

TISH

BREAKFAST

Served until 11.30am

Chia seed pot £6.50
Alphonso mango & toasted coconut

Farm-fresh boiled eggs £6.50
toasted soldiers

London-cure smoked salmon £7.50
tomato, cucumber, red onion, avocado,
capers, seeded rye bread

Pomegranate and citrus fruit salad £5.50
mint, acacia honey

Pancakes £7.50
maple syrup or chocolate sauce
with seasonal fruit compote or fresh fruits

Challah French toast £6.50
maple syrup with seasonal fruit compote or fresh fruits

Fried / poached / scrambled eggs £7
on toasted bagel, salad
(smoked salmon £3)

Omelette £7
choice of fillings

Shakshuka £8.50
toasted sourdough

Tish Breakfast £9.50

Ox tongue & 24hr onion hash, chestnut mushrooms,
roasted plum tomato, choice of eggs and toast

Banana porridge £5

Tish cakes & bakery

Please ask your waiter about today's freshly made cakes
and bakery treats. Available all day - prices vary

Bakery Breakfast £8.50

selection of dairy-free viennoiserie, sourdough toast,
preserves, choice of coffee, tea or hot chocolate

ALL DAY

Served from 12pm until close

SNACKS

Mini challahs and bagels, sea salt, truffled honey £4 | Beef sliders, club sauce £6 | Mini bagels, ox tongue and pickles or smoked salmon, dill, crème fraîche £6
Lentil & potato bourekas, roast onion, green sauce £5 | Tish meatballs, romesco sauce £5.75 | Smoked aubergine dip, chilli cornbread £4.50

STARTERS

Tish Hungarian bean soup £6.50

Seared Cornish mackerel £7
new potato, pickled red onion & parsley salad, caper berries

Tuna tartare, kohlrabi, avocado, coriander, plantain crisps..... £12

Butternut squash & pearl barley risotto..... £8.50
roasted sunflower seeds, crispy sage

Ox tongue, roasted heritage beets, horseradish cream..... £7.50

SALADS

Summer vegetable, pickled chilli, wild rice, yuzu dressing..... £6.50 / £13

Toasted quinoa..... £7 / £14
roasted sweetcorn, kale, peas, radish, goji berries, tahini vinaigrette

Peppered tuna, mixed leaves, fennel & orange salsa £19.50

Roast chicken chopped salad £15.50
thyme roasted squash, golden raisins, cos lettuce, endive

Minute steak £18.50
gem lettuce, radicchio lettuce, rocket, pickled mushrooms, truffle dressing

LARGE PLATES

Pan roasted mushroom strudel £14.50
mushroom jus, glazed baby carrots

Crispy duck leg £19
red cabbage, cranberry jus

Dry-aged rib eye steak £27
portobello mushroom, plum tomato

Seared salmon fillet £19.50
green kale salsa, pickled fennel,
crispy pearl barley and pomegranate

Smoked haddock £17.50
poached egg, gremolata new potatoes,
grain mustard sauce

Tish chicken schnitzel £16
roasted fingerling potatoes, pepperonata

Slow roast shoulder of lamb £24
garlic mash potatoes, kale

Butterflied sea bass £21
marsh samphire, tomato & herb relish

SANDWICHES

Served until 5.30pm

CHALLAH-BAGEL-GRANARY-RYE

Smoked salmon £6.50
bashed avocado, spring onion

Smoked mackerel rilette £5.50
cornichons and pickled shallots

Egg, mustard mayo & rocket £5

Grilled aubergine and peppers, cumin tahini £4.50

Minute steak, 24hr onions £8.50

SIDES

Truffle chips £5.50

Chips £5

New potatoes £3.75

Chantenay carrots and peas £4

Green beans, chilli, garlic £4

Heritage tomato, balsamic, basil £5

Green garden salad £4

Red cabbage, beetroot & raisin slaw £4

DESSERTS

Bramley apple strudel £6.50
apple sorbet

Tish lokshen pudding £7
caramelised pears, lemon, lime & ginger sorbet

Rhubarb & rosemary panna cotta £7

Tish cakes & bakery

Please ask your waiter about today's
freshly made cakes and bakery treats.
Available all day - prices vary

Chocolate & passion fruit fondant £7.50
bitter chocolate sorbet

Fresh fruit salad £5.50
acacia honey

Ice cream and sorbet selection £2.25
per scoop

— SPARKLING —

	125ml	Btl.
Cava Metodo Tradicional, <i>Spain*</i>		£38
Deccolio DOC Brut Prosecco, <i>Italy</i>	£7.25	£39
Drappier Carte D'or, <i>France*</i>		£72

— ROSÉ —

	175ml	Btl.
Vina Encina Rosé, <i>Spain</i>	£5.95	£25
Rosé du Castel, <i>Israel*</i>		£33
La Perle, Comte Tolossan, <i>France*</i>		£36

