

MEAT
THE FISH

LUNCH EDITION

Early Specials

THE AVO £11 **VE**

avocado mash open faced on toast, chili flakes, lemon

+ smoked salmon £10

+ crabmeat £9.5

ROYAL GOURMET

SALMON BAGEL £18

open faced Brick Lane plain bagel with cream cheese & Goldstein smoked salmon

BANGERS & EGGS £18

2 organic eggs your way, with your choice of sausage & bagel

THE GRILLED CHEESE £17 **V**

four cheese mix grilled cheese sandwich

THE ORTIZ SANDWICH £18

ortiz tuna in olive oil, olive tapenade, organic boiled egg, romaine lettuce, sourdough toast

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

TARTARE OF THE DAY choose from

hamachi £27.5, salmon £24.5,

seabass £23.5, tuna £35.5, beetroot £26

with yuzu soya marination, parsley, lemon zest, chives, sourdough toast

Salad

MTF MARKET SALAD £12 **VE**

seasonal greens, avocado, mustard soy vinaigrette

+ your choice of sashimi (sashimi counter price)

+ ortiz tuna ventresca £15

GRAIN BOWL & GOJI BERRIES £19 **VE**

siyez, spelt, black quinoa, edamame,

black beans, kale, goji berries,

corn dust & peanuts, misograitte

SALMON & KALE CAESAR BOWL £32

Scottish salmon fillet, kale & romaine, parmigiano reggiano, croutons, nori, crispy salmon skin, yoghurt citrus vinaigrette

THE SWEET GREEN £19 **V**

baby spinach, red oak, rocket leaves,

kale, apples & cranberries, grapes,

chèvre, misograitte

To Share

HUMMUS IKURA £19

hummus, ikura, organic olive oil, sourdough toast

SALTED BEEF BAGEL £33

48-hour salted wagyu beef, Brick Lane bagel, mustard, dill pickle

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

CALAMARI FRITTERS £17

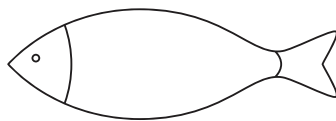
lightly battered crispy calamari, sumac, lemon, preserved lemon mayo

CRAB ROLL £21 **NEW**

marinated fresh white crabmeat in split-top soft buns, with chives

KOREAN SHORT RIBS £29

fall-off-the-bone short ribs with a sweet & savory Korean sauce, green onion, white sesame



CHICKEN BAO £24 **NEW**

2 homemade black baos, pickled papaya, crispy chicken, tonkatsu, kewpie mayo, peanuts, mint

BLACK BAO £28

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

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

KATSU SANDO £20

crispy organic free range chicken breast, yum yum sauce & coleslaw on white bread

MERGUEZ DOG £17

2 merguez sausages in split-top soft buns, with sriracha mayo

Bowls

SOUP OF THE DAY £12 **VE**

with sourdough toast

SCALLOPS & FORBIDDEN

RICE BOWL £39

seared scallops, black rice, miso butter, furikake, served with bokchoy broccoli bowl

THE CHIRASHI £33

ikura, salmon sashimi, hamachi, over Japanese rice with avocado, crispy salmon skin & ponzu dressing

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

Mains

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

CHEESE BURGER £24

grass fed beef patty,

butter, cheddar cheese in a bun

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

MISO AUBERGINE £24 **(CAN BE VEGAN)**

aubergine, eel sauce, chives,

green beans & asparagus,

Asian rice, furikake, sesame seeds

THE ROAST SANDWICH £32 **NEW**

seared grass-fed beef fillet medium rare,

arugula, salsa verde, horseradish cream,

sourdough toast

SPAGBOL £29

four-hour braised homemade Bolognese

with fresh spaghetti, parmesan cheese

Sides

POTATOES fries or crispy smashed £8 **VE** | **RICE** Asian or forbidden rice £6 | **MUSHROOMS & SAMPHIRE** wild mushroom mix

with samphire £13 **V** | **BOKCHOY & BROCCOLI** stir fried bokchoy, Chinese cabbage, mushroom mix, tenderstem broccoli,

with ginger garlic & soya sauce £12 **V** | **MIKE'S BREAD & BUTTER** Mike's bread & butter bowl £6 **VE**

V=VEGETARIAN, VE= VEGAN, VO= VEGAN OPTION

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