

STARTERS

1	FISH SOUP		£3.95
2	PRAWN COCKTAIL		£4.95
3	CHARGILLED SQUID with chilli thai dressing		£6.95
4	SARDINES chargrilled with tomato and herb salsa		£4.45
(V) 5	ROASTED MEDITERRANEAN VEGETABLE BRUSCHETTA topped with mozzarella		£4.45
6	SCOTCH SMOKED SALMON with sour cream		£5.25
(V) 7	GREEK SALAD with feta cheese & black olives		£4.50
(V) 8	GRILLED GOATS CHEESE with sun dried tomatoes, rocket and pine nuts		£4.25
9	PAN FRIED SCALLOPS served with a rocket salad and salsa verde		£7.45
(V) 10	RAVIOLI OF WILD MUSHROOM AND GORGONZOLA CHEESE served with butter and sage	<i>Starter</i> <i>Main</i>	£4.45 £8.45
11	MUSSELS À LA TARANTINA cooked in a white wine and spicy tomato sauce	<i>Starter</i> <i>Main</i>	£6.95 £12.50

LOBSTER & OYSTERS

12	SCOTTISH OR CANADIAN LOBSTER grilled plain or brushed with a red chilli paste		<i>priced individually</i> <i>according to size</i>
13	LOBSTER SALAD	<i>Half</i> <i>Whole</i>	£12.95 £22.95
14	WEST MERSEA ROCK OYSTERS	<i>Each</i> <i>Six</i>	£1.75 £9.00
15	IRISH OR SCOTTISH NATIVES <i>Subject to availability</i>	<i>Each</i> <i>Six</i>	£2.50 £13.50

MAIN COURSES

Your selected fish can be deep fried, grilled or cooked in matzo meal

16	COD flaky, white fish, mild, soft texture		£7.95
17	HADDOCK same family as the cod, not so flaky, soft texture		£7.95
18	PLAICE white fish, mild, soft texture		£7.95
19	SKATE WING OR MIDDLE white fish, firm, with soft bones	<i>Wing</i> <i>Middle</i>	£11.95 £12.95
20	GRILLED WING OF SKATE served with beurre noisette and capers		£14.45
21	ROCK SALMON rich in substance with a distinctive flavour		£7.95
22	SEAFOOD PASTA spaghetti tossed with fresh tomato sauce with squid, mussels and king prawns		£11.45
23	SMOKED HADDOCK with oyster mushrooms, baked in filo pastry		£9.45
24	SCAMPI white fish, slightly sweet flavour and a firm texture		£8.95
25	ROAST COD served with Mediterranean vegetables (20 mins)		£12.95
	grilled fish		£1 extra

'CATCH OF THE DAY'

PLEASE ASK YOUR WAITER / WAITRESS

FROM THE CHARGRILL

26	DOVER SOLE flat fish, distinctive flavour, flounder family		£MKT.PRICE
27	SEARED SCOTCH SALMON pink colour, full of flavour		£9.45
28	BUTCHERS PRIME cut of the day		£MKT.PRICE
29	FILLET STEAK (10oz) with pepper sauce and roasted new potatoes		£18.95
30	FOUR LAMB CHOPS with gravy		£13.95
31	LIVER AND BACON grilled and served with onions		£6.45
32	HANDMADE CUMBERLAND SAUSAGES grilled and served with onions and gravy		£5.95

CLASSIC FISH SUPPER

33	PRAWN COCKTAIL COD OR HADDOCK AND CHIPS DESSERT OF YOUR CHOICE		£16.95
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SIDE ORDERS

FRESH MARKET VEGETABLES OF THE DAY	£2.95
CHIPS	£1.95
ONION RINGS (coated in a special batter)	£1.95
NEW POTATOES	£1.95
CREAMED POTATOES	£1.95
GARDEN PEAS	£1.95
MUSHY PEAS	£1.95
HERB RICE	£2.45
MIXED SALAD	£2.95
TOMATO AND ONION SALAD	£2.95
ROCKET AND TOMATO SALAD (with Parmesan)	£3.95
HOME MADE BREAD AND BUTTER	£0.50
PICKLED ONIONS AND GHERKINS	£0.95

Gratuities entirely at your discretion. However, a 10% service charge will be added to your bill for groups of more than six persons.

