



SEAFOOD FORTNIGHT 8th to 20th September 2008
PROMOTING BRITAIN'S SUSTAINABLE MARINE OPTIONS



50p for each starter and £1/- for each main dish will be donated to The Marine Conversation Society to help them promote the dangers of over fishing some of our fast depleting resources to a wider audience and to eat more sustain-ably.

If you would like to make an additional donation to protect precious marine wildlife such as dolphin and turtles from lethal fishing practices, please ask our staff for a special donation envelop or an application form provided by Marine Conservation Society.

STARTERS

OYSTERS IN CHILLI AND SOY

£8.50

Wild native oysters from Falmouth Bay in Cornwall, flash fried and tossed with minced ginger, green chilli, garlic and coriander in soy sauce & drizzled with crispy noodles

FILLET OF PLAICE JIRAY MIRAY **

£7.95

Fillet of plaice from Norfolk, marinated with toasted crushed cumin & black pepper corns with tamarind extract, skewered and chargrilled in the tandoor and served with a potato salad in a yoghurt dressing with fresh dill.

COD CHEEK & PRAWN CHILLI FRY *

£7.95

North Sea Cod Cheeks & white prawns tossed with shredded peppers, ginger, chilli, spring onions and tomato in a light masala, drizzled with lime juice and served on toasted Greek pitta.

MAIN DISHES

KING SCALLOP SHASLIK

£19.95

Fresh hand dived king scallops from Falmouth Bay, marinated very lightly in traditional tandoori masala, skewered inter-layered with quarters of onion, green and red pepper, tomato and Portobello mushroom. Chargrilled and served along with garlic pulao and a light coconut curry.

FILLET OF WILD SEA TROUT AMBOTIK **

£16.75

Fillet of Scottish wild sea trout, marinated in lime juice with turmeric, pan fried lightly and served on a bed of one of the most classic of Goan sauces the 'Ambotik' which simply means sour & hot and steamed rice. Ambotik is a classical sauce preferably used with oily fish and in Goa most popularly with shark. It has a kick to it no doubt but has a perfect balance for seafood and its accompaniment, steamed rice.

POLLOCK & MUSSEL CALDINE

£16.75

Ask a Goan what curry he would eat if he did not want the fiery Goan red curry and it would have to be the 'Caldine'. Rich luscious and creamy Caldine is an ideal mate for delicate seafood and works extremely well with seafood that needs to be cooked just a-point! The mussels are wild and not farmed from Falmouth Bay and the Pollock is from the West Coast. Served with steamed rice and baby papad's

CABBAGE FINE BEAN AND CRAB FOOGATH

£9.25

Shredded British pointed cabbage & fine green beans tossed with shallots, sliced garlic, cumin, snipped red chilli and freshly grated coconut, blended with white crab meat from Brown Cornish crab and finished with a drizzling of fresh coriander. 'Foogath' is a word derived from the Portuguese 'Refogado' which simply meant 'tossed with garlic and olive oil'.