



@tish\_london

### BREAKFAST

Served until 11.15am

#### Tish Breakfast £14.5

Cumberland sausage, ox tongue "Bubble n' Squeak" poached egg, harissa baked beans, mushrooms roasted tomato, toast

#### Pancakes or Challah French Toast £7.5

Chocolate sauce or maple syrup with berry compote

#### Challah Benedict £8.5 / £16.5

Salt beef or smoked salmon one or two poached eggs, hollandaise

#### Shakshuka £9.5

Spicy tomato & pepper casserole, two eggs tahini cream, toast

#### Porridge £6

Almond milk, cinnamon, fresh fruit of the day

#### Two Eggs Bagel £7

Poached, scrambled or fried

#### Tish Cakes & Treats

Please ask our team about today's freshly made treats

#### London-Cure Smoked Salmon £10

Tomato, cucumber, red onion, avocado, capers seeded rye bread

#### Avocado £9.5

Poached egg, rocket, toasted bagel

#### Omelette £7.5

Peperonata or mushrooms

#### Granola & Yogurt £6.5

Soya yogurt & berry compote



### EXTRAS

London Cure Smoked Salmon / Cumberland Sausage £3.5 | Sautéed Mushrooms / Roasted Tomatoes £2.5 | One Egg poached, scrambled or fried £2.5

Toast & Marmalade Bagel, Challah, Caraway White Rye £2.5

### LUNCH

Served until 3.15pm

#### Goose Foie Gras £21

Homemade goose liver parfait, toasted Challah Apple, pear & ginger chutney

#### Tish Selection £14

For the table Hummus, harissa spiced white bean & charred aubergine dip mezonot crackers & pita

#### Chicken Soup £7

Seasonal vegetable

#### Smoked Duck £9.5

Celeriac remoulade, orange, shallot dressing

#### London Cure Smoked Salmon £10

Tomato, cucumber, red onion, capers, toasted bagel

#### Heritage Tomato & Butter Bean Salad £9

Basil, pickled red onion, hummus

### MAINS

#### Homemade Burger £17.5

Challah bun, chips, gherkins & relish

#### Large Shakshuka £14.5

Spicy tomato & pepper casserole, three eggs, tahini cream, toast

#### Seared Salmon Fillet £19.5

New potatoes, rocket, salsa verde

#### Salt Beef Club £15.5

Relish & dill pickle, toasted caraway white rye

#### Dry-aged Rib Eye Steak £29

300g, crispy shallots, bearnaise or green peppercorn sauce

#### Chicken Schnitzel £18

Breaded supreme, lemon, rocket salad

#### Grilled Tuna Salad £25

Sashimi grade, baby leaves, pearl couscous, kale radish, soft boiled egg, harissa, citrus dressing

#### Spinach Nut Roast Wellington £15

Confit celeriac, field mushrooms & peas

#### Spring Vegetable Salad £15.5

Quinoa, fennel, apple, orange, pomegranate, chickpeas golden raisins, cucumber, sweet potato crisps

#### Grilled Chicken Fillet Salad £17.5

Baby gem, tomato, cucumber, radish, beans, pickled red onion lemon ranch dressing & mezonot croutons

### SIDES

#### Truffle Chips £7.5

Green Beans, Chilli, Garlic £4.5

#### Chips £5

Honey & Cumin Glazed Carrots £5

#### Heritage Tomato Salad, Shallot & Parsley £5

Seasonal Mixed Salad £5

### DESSERTS

#### Lemon Meringue Tart £7.5

Basil sorbet & black sesame crunch

#### Tish Cakes & Treats

Please ask our team about today's freshly made treats

#### Exotic Fruit Salad £6.5

Pomegranate & orange water

#### Warm Vanilla Madeleines £8

Macerated strawberry, vanilla set custard

#### Vanilla Parfait £7.5

Poached rhubarb & blood orange, rhubarb macaroon

#### Ice Cream & Sorbet Selection £2.5

Per scoop

#### Chocolate & Passion Fruit Fondant £8

Bitter chocolate sorbet

## Tish Dairy Free Restaurant

196 Haverstock Hill, London NW3 2AG | 020 7431 3828 | eat@tish.london

Prices include VAT at 20%. A discretionary 12.5% service charge – shared wholly between the Tish team – will be added to your bill.

Some items may contain allergens, or traces of, please speak to your waiter for further information.



WINE LIST

SPARKLING

Glass 125ml Bottle 750ml

- Drappier Carte d'Or, France.....£14.00.....£72.00  
Stoned fruits on the nose, dominated by ripe fruits on the palate ensuring a long finish
- Prosecco Val d'Oca, Italy.....£7.25.....£39.00  
A terrific sparkling wine with a floral bouquet and perfect balance of acidity and softness
- Cava Metodo Tradicional, Spain (\*).....£38.00  
Fresh, fruity with good acidity and a medium intensity aroma
- Louis de Sacy Brut, France.....£100.00  
Flavours of citrus, gooseberry, rosemary with a smooth and delicate finish
- Louis de Sacy Rosé, France.....£120.00  
Blossomed nose that, after breathing, reveals notes of ripe strawberry and blood orange

