

STARTERS

I	FISH SOUP		£3.45
2	PRAWN COCKTAIL		£3.45
3	CHARGRILLED SQUID with chilli thai dressing		£4.45
4	SARDINES chargrilled with tomato and herb salsa		£3.75
(V) 5	ROASTED MEDITERRANEAN VEGETABLE BRUSCHETTA topped with mozzarella		£3.75
6	SCOTCH SMOKED SALMON with sour cream		£3.95
(V) 7	GREEK SALAD with feta cheese & black olives		£4.25
(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		£5.95
(V) 10	RAVIOLI OF WILD MUSHROOM AND GORGONZOLA CHEESE served with butter and sage	Starter Main	£3.95 £7.90
11	MUSSELS À LA TARANTINA cooked in a white wine and spicy tomato sauce		£4.95

LOBSTERS & OYSTERS

12	SCOTTISH OR CANADIAN LOBSTER grilled plain or brushed with a red chilli paste		<i>priced individually according to size</i>
13	LOBSTER SALAD	Small Main	£7.95 £14.50
14	WEST MERSEA ROCK OYSTERS	Gratinated	£1.25 £1.50
15	IRISH OR SCOTTISH NATIVES	<i>Subject to availability</i>	£2.20

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		£7.25
19	SKATE WING OR MIDDLE white fish, firm, with soft bones	Wing Middle	£8.95 £9.95
20	GRILLED WING OF SKATE served with beurre noisette and capers		£10.45
21	ROCK SALMON rich in substance with a distinctive flavour		£6.95
22	SEAFOOD PASTA spaghetti tossed with fresh tomato sauce with squid, mussels and king prawns		£8.95
23	SMOKED HADDOCK with oyster mushrooms, baked in filo pastry		£8.75
24	SCAMPI white fish, slightly sweet flavour and a firm texture		£8.95
25	ROAST COD served with Mediterranean vegetables (20 mins)		£10.95
26	FISHERMAN'S PLATTER selection of fried cod, plaice, haddock, skate and scampi (for a minimum of two people)		£19.95
	grilled fish		£1 extra

'CATCH OF THE DAY'

PLEASE ASK YOUR WAITER / WAITRESS

FROM THE CHARGRILL

27	DOVER SOLE flat fish, distinctive flavour, flounder family		£MKT.PRICE
28	HALIBUT STEAK white fish, very firm texture		£12.95
29	SEARED SCOTCH SALMON pink colour, full of flavour		£7.95
30	BUTCHERS PRIME CUT OF THE DAY please ask your waiter/waitress		£MKT.PRICE
31	FILLET STEAK with pepper sauce and roasted new potatoes		£12.95
32	FOUR LAMB CHOPS with gravy		£10.95
33	LIVER AND BACON grilled and served with onions		£5.95
34	HANDMADE CUMBERLAND SAUSAGES grilled and served with onions and gravy		£5.95

SIDE ORDERS

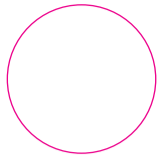
FRESH MARKET VEGETABLES OF THE DAY	£2.45
CHIPS	£1.60
ONION RINGS (coated in a special batter)	£1.60
NEW POTATOES	£1.60
CREAMED POTATOES	£1.60
GARDEN PEAS	£1.60
MUSHY PEAS	£1.60
HERB RICE	£2.25
MIXED SALAD	£2.45
TOMATO AND ONION SALAD	£2.45
ROCKET AND TOMATO SALAD (with Parmesan)	£3.95
HOME MADE BREAD AND BUTTER	£0.50
PICKLED ONIONS AND GHERKINS	£0.75

CHILDREN'S MENU

35	FISH FILLETS AND CHIPS with peas	£3.25
36	SPAGHETTI with tomato sauce	£3.25
37	CHICKEN BURGER with chips	£3.25

**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	£1.20
CAPPUCCINO	£1.50
ESPRESSO	£1.10
DOUBLE ESPRESSO	£1.50
TEA	£0.55
FRESH MINT TEA	£1.00
MINERAL WATER <i>Large bottle</i>	£2.45
MINERAL WATER <i>Glass</i>	£0.85
SPARKLING MINERALS	£1.00
FRUIT JUICES	£1.20
STELLA ARTOIS LAGER <i>Pint</i>	£3.20
IPA DRAUGHT BITTER <i>Pint</i>	£3.10
BUDWEISER <i>330ml</i>	£2.40
BECKS <i>275ml</i>	£2.40
ALL BRANDED SPIRITS	£2.15
PREMIUM SPIRITS AND LIQUEURS	£3.50
MIXERS	£0.85
HOUSE WHITE WINE <i>Glass</i>	£2.50
CHARDONNAY <i>Glass</i>	£2.95
HOUSE RED WINE <i>Glass</i>	£2.50

