



No 7 Fish Bistro
7 Beacon Terrace
Torquay, Devon
TQ1 2BH
Tel: 01803 295055
E-Mail: paul@no7-fish.com

Starters £475 ~ £8.00

Also available as light lunches

Home-made Soups (French Onion, Minty Courgette and Potato)
Substantial Seafood Broth ~ Fresh Whole Crab
Mussels Mariniere ~ Oysters in the Half Shell
Squid pan fried with Garlic ~ Creamy Curried Prawns
Hot and Cold Shellfish Platters ~ Grilled Garlic Mushrooms
Queenie Scallops Grilled with Garlic and Lemon
Goat Cheese Salad with a Rosemary flavoured White Bean Puree
Hot and cold King Prawns ~ Oak Roast Salmon

Main Courses from £12.00

Fillet of Sole/Plaice, filled with Prawns and
baked under a Cheese and Wine Sauce
Monkfish Baked with Black Pepper and Sea Salt
Scallops simmered with Mushrooms, Vermouth and Lemon
Filletted Fish of the Day deep-fried in our own batter
Thick cut of Prime Cod fillet Baked and served with Prawns Thermidor
Fillets of Fish and Prawns, all cooked in a light Tempura Batter and
served with 3 Dips
Grilled Lemon and Dover Sole, Plaice, Skate-wing, Turbot, Seabass,
Red Mullet, John Dory
Lobster & Crab direct from our suppliers at the Harbour served fresh
boiled, or grilled with Garlic and Brandy

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Desserts and Local Cheeses from £4.50  
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The above dishes are typical of those you can expect at No.7.
Some fish are seasonal and choice can be limited by
adverse weather conditions.
Please phone or call in for up to date details of our menu.

Opening Times:

Lunch - Wednesday to Saturday 12:15 – 1:45pm
Evenings – July to Sept 7 days a week
June and Oct closed Sundays
Nov to May closed Sunday and Monday