard soy vinaigrette

Bowls

FISKSOPPA £46 **NEW**
Swedish style fish soup, with salmon,
scallops & prawns, served with homemade
aioli on toast

MATCHA GODDESS £26 **VE**
grilled chinese cabbage, cucumbers, carrots,
spring onions, baby spinach, shredded slaw,
mint, matcha green tea noodles, misograitte
+ ortiz tuna ventresca £15

THE CHIRASHI £33
ikura, salmon sashimi, hamachi,
seabass over Japanese rice with avocado,
crispy salmon skin & ponzu dressing

BLACK COD DONBURI £43
miso marinated black cod over
black forbidden rice

To Share

HUMMUS ROMESCUS £17 **NEW** **VE**
romesco, hummus paste,
sourdough toast

NORI BURRATA £28 **V**
nori zaatar, extra virgin olive oil,
cherry tomatoes, sourdough toast

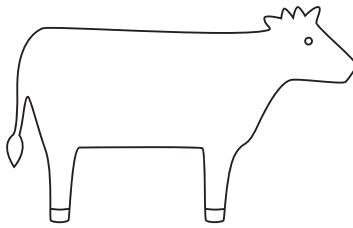
PADRON PEPPERS £16 **(CAN BE VEGAN)**
wasabi furikake, lime, bonito flakes

KOREAN SHORT RIBS £29
fall-off-the-bone short ribs with
a sweet & savory Korean sauce,
green onion, white sesame

FRIED CHICKEN & CAVIAR £88
crispy fried chicken tenders,
Japanese mayo, wasabi, 30g caviar

CALAMARI FRITTERS £17
lightly battered crispy calamari,
sumac, lemon, preserved lemon mayo

MAINE STYLE LOBSTER ROLL £38
marie-rose marinated lobster with sriracha
mayo & chives on a split-top soft bun
+ add caviar £85



BEEF SANDO £30 **NEW**
grass-fed beef tenderloin,
buttered white pain de mie,
with maple chester sauce

BLACK BAO £28
2 homemade black baos, kewpie mayo,
coconut crispy king prawns, mint, radish,
Thai salty sweet & sour sauce

BLACK COD TACO £34
black cod, eel sauce, crunchy slaw,
crispy ginger carrots served on
a flour tortilla or romaine lettuce

BEEF CARNITAS TACO £26
grass-fed beef tenderloin, crispy ginger
carrots, radish, rocket leaves, sriracha mayo,
served on 2 flour tortillas or romaine lettuce

TACO MACO £19
grilled sambal chicken, black bean & corn
salsa, avocado cream & magic sauce,
served on 2 flour tortillas or romaine lettuce

MERGUEZ DOG £17
2 merguez sausages in split-top soft buns,
with sriracha mayo

Mains

SHIITAKE UDON NOODLES \$36 **NEW** **VE**
sautéed shiitake, udon noodles,
crispy ginger carrots, kale, green
onions, with octo dressing

MISO AUBERGINE £24 **(CAN BE VEGAN)**
aubergine, eel sauce, chives,
green beans & asparagus,
Asian rice, furikake, sesame seeds

CATCH OF THE DAY
turbot £49, seabass £44,
salmon £37, dover sole £52,
+ miller's wife sauce £10

BUTCHER'S CUT £62
HG Walter's 45-day-aged ribeye,
cooked to your preference
with horseradish cream,
salsa verde, dijon mustard

A5 TENDERLOIN 100g/180g £64/£116
Japanese wagyu A5 tenderloin
cooked to your preference
with horseradish cream, salsa verde,
dijon mustard

WAGYU CLUB £47 **NEW**
A5 Japanese wagyu tenderloin
with horseradish cream sauce
in toasted white milk bread

VEAL MILANESA £82 **good for two**
crispy panko parmesan breaded
Dutch veal cutlet bone-in,
with rocket salad & dijonaise

BLACK PAELLA £49 **good for two**
squid ink paella, chorizo,
black tiger prawns, calamari,
king shrimp & pimenton doux paprika

CHEESE BURGER £24
grass fed beef patty,
butter, cheddar cheese in a bun

Sides

POTATOES £8 **VE**
fries or crispy smashed

RICE £6
Asian or forbidden rice

MUSHROOMS & SAMPHIRE £13 **V**
wild mushroom mix with samphire

BOKCHOY & BROCCOLI £12 **V**
stir fried bokchoy, Chinese cabbage,
mushroom mix, tenderstem broccoli,
with ginger garlic & soya sauce

MIKE'S BREAD & BUTTER £6 **VE**
Mike's bread & butter bowl

V=VEGETARIAN, VE= VEGAN

DETAILED ALLERGEN INFORMATION IS AVAILABLE ON REQUEST. A DISCRETIONARY SERVICE CHARGE OF 12.5% WILL BE ADDED TO YOUR BILL.

39 Cadogan Gardens, London SW3 2TB / meatthefish.co.uk / @meatthefishlondon