All prices include VAT

DRINKS

COFFEE	£1.95
CAPPUCCINO	£1.95
ESPRESSO	£1.70
DOUBLE ESPRESSO	£2.00
TEA	£0.65
FRESH MINT TEA	£1.40
MINERAL WATER <i>Large bottle</i>	£2.45
MINERAL WATER <i>Glass</i>	£0.85
SPARKLING MINERALS	£1.40
FRESH JUICES	£2.25
STELLA ARTOIS LAGER <i>Pint</i>	£4.45
JOHN SMITH'S DRAUGHT BITTER <i>Pint</i>	£3.95
BOTTLE BEERS <i>330ml</i>	£3.50
ALL BRANDED SPIRITS <i>with mixer</i>	£3.75
PREMIUM SPIRITS AND LIQUEURS	£4.50
HOUSE WHITE WINE <i>Glass</i>	£3.50
CHARDONNAY or SAUVIGNON <i>Glass</i>	£3.95
HOUSE RED WINE <i>Glass</i>	£3.50

WHITE WINES

1	TREBBIANO VINVITA, ITALY fresh and crisp with lively fruit driven palate	<i>Glass</i>	£13.45 £3.50
2	GEORGES DUBOEUF BLANC, FRANCE delicate, with clean elegant fruit flavours and crisp dry finish		£13.45
3	SAUVIGNON/CHENIN VISTA FLORES, ARGENTINA aromatic and dry, with citrus flavours of grapefruit and lemon		£13.95
4	SEMILLON/CHARDONNAY, THORNE HILL SOUTH EASTERN AUSTRALIA full bodied, exotic fruit flavours, easy drinking with a fresh crisp finish		£14.95
5	PINOT GRIGIO CALDORA the purity of fruit definitions shows Pinot Grigio to its full splendour		£15.95
6	GRAN HACIENDA SAUVIGNON BLANC, SANTA RITA, CHILE	<i>Halfbottle</i>	£15.95 £8.50
7	MUSCADET SUR LIE, CARTE D'OR, SEVRE-ET-MAINE, FRANCE light crisp an ideal partner for seafood and fish	<i>Halfbottle</i>	£18.95 £9.95
8	ALVARINHO, SUB-REGIAO DE MONCAO E MELGACO, PORTUGAL small independent vineyard producing a delightful wine perfect for fish		£23.95
9	GAVI DI GAVI PRODUTTORI an exemplary version of one of Italy's most famous wines. Fresh and aromatic, with hints of green apple skin and hazelnuts		£24.95
10	CHABLIS JEAN MARC BROCARD dry steely refreshing style of Chablis, typical of the region	<i>Halfbottle</i>	£27.95 £14.95

ROSÉ WINE

11	DUBOEUF SYRAH, ROSÉ, PAYS D'OC, FRANCE light and delicate with soft crushed strawberry flavours	<i>Glass</i>	£14.45 £3.95
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RED WINES

12	SANGIOVESE VINVITA, ITALY dry with great fruit and soft palate	<i>Glass</i>	£13.45 £3.50
13	GEORGES DUBOEUF ROUGE, FRANCE light, soft and supple with plenty of fruit		£13.45
14	GRAN HACIENDA CABERNET SAUVIGNON, SANTA RITA, CHILE	<i>Halfbottle</i>	£15.45 £7.95
15	COTES DE RHONE (organic) DOMAINE DES CARABINIERS, FRANCE a fine balanced combination of Grenache, Syrah and Mourvedre creating a medium bodied wine		£17.95
16	VALPOLICELLA LE SALETTE, ITALY a quality Valpolicella with classic cherry fruit nose and long palate		£18.45
17	PINOT NOIR COOPERS CREEK, MARLBOROUGH, NEW ZEALAND ripe cherry and crushed strawberry fruit with a hint of oak and a soft finish		£23.75

SPARKLING WINE & CHAMPAGNES

18	PROSECCO BRUT ADAMI N.V exuberant white fruit character with dry refreshing palate		£18.95
19	HOUSE CHAMPAGNE		£29.95
20	LAURENT-PERRIER BRUT N.V		£49.95



FISH CENTRAL
Founded 1968

Opening hours

Monday - Thursday and Saturday Noon - 10.30pm last orders
Friday Noon - 11.00pm last orders

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