



# WHITEFISH

## STARTERS

**VEGETABLE SPRING ROLLS:** mixed vegetables, glass noodles, deep fried and served with a sweet and sour sauce £6

**SPICY SALMON SPRING ROLLS:** salmon teriyaki, mixed vegetables and glass noodles deep fried and served with a sweet and sour sauce £7

**COD FISH CAKES:** cod and mashed potato lightly fried in breadcrumbs  
STARTER £6.5  
MAIN £13

**SALMON FISH CAKES:** salmon and mashed potato lightly fried in breadcrumbs  
STARTER £7  
MAIN £14

**THAI FISH CAKES:\*** Haddock with mixed vegetables and spices £6

**WHITEBAIT:** small whole fish deep fried and served with tartare sauce £8

**FISH BALLS:\*** six served with tartar sauce £6

**SOUP OF THE DAY:** please ask for our daily special £6

**FISH SOUP:** salmon, cod and vegetables £7

**SPECIAL SOUP** £8

## SALADS

**SALAD NIÇOISE:\*** a mixed leaf salad with flaked tuna, new baby potatoes, boiled egg, green beans, black olives, cherry tomatoes and dressed in olive oil £14

**HOUSE SALAD:\*** a mixed leaf salad with cherry tomatoes, red onion, cucumber in a homemade dressing £12

## MAINS

### TRADITIONAL

**HADDOCK\*\*** £16

**COD** £16

**COD GOUJONS** £16

**FILLET OF PLAICE\*\*** £17

**LEMON SOLE ON THE BONE** Market price

**HALIBUT** Market price

**DOVER SOLE** Market price

### NOTES:

All fish is prepared in either batter or matzo meal.  
All fried fish dishes served with homemade chunky chips, mashed potato or new potatoes.  
All fish can be grilled for a £1.50 supplement.  
\*\* We advise batter for haddock and plaice.

### GRILLED

**SALMON STEAK:** served with a garnish of Israeli salad £19

**SEA BASS:** (filleted) marinated in olive oil, garlic, lemon and white wine and served with a garnish of Israeli salad £19

**CHARGRILLED TUNA STEAK:** served with a garnish of Israeli salad £22

### NOTES:

All fish is prepared on our grill and served with homemade chunky chips, mashed potato or new potatoes. Please allow up to 30 minutes for us to grill your fish to perfection.

## THAI

**THAI VEGETABLE NOODLES:** tossed noodles with a selection of vegetables £14

**BANG BANG FISH:** strips of deep fried cod served in a chilli sweet and sour sauce with steamed rice £17

**SWEET AND SOUR FISH:** strips of deep fried cod and stir fried vegetables in a traditional Thai sweet and sour sauce with steamed rice £19

**THAI RED CURRY:** haddock served in a spicy red curry with bamboo shoots, green beans, peppers, courgettes, aubergine and basil with steamed rice £19

**THAI GREEN CURRY:** haddock served in a mild green curry with bamboo shoots, green beans, peppers, courgettes, aubergine and basil with steamed rice £19

**WHITE FISH CURRY:** pieces of cod marinated in a spicy Indian sauce and served with steamed rice £19

**SALMON TERIYAKI:** grilled salmon teriyaki with sesame seeds served over mashed potatoes and stir fried vegetables £22

**COD TERIYAKI UDON:** grilled cod served over stir fried udon noodles with seasoned vegetables £19

## PASTA

**POMODORO:** spaghetti served in a traditional Italian tomato sauce £10

**ARRABIATA:** spaghetti served in a homemade tomato and garlic sauce with crushed chillies £10

**AL FUNGHI:** tagliatelle served in a white wine and cream sauce with mushrooms £12

**AL TONNO:** spaghetti served in a homemade tomato sauce with flakes of tuna and black olives £14

**SMOKED SALMON AL FREDO:** tagliatelle served in a white wine and cream sauce, with smoked salmon and courgettes £15

## SIDES

**GRILLED VEGETABLES:** £4.5

**ISRAELI SALAD:** £4

**MASHED POTATOES:** £4

**STEAMED VEGETABLES:** £4.5

**STEAMED RICE:** £3

**CHIPS:** £3.5

**COLESLAW:** £3

**MUSHY PEAS:** £3

**HOMEMADE PICKLED CUCUMBERS:** £2.5

**NEW POTATOES:** £3

## DESSERTS

Made freshly on our premises. Ask for our daily specials £7 / 8

## DRINKS

**COCA-COLA / DIET COKE / FANTA / 7UP / DIET 7UP /STILL MINERAL WATER PERRIER** £2.5

**ISRAELI FRUIT JUICES** £2.5

**LARGE STILL/SPARKING WATER** £4

**BEERS** £3.5

## HOT DRINKS

**ESPRESSO** £2

**CAPPUCCINO / CAFFÉ LATTE / HOT CHOCOLATE** £3.5

**COFFEE / TEA / FRESH MINT TEA / HERBAL TEA** £2.5

**HOT LEMON / MINT WATER** £2

\*Subject to availability  
Please be aware that some of our ingredients may contain traces of nuts and that some fish may contain bones

Food allergies and intolerances: please speak to our staff about the ingredients in your meal when making your order.  
Thank you

An optional 10% service charge has been added to your bill.