WHITE WINES

1	MALVASIA ORTONESE, ITALY	£10.95
	a soft creamy nose with hints of peaches gives way to a refreshing palate that mirrors the aroma	<i>Glass</i> £2.50
2	CUVÉE DUBOEUF BLANC, FRANCE	£10.95
	delicate, with clean elegant fruit flavours and crisp dry finish	
3	SAUVIGNON/CHENIN, VISTA FLORES, BODEGA NORTON, ARGENTINA	£11.95
	aromatic and dry, with citrus flavours of grapefruit and lemon	
4	SEMILLON/CHARDONNAY, THORNE HILL SOUTH EASTERN AUSTRALIA	£12.95
	full bodied, exotic fruit flavours, easy drinking with a fresh crisp finish	
5	PINOT GRIGIO CALDORA	£13.95
	the purity of fruit definitions shows Pinot Grigio to its full splendor	
6	MUSCADET SUR LIE, CARTE D'OR, SEVRE-ET-MAINE, FRANCE	£14.95
	light crisp and delicate, an ideal partner for seafood and fish	<i>Half bottle</i> £7.95
7	GRAN HACIENDA SAUVIGNON BLANC, SANTA RITA, CHILE	£14.95
	fresh bright citrus and pear fruit, lively and flavourful	<i>Half bottle</i> £7.50
8	ALVARINHO, REGUENGO DE MELGACO PORTUGAL	£17.95
	small independent vineyard producing a delightful wine perfect for fish	
9	GAVI DI GAVI PRODUTTORI	£21.95
	an exemplary version of one of Italy's most famous wines. Fresh and aromatic, with hints of green apple skin and hazelnuts,	
10	CHABLIS JEAN MARC BROCARD	£23.95
	dry steely refreshing style of Chablis, typical of the region	<i>Half bottle</i> £12.95

ROSÉ WINES

11	SYRAH, ROSÉ, VIN DE PAYS D'OC, DUBOEUF, FRANCE	£11.45
	light and delicate with soft crushed strawberry flavours	
12	ROSATO 2007 FEUDI DI SAN MARZANO, ITALY	£12.45
	pleasant aromas of red fruits, clean and well balanced	<i>Glass</i> £2.75

RED WINES

13	SANGIOVESE MERLOT ORTONESE ITALY	£10.95
	enchanting, rich and clean with exuberant fruit and lively palate	<i>Glass</i> £2.50
14	CUVÉE DUBOEUF ROUGE, FRANCE	£10.95
	light, soft and supple with plenty of fruit	
15	GRAN HACIENDA CABERNET SAUVIGNON, SANTA RITA, CHILE	£12.95
	a fruity red with berry and blackcurrant fruit giving a round finish	<i>Half bottle</i> £7.00
16	COTES DE RHONE (organic) DOMAINE DES CARIBINERS, FRANCE	£13.95
	a fine balanced combination of Grenache, Syrah and Mourvedre creating a medium bodied wine	
17	PARDUCCI ZINFANDEL (organic) CALAFORNIA	£16.95
	an environmentally and socially conscious winery, making great wine from Mendocino	
18	PINOT NOIR MORTON ESTATE, HAWKES BAY, NEW ZEALAND	£19.95
	ripe cherry and crushed strawberry fruit with a hint of oak and a soft finish	

SPARKLING WINE & CHAMPAGNES

19	PROSECCO BRUT ADAMI N.V	£16.95
	exuberant white fruit character with dry refreshing palate	
20	HOUSE CHAMPAGNE	£23.95
21	BOLLINGER BRUT N.V	£39.95



FISH CENTRAL
Founded 1968

Opening hours

Monday – Saturday Lunch served 11.30am – 2.30pm
Monday – Thursday Supper served 5.00pm – 10.30pm
Friday & Saturday Supper served 5.00pm – 11.00pm

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