ROSE

Glass 175ml Bottle 750ml

- Vina Encina Rosado, Syrah 2017, Spain.....£5.95.....£25.00  
Pale strawberry pink, clean and bright with notes of cherry, red and floral fruits
- Rose on the Beach, Cinsault 2017, France (\*).....£48.00  
Rose petal in colour, with violet hues and a citrus nose, peach, guava
- Mas de la Rouviere Bandol, Cinsault Blend 2017, France (\*).....£65.00  
Good structure with notes of red citrus, red berries, pear and mild spices with a medium finish

WHITE

Glass 175ml Bottle 750ml

- Vina Encina Blanco, Macabeo, 2017, Spain.....£6.25.....£25.00  
Fresh and light, pale yellow in colour with green highlights and notes of apple, peaches, pears
- Selection Bokobsa, Chardonnay, France.....£6.75.....£27.00  
Fragrant apple aroma, oak and fruit flavours lingering finish
- Baron Herzog, Pinot Grigio 2016, California.....£12.00.....£48.00  
Notes of citrus blossom, ripe pear, apple and tropical fruit with a lean and elegant finish
- Shirah, Viognier-Chardonnay 2016/17, California (\*).....£58.00  
Intense and rich with flavours of green apple and subtle french oak vanilla
- Teal Lake, Chardonnay 2015, Australia.....£8.75.....£34.00  
A soft, clean and citrus flavour with pleasant guava and apple flavours on a light frame
- Invita Alella, Sauvignon Blanc 2016, Spain (\*).....£30.00  
Bright straw colour with an elegant aroma of ripe fruit, citrus and tropical notes
- Herzog Special Reserve Russian River, Chardonnay 2015 (\*).....£85.00  
Pear, apple and chamomile notes characterise this tangy, citrus flavoured wine
- Contessa Annalisa, Gavi di Gavi 2016, Italy (\*).....£54.00  
Well structured, medium intensity, with an evident note of green apples and a hint of aniseed
- Dalton Estate, Sauvignon Blanc 2017, Israel.....£43.00  
Lively, dry and light with crisp acidity combining the fruity aromas of citrus and guava
- Goose Bay Sauvignon Blanc 2016, New Zealand.....£47.00  
Vibrant and crisp with a bouquet of gooseberries and a slight hint of oak
- Shirah Bro Deux, Sauvignon Blanc 2017, California (\*).....£72.00  
Perfect balance of racy, refreshing acidity and round body with soft floral and oak notes

DESSERT WINES

Herzog White Riesling 2014 Glass 75ml £11.00

Aromas of dried apricot, with intense honey notes and a balanced finish

Ella Valley Muscat 2007 (\*) Bottle 375ml £60.00

Aromas of peaches, candied orange peel and a hint of vanilla, full bodied with a long finish

RED

Glass 175ml Bottle 750ml

- Duc de France, Languedoc Merlot Blend, 2018, France .....£6.25.....£25.00  
Very intense color, round and sweet with slightly spicy and fruity notes, very well balanced
- Champs de Gaillard, Bordeaux 2013, France.....£12.00.....£45.00  
Complex fruit flavour and well balanced, offering cherry, raspberry and blackberry aromas
- Psagot Sinai, Cabernet-Shiraz 2017, Israel.....£14.00.....£58.00  
Rich spicy vanilla notes with berries and blackcurrants
- Segal Fusion, Bordeaux Blend 2016, Israel.....£9.00.....£35.00  
Aromas of exotic spices, fresh finish and a deep ruby colour
- Canaan, Cabernet Sauvignon 2017, Israel.....£9.25.....£36.00  
Medium body red with notes of black pepper, cherries and plums and low in tannins
- Teal Lake, Cabernet-Merlot 2014, Australia.....£10.00.....£39.00  
Fruity, rich and smooth with plum, coffee and liquorice notes
- Domaine Lafond, Cotes du Rhone 2016, France (\*).....£32.00  
Intense purple and velvety, with aromas of ripe, fruit, cherries and cassis
- Chinon Les Rosiers, Cabernet Franc 2016, France (\*).....£37.00  
Medium body wine with hits of tobacco and dark spice
- Herenza Rioja Crianza, Tempranillo 2014, Spain.....£41.00  
Dark cherry colour with very intense aromas of ripe fruit, creamy oak, spices and cocoa
- Covenant Red C, Cabernet Sauvignon 2015, California (\*).....£60.00  
Creamy, fruity and rich with notes of grapefruit, passion fruit and herbs
- Maison Sarela 1922 Heritage, Syrah 2017, France (\*).....£65.00  
Deep red colour, bouquet of black fruits and hints of liquorice with a dense, elegant palate
- Cantina Terra Di Seta, Chianti Classico 2014, Italy (\*).....£46.00  
Lively ruby red, smooth and elegant with notes of cherries, wild berries and violet
- Goose Bay, Pinot Noir 2014, New Zealand.....£53.00  
Ripe berries with hints of cherry and buttery overtones
- Jezreel Valley, Carignan 2014, Israel (\*).....£58.00  
Silky tannins with notes of black plum, lavender and vanilla
- Château Tour Seran, Bordeaux Blend 2013, France.....£59.00  
Supple tannins along with sweet aromas of crème de cassis aromas and notions of smoked cedar
- Chateau Malmaison, Bordeaux Blend 2016, France (\*).....£90.00  
Medium bodied, with a silky, pure and clean texture, blackberry and earthy mineral palate
- