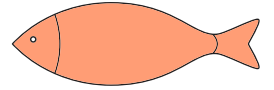


MEAT *the* FISH



SALADS

KALE CAESAR & SALMON BOWL

Scottish salmon fillet, kale & romaine, parmigiano reggiano, croutons, yogurt citrus vinaigrette

THE SWEETGREEN

baby spinach, red oak, wild arugula, kale, apples & cranberries, grapes, chevre, misograitte

MARKET SALAD

*seasonal greens, avocado, mustard champagne vinaigrette
+ add your pick from the crates crate price
+ beyond vegan patty crate price*

BLACK & BLUE SALAD

seared Australian grass-fed beef fillet, medium rare, arugula, parmigiano reggiano, ponzu dressing

SUMMER CRUSH

heirloom tomatoes, grilled courgette, crushed feta & croutons, basil

BOWLS



CHICKEN SATAY NOODLE

bean thread noodles, crunchy slaw, organic grilled chicken, peanut vinaigrette

SANDWICHES

AVOCADO TOAST

*smashed avocado on whole wheat toast
+ gravlax crate price + Scottish smoked salmon crate price*

TOMATO TOAST AND FETA

Summer tomatoes with smashed feta cheese on whole wheat toast open faced

MISO EGG SALAD SANDWICH

miso butter, egg salad, truffle oil, Romaine lettuce, on whole wheat bread

TURKEY, BRIE AND AVOCADO SANDWICH

roasted turkey breast, brie, avocado, arugula, basil pesto mayo, pain de campagne

TUNA SANDWICH

Ortiz yellowtail tuna in olive oil, olive tapenade, organic boiled egg, romaine lettuce, pain de campagne

THE ROAST SANDWICH

seared grass-fed beef fillet medium rare, arugula, salsa verde, horseradish cream, pain de campagne

CRABMEAT AVO ON TOAST

fresh crabmeat, smashed avocado on whole wheat toast open faced

ALL PRICES ARE IN LEBANESE POUNDS AND VAT INCLUSIVE

CONSUMING RAW OR UNDERCOOKED SEAFOOD, MEAT OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS ESPECIALLY IF YOU HAVE A MEDICAL CONDITION

moukhallassiya street, saifi village, beirut / 01 993 606 / theshop@meatthefish.com / #meatthefish

SPECIALS

SOUP OF THE DAY

TARTARE OF THE DAY

lemon, pain de campagne

SAUSAGE OF THE DAY

GRAIN BOWL & GOJI BERRIES

siyez, spelt, black quinoa, edamame, adzuki beans, misograine

MISO EGGPLANT

with Asian rice, a side of asparagus & green beans

CAULIFLOWER STEAK & MISO TAHINI

roasted cauliflower with miso tahini

TACOMACO

grilled chicken, black bean & corn salsa, avocado crema & magic sauce, served on a flour tortilla or romaine lettuce cup

BEEF CARNITAS TACOS

grass-fed Australian beef tenderloin, sriracha sauce, served on a flour tortilla or romaine lettuce cup

“SUMMER ROLL” PRAWN TACO

sautéed prawns, purple cabbage slaw, cellophane noodles, crushed peanuts, curried yoghurt salsa on a flour tortilla or romaine lettuce cup

BEYOND BURGER

vegan burger, lettuce, tomato, coleslaw, on a soft bun

SURFSIDE BURGER

salmon patty, crispy salmon skin, cucumber, Spring onion, with ginger mayo

BEEF BULGOGI ON A SOFT BUN

Korean style beef tenderloin

FROM *the* CRATES

BUTCHER'S CUT: YOUR CHOICE OF MEAT
tenderloin or ribeye, cooked to medium rare, roasted potatoes, horseradish cream, salsa verde, and dijon mustard priced daily + plating fee

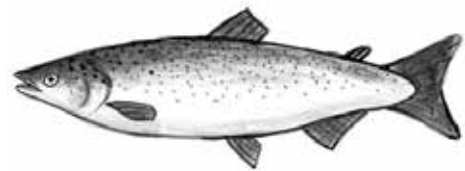
CATCH OF THE DAY *priced daily + plating fee*
pan seared fillet with bokchoy, broccoli & mangetout, lemon oil sauce

PANKO-CRUSTED ORGANIC SALMON FILLET
with bokchoy, broccoli & mangetout

OYSTERS ON THE HALF SHELL *per piece*

YOUR CHOICE OF SASHIMI

YOUR CHOICE OF SMOKED FISH



SIDES FORBIDDEN RICE BOWL
ASIAN RICE BOWL
ROASTED POTATOES
BOKCHOY BOWL

DRINKS WATER
SAN PELLEGRINO
POMEGRANATE JUICE
LEMONGRASS ZINGER
ESPRESSO
TEA