



The Curve

Week of the Ocean

Sustainable Fish

4th - 8th August 2014

All this week at the Curve you can try some of our unique fresh fish dishes from around the world sourced from sustainable fish.

Monday

Oven baked pollock with griddled courgettes, chive oil & sun blush tomatoes

Tuesday

Grilled plaice with a caper, flat leaf parsley & lemon butter

Wednesday

Pan fried mackerel, warm beetroot, caper & cauliflower salad

Thursday

Pan fried tilapia steak served on a bed of ratatouille, salsa Verdi

Friday

Tempura battered Pollock fillet with homemade tartar sauce & lemon wedges