

SEASONS

Menu



Main dishes

Warm Prawns & avocado salad <i>Poached prawns, avocado, tomatoes and mustard salad dressing</i> (MU, CR, SD)	£15.00
Warm Octopus gallega <i>Braised octopus with potatoes and paprika</i> (MO, CE)	£18.00
Sword fish with mozzarella and sun-dried tomato crust <i>Baked swordfish fillet with sun-dried tomatoes and mozzarella crust gratin, served with a warm lentils and fennels salad</i> (F,D)	£17.00
Cuttle fish and artichokes stew, topped with shaved cured mullet roe <i>Braised cuttle fish, seasonal artichokes, and cured mullet roe</i> (F, MO)	£16.00
Paella <i>Traditional Spanish rice paella with mix seafood, vegetables, saffron and sweet paprika</i> (MO, F, CR, CE)	£18.50
Bluefish flan “nostrum” <i>Fresh anchovies capers and olives flan , served on tomatoes compote</i> (D, G, F)	£15.00

Raw dishes

Tuna tartare <i>Yellow fin tuna tartare with spring onion, red radish, soya sauce, ponzu, micro nasturtium</i> (F, S)	£12.00
Salmon tartare <i>Salmon tartare with cucumber, chives, coriander, shallots, capers, anchovies, & lime dressing</i> (F)	£11.00

White fish tartare **£14.00**
White fish of the day tartare with guacamole and lime dressing
(F)

Octopus carpaccio **£15.00**
*Very thin sliced, slow cooked octopus with lime dressing,
shallots and celery*
(MO, CE)

Sashimi style **£25.00**
Our selections of fresh fish, lime and Yuzu dressing
(F, CR)

Burgers**

Tuna bocadillo Moroccan style **£13.50**
*Potatoes bun, seared tuna, harissa mayo, capers, tomatoes,
caramelized red onion, lettuce*
(G, E, SD, F)

Octopus burger **£14.00**
*Black brioche bun, pan fried octopus, hummus, smoked paprika,
fennel, garlic chips, chives, lemon zest*
(MO, G, SM, E, SD, D)

Cod truffle burger **£16.50**
*Brioche bun, black truffle butter, truffle oil,
whipped dried cod, poached leeks*
(G, D, E, SD, F)

Tuscania **£13.00**
*Ciabatta, panko white fish, deep fried kale, Cajun mayo,
sour cream coleslaw*
(G, E, SD, D)

SeaSons prawns burger **£16.00**
*Brioche bun, turmeric, prawns, crispy bacon, burrata cheese,
pistachio mayo, lettuce*
(G, E, D, N, CR, SD, MU)

Dessert

Tiramisu **£8.00**
*Traditional Italian dessert made with coffee, savoiardi, egg
and mascarpone cheese*
(G, E, D)

Lemon merengue pie **£7.00**
Lemon curd tart and flamed meringue
(G, E, D)

*** gluten free bread for burgers or sandwiches is available
coleslaw: carrots, sour cream, onion, red cabbage



Allergens

<i>Celery</i>	CE
<i>Crustaceans</i>	CR
<i>Eggs</i>	E
<i>Mustard</i>	MU
<i>Tree nuts</i>	N
<i>Lupin</i>	LU
<i>Fish</i>	F
<i>Sulphur dioxide and sulphites</i>	SD
<i>Soybeans</i>	S
<i>Peanuts</i>	P
<i>Molluscs</i>	MO
<i>Cereals containing gluten</i>	G
<i>Milk</i>	D
<i>Sesame</i>	SM

**Takeaway available from all our locations
from 12 pm to 7 pm**

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