

Today's Wines, Mitch's Selection

These wines are all drinking very well and are my current favourites from the list, if you would like to see our full cellar list and our rare vintages please let us know

White

Chateau Le Raz - Famille Barde - 2017

125ml £4.50 375ml £13.00 Bottle £25.00

Plyto - Lyrarakis - 2017

125ml £6.50 375ml £18.00 Bottle £35.00

Re di Fiori - Serra dei Fiori - 2017

125ml £8.00 375ml £23.00 Bottle £45.00

Rose

Seahorse Rose - Dom. Haut Bourg- 2017

125ml £6.00 375ml £18.00 Bottle £35.00

Red

Toscana Rosso 'Angela Hartnett' - T. Fertuna - 2014

125ml £6.00 375ml £17.00 Bottle £30.00

Nebbiolo - Trediberri - 2017

125ml £8.00 375ml £22.00 Bottle £40.00

Lalama - Dominio Do Bibei - 2013

125ml £9.00 375ml £29.00 Bottle £55.00

Chassagne-Montrachet - Domaine Marc Morey - 2014

125ml £15.00 375ml £39.00 Bottle £75.00

Local's Menu

Three courses for £20.00

Available lunchtime and early evening until 7pm

To Start

Fried Ox tongue with salsa verde

Calçots grilled over the fire with sauce romesco

Main Courses

Ray wing with capers & aged vinegar from Modena

Fillet of Pollock with Manzanilla sherry & broad beans

Sole milanese with warm sauce tartare

All Served with Butterhead lettuce with white onion & agrodulce

Desserts

Fior di latte pannacotta with poached rhubarb

Vacca Blu with fig & walnut

A pasteurised cheese made from cow's milk and has a sweet and creamy flavour

Menu of Thursday 14th March 2019

Today's Aperitif

Knightor Vermouth £8.00

Today's Antipasti

Seppia fritti, local Cuttlefish fried crisp with lemon £4.95

To Start

Scallops roasted in the shell with white port & garlic £14.50

Burrata from Puglia with blood orange, tardivo & hazelnuts £11.00

Salumi misti, a selection of Italian cured meats £10.00

Charcoal roasted lamb sweetbreads with marsala & rosemary £14.00

Deep fried veal brains with caper, parsley & egg sauce £10.00

Coze a vapore, bay mussels steamed with Vermentino wine & bay £11.00

Crostini of Cantabrian anchovy & lardo £11.00

Pasta

Sweetbread ravioli with veal sauce & pecorino £11.00

Beef cheek agnolotti in brodo £12.00

Cacio e Pepe £10.00

Today's Seafood

From the Charcoal oven

Dover Sole grilled over the fire with olive oil & lemon £38.00

Whole Bay Squid with blood orange & mint £17.00

Arroz Negra, baked rice with cuttlefish & ink £21.00

From the Plancha

John Dory cooked on the bone with sauce romesco & confit artichoke £26.00

Whole Lemon Sole with pickled cucumber & agridulce vinegar £28.00

Larger Fish to share

Monkfish, for two persons £32.00 per person

Served with roasted potatoes from the charcoal oven with garlic & greens

Turbot, for two persons £32.00 per person

Cooked Basque style over charcoal with its juices, vinegar & olive oil

Gilthead Bream, (1000g) baked in ocean salt - for 2 persons £35.00 per person

Today's Meat

Salt aged Glenarm Estate beef roasted over the charcoal

Prime Rib, carved off the bone for 1 person £40.00

whole for 2 persons 1000g £40.00 per person

Side Orders

Courgette fritti £4.00

Seahorse chips £4.00

Insalata pomodoro, Heritage tomatoes with shallots and oregano £4.00

Cauliflower with green olive & Datterini tomato £4.00

Butterhead lettuce with white onion & agrodulce £4.00

Florence Fennel gratin £4.00

The Seahorse at home

Some nice things from the restaurant for home

Wild fennel & sea salt nibbles £4.00

Anchoiade (100g) £6.00

Our Olive oil from Tuscany £25.00

Agrodolce vinegar £15.00

Our book, The Restaurant & its recipes £25.00

Joe's Gin, per bottle £40.00