

# The Sea, The Sea

## TAKE-AWAY AND DELIVERY MENU

Available 11-4pm Tuesday - Saturday. Please order one day in advance. Please note these dishes will rotate regularly.

Order on [delivery@theseatthesea.net](mailto:delivery@theseatthesea.net) or call 020 7824 8090

### LIGHT DISHES - READY TO EAT

Sashimi mix <i>salmon and tuna</i>	£20
Sashimi platter <i>Salmon, tuna, lightly pickled bream, aged kingfish</i>	£38
Cured cod with pickled potato noodles and coriander oil	£8
Portuguese octopus salad	£10

### MAIN MEALS - OVEN READY

Spicy Mussels	£8
Salmon belly with tomato and samphire	£14
Turbot 'chop' on the bone with cider vinegar, lemon zest and garlic caseine	£18
'Boil in the bag' king prawns marinated in chilli and caramelized onion	£13
Wild seabass on the bone with spicy sour sauce	£20

Should you have any food allergies or intolerances please do not hesitate to speak to a member of staff about your requirements