— WHITE —

	175ml	Btl.
Encina Bianco, 2017, <i>Spain</i>	£6.25	£25
Chardonnay Vin de Pays, <i>France</i>	£6.75	£27
Invita, Macabeo, <i>Spain*</i>		£30
Château Pouyanne, Sauvignon, <i>France</i>	£8.25	£32
Chardonnay Teal Lake, <i>Australia</i>	£8.75	£34
Primo V Pinot Grigio, 2017, <i>Italy</i>	£9.25	£36
Riesling Koenig, 2015, <i>France</i>		£39
Cantina Giulano, Vermentino, <i>Italy*</i>		£42
Dalton Estate, Sauvignon blanc, <i>Israel</i>		£43
Kerem Kishor White, 2015, <i>Israel*</i>		£45
Goose Bay, Sauvignon blanc, <i>New Zealand</i>		£47
Chablis Bouchard, Burgundy, <i>France</i>		£51
Gruner Vetliner Eizenshat, <i>Austria*</i>		£53
Covenant Red C, Sauvignon blanc, <i>USA*</i>		£60

— RED —

	175ml	Btl.
Vina Encino, Tempranillo, 2017, <i>Spain</i>	£6.25	£25
Château Le Petit Chaban, Bordeaux, 2016, <i>France</i>	£7.25	£28
Côtes du Rhône, Domaine Lafond, 2016, <i>France*</i>		£32
Segal Fusion Bordeaux Blend, <i>France</i>	£9.00	£35
Canaan Cabernet Sauvignon, 2017, <i>Israel</i>	£9.25	£36
Chinon Les Rosiers, Loire, <i>France*</i>		£37
Teal Lake Cabernet Merlot, 2014, <i>Australia</i>	£10.00	£39
Herenza Rioja, Crianza, 2012, <i>Spain*</i>		£41
Château La Tonnelle, Haut Medoc, 2016, <i>France*</i>		£44
Cantina Giuliano, <i>Italy*</i>		£45
Kishor GSM, 2015, <i>Israel*</i>		£47
Goose Bay, Pinot noir, <i>New Zealand</i>		£53
Jezreel Carignan, 2014, <i>Israel*</i>		£58
Château Tour Seran, Medoc, <i>France</i>		£59
Tzora Vineyard Shoresh, 2016, <i>Israel*</i>		£60
Les Roches de Yon Figeac, St. Emilion, 2015, <i>France*</i>		£70
Clos Mesorah, 2014, <i>Spain*</i>		£72

— BOTTLED BEERS —

Corona	£4.85
Estrella Galicia	£5.00
Estrella Galicia 1906	£5.25
Camden Pale, Pils or Wit	£5.50
Kopparberg Naked Apple Cider	£4.50

— COCKTAILS —

Clementine Mojito £9.50 <i>rum, clementine, citrus, basil, soda</i>
Gimlet Tish £9 <i>gin, lime juice, strawberry & lavender cordial</i>
Chilli & Coriander Margarita £12 <i>tequila silver, agave syrup, coriander, chilli</i>
Rhubarb Sour £11 <i>vodka, rhubarb purée, Disaronno, honey water, egg white</i>
French Martini £10 <i>vodka, cassis, pineapple shrub</i>
The President £13 <i>dark rum, overproof rum, falernum, Angostura bitters</i>
Tish Spritz £11 <i>vodka, slivovitz, hibiscus tea, pomegranate, sparkling wine</i>
Belsize Spritz £8.50 <i>gin, Cointreau, cassis, jasmine, grapefruit soda</i>

— MOCKTAILS —

Blueberry Mojito £5.50 <i>blueberry, apple, lime, mint, soda</i>
Mango Mule £5.50 <i>mango, cucumber, honey, lime, ginger beer</i>
Virgin Paloma £5.50 <i>lime, grapefruit juice, agave syrup, soda</i>
Berrygood £5.50 <i>blueberry, honey, lemon, ginger ale</i>

— SMOOTHIES —

Green <i>banana, spinach, almond milk, cocoa nib</i>	£5.50
Tropical Colada <i>banana, strawberry, lime, orange, pineapple</i>	£5.50
Beetroot Kiss <i>beetroot, strawberry, lime, ginger</i>	£5.50
Red <i>berries, coconut syrup, hazelnut milk, granola</i>	£5.50

— FRESH JUICES —

Single juices	£4.50
<i>orange, apple, carrot, grapefruit, pineapple, cranberry or tomato</i>	
Amber <i>orange, carrot, ginger, lemon</i>	£5.50
Citrus Tonic <i>pomegranate, grapefruit, clementine, orange, lime</i>	£5.50
Detox Green <i>kale, spinach, apple, celery, cucumber, lemon</i>	£5.50
Passion Tropics <i>kiwi, kumquat, mango, pineapple, passion fruit</i>	£5.50
Exotic <i>apple, avocado, cucumber, lemon, moringa powder</i>	£5.50
Spirulina Lemonade <i>lemon, coconut water, agave syrup, spirulina powder</i> ..	£5.50

— SOFTS —

Coca-Cola, Diet Coke, lemonade, ginger ale or ginger beer	£3.50
Soda water, tonic water, light tonic water	£3.50
Hildon Still / Hildon Sparkling water 750ml	£4

— HOT DRINKS —

Espresso	£2.80	Caffè latte	£3.45
Double espresso	£3.00	Cappuccino	£3.65
Americano	£3.00	Caffè mocha	£3.65
Macchiato	£3.10	Hot chocolate	£3.80
Tea: English Breakfast, Earl Grey, jasmine, green, camomile .	£3.20		

All wines are Mevushal except those marked *. Wines by the glass are also available in 125ml.
Spirits are served 50ml as standard, 25ml available upon request. All hot drinks served with your choice of non-dairy milk.
Some drinks may contain pasteurised egg white.