

## MOURNE SEAFOOD BAR LUNCH MENU

34-36 Bank Street BT1 1HL - Tel:02890248544 - [mourneseafood.com](http://mourneseafood.com) -

[Facebook/MourneSeafoodBarBelfast](https://www.facebook.com/MourneSeafoodBarBelfast) - [Twitter/msbbelfast](https://twitter.com/msbbelfast) -

[Instagram/mourneseafoodbelfast](https://www.instagram.com/mourneseafoodbelfast)



**Oysters au Naturel ½ Dozen £10.00**

Served with mignonette dressing

**Oysters Japanese Style ½ Dozen £11.00**

Served with shredded cucumber, pickled ginger & spiced soy dressing

**Oysters Rockefeller £7.50**

Three oysters baked with wilted spinach and garlic, topped with bacon crumb

**Pan fried Crab claws £8.50**

With chilli butter & toasted focaccia

**Seafood Chowder £7.50**

With wheaten bread, topped with croutons & herbs

**Crab Arancini £7.50**

With Thai aromats and tomato dipping sauce

**Salt and Chili Squid £7.50**

With Napa slaw, chilli jam and mayo

**Goats Cheese Fritters £7.50**

With beet chutney, rocket salad & aged balsamic

**Gambas Pil Pil £7.50**

Baked shrimp with smoked chilli & garlic oil, with toasted sourdough

**Prawn and Mango cocktail & Spanish style brandade £7.50**

with lettuce cups & focaccia crisps

**Seared hot smoked salmon spring salad £7.50**

With avocado puree, peas, fava beans, and crème fraiche

**Peel & Eat Langoustines £9.75**

Served cold, with salad and mayonnaise

---

**Beer Battered Fish & Chips £12.00**

With mushy peas and tartare sauce

**Seafood Orzo Paella £11.00**

With chorizo, mussels, shrimp, monkfish, roast tomato and kale

**Mussels in White Wine & Garlic Cream £13.50**

Served with crusty roll & fries

**Shellfish Gratin £10.50**

with scallops, prawns, crab, wilted spinach in thermidor sauce, topped with chive mash

**Mourne Seafood Casserole £13.00**

Mixed seafood with fresh tomato sauce, potatoes, fennel, thyme and garlic. Served with grilled focaccia

**Breaded Plaice fillets £12.50**

with baby Caesar salad & fries

**Fillet of Seabass £13.50**

With peperonata, crisp polenta & seaweed pesto

**Fillet of Moroccan Spiced Salmon £14.00**

with warm lentil super salad and organic beet labneh

**Dijon Crusted Smoked Cod £14.00**

with baby potatoes, spring greens chive & bacon cream

**Chargrilled Ribeye £27.50**

With mushrooms, sprouting broccoli, porcini peppercorn cream and truffle & parmesan fries

**S I D E S £ 4.25**

**FRIES – SPRING GREENS – BABY POTATOES HERB BUTTER – BREAD BASKET**

**S I D E S £ 4.75**

**PARMESAN & TRUFFLE FRIES – GARLIC FRIES – CAESAR SALAD**

*Please advise your server if you have an allergy or any special dietary requirements. Please notes that allergens are used on the premises in a shared workspace with shared equipment.*

*Non-gluten containing meals can be identified by your server. Gluten is used on the premises in a shared workspace with shared equipment.*

*Please note a discretionary service charge of 10% is added to all bills. All tips and gratuities are pooled and paid out fairly to front of house and kitchen staff by an independent tronc master. This is in line with the current recommended industry best practice. Mourne Seafood retains no percentage for admin.*

*For More information on our policies you can visit our website [www.mourneseafood.com](http://www.mourneseafood.com)*