

# *No 7 Fish Bistro*

☎ 01803 295055

www.no7-fish.com

## Starters

- 1) Mussels Marinière £7.50

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- 2) French Onion Soup £4.75

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- 3) Substantial Seafood Broth £7.00

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- 4) Minty Courgette and Potato Soup £4.75

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- 5) Whole King Prawns Grilled in Garlic Butter £7.75

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- 6) Peeled King Prawns Cold with 2 Mayonnaises £7.75

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- 7) Garlic Bread with Olive and Anchovy Spread £4.25

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- 8) Grilled Goats Cheese Salad with a rosemary flavoured White Bean Purée £5.50

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- 9) A Pot of Creamy Curried Prawns £6.00

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- 10) \_ Doz. Oysters in the Half Shell £8.50

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11) Loch Fyne Oak Roast Salmon £7.75

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12) Grilled Garlic Mushrooms £4.75

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13) Crispy Fried Red Mullet Fillets £7.50

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14) King Prawn, Queenie Scallops, and Mussels  
cooked in Garlic and lemon butter £8.00

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15) A Cold Platter of King Prawn, Oak Roast Salmon  
and Marinated Sardine fillets £8.00

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16) Seared King Scallops poa

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Please let us know of any allergies you might have.

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Main Courses

- 1) Whole Lemon Sole poa
- 2) Whole Brixham Plaice poa
- 3) Whole Seabass poa
- 4) Whole Red Mullet poa
- 5) Monkfish Baked with Black Pepper and Sea Salt poa
- 6) Star Point Crab 1 / 2 or Whole, Lobsters from Local Pots,  
Served Cold or with Garlic and Lemon poa  
1 / 2
- 7) Fillet of Plaice, filled with Oak Roast Salmon  
or Peeled Prawns and Baked under a Cheese Sauce £13.75
- 8) Salmon baked with Mild Moroccan Spices and served with  
Crème Fraiche and Home-Made Banana Chutney £13.00
- 9) Our Fish and Chips £12.00
- 10) The Three Fillets Special. A mini version of the above 3 meals  
each cooked as described in separate dishes £14.50
- 11) King Scallops sliced and pan fried with Mushrooms,

Vermouth and Lemon £18.50

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12) Selection of filleted Fish cooked in a Tempura  
Batter served with 3 Dips £14.75

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13) Thick Cod Steak Grilled or Roasted with  
Olive Oil, Herbs and Garlic £15.50

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14) Cod Steak with King Prawn and Scallop Tempura £17.75

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15) Cod Steak with Prawns Thermidor £15.50

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All Main Courses are inclusive of Vegetables or Salad  
and a choice of Potatoes

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