# WHITEFISH

## INSIDE-OUT ROLL

8 PIECES

SALMON AVOCADO	£7
TUNA AVOCADO	£7.5
CALIFORNIA mock crabstick, cucumber and avocado	£6.5
CALIFORNIA with spicy mayo	£6.5
SPICY SALMON	£7
SPICY TUNA	£7.5
SALMON SKIN	£6
SALMON AND DILL	£6.5
ALASKA salmon, cucumber & avocado	£7
PHILADELPHIA smoked salmon, cream cheese and avocado	£7
SALMON TERIYAKI cooked salmon and cucumber	£7

## SASHIMI

5 SLICES

TUNA	£9
SALMON	£8
SEARED BLACK PEPPER SALMON	£9
SEARED BLACK PEPPER TUNA	£9.5
SEARED SESAME SALMON	£9
SEARED SESAME TUNA	£9.5

## MAKI / FISH

8 PIECES

SALMON	£6
TUNA	£6.5
SALMON AVOCADO	£6
TUNA AVOCADO	£6.5
SPICY SALMON AVOCADO	£6
SPICY TUNA AVOCADO	£6.5
SMOKED SALMON AND CREAM CHEESE	£6.5

## MAKI / VEGETARIAN

8 PIECES

AVOCADO	£4.5
CUCUMBER	£4.5
MANGO	£4.5
MIXED VEGETABLES	£4.5
SWEET POTATO TEMPURA ROLL	£5
CREAM CHEESE AND AVOCADO	£5
CREAM CHEESE AND CUCUMBER	£5

## SPECIAL ROLLS

8 PIECES

SWEET HEART: spicy salmon and tempura flakes inside with salmon, tuna and avocado outside	£9.5
SALMON TATAKI: spicy salmon inside with seared salmon and spring onion outside	£9.5
TUNA TATAKI: spicy tuna inside with seared tuna and spring onion outside	£10
BLACK PEPPER TUNA: spicy tuna, avocado and tempura flakes inside with seared black pepper tuna and avocado outside	£10
RED DRAGON: mock crabstick, avocado and cucumber inside with spicy tuna outside	£9.5
GREEN DRAGON: mock crabstick, avocado and cucumber inside with avocado outside	£9.5
VOLCANO: tuna, salmon, tempura flakes and spicy mayo inside with finely chopped mock crabstick and tempura with mayo outside	£12
NEW YORK: smoked salmon, avocado and mango inside with smoked salmon and cream cheese outside	£9
CATERPILLAR: fried tuna and avocado inside with avocado and spicy mayo outside	£9
FANTASY: spicy tuna and spicy salmon inside with chopped spicy tuna and salmon outside	£11
WHITE FISH CRUNCH: salmon with tempura flakes, spicy mayo and spring onion inside and salmon and tempura flakes outside	£10
MANGO TANGO: fried tuna, avocado and spicy mayo inside with mango and spicy sauce on top	£12
LION KING: mock crabstick, cucumber and marinated salmon with seven spices	£11
BIG MAMA: tuna, avocado, mock crabstick and tempura flakes wrapped in seaweed	£11
MIAMI: fried salmon and tuna inside with avocado, sweet potatoe flakes, teryaki sauce and mayo outside	£11
SPIDER: fried salmon and tuna inside with avocado, beetroot flakes, teryaki sauce and mayo	£11

## NIGIRI

2 PIECES

SALMON	£3.5
TUNA	£4

## FUTOMAKI TEMPURA ROLLS

6 PIECES

HOLY HARTNELL: fried cod and chips inside with spicy mayo outside	£8
SALMON TEMPURA: fried salmon and avocado wrapped in seaweed and topped with spicy mayo	£9
TUNA TEMPURA: fried tuna and avocado wrapped in seaweed and topped with spicy mayo	£9.5
COD TEMPURA: fried cod and avocado wrapped in seaweed and topped with spicy mayo	£8
SALMON TERYAKI TEMPURA: fried salmon inside topped with spring onion and teryaki sauce	£9
TUNA TERYAKI TEMPURA: fried tuna inside topped with spring onion and teryaki sauce	£10

## TARTARE

SALMON: chopped Salmon, with capers, shallots, coriander, red chilli, olive oil in soy sauce	£16
TUNA: chopped Tuna, with capers, shallots, coriander, red chilli, olive oil in soy sauce	£18

## SALAD

CHIRASHI: a bowl of sushi rice with cucumber, spring onion, nori and finely chopped fresh fish, dressed with teriyaki sauce		
	SALMON	£14
	TUNA	£16
EDEMAME		£3.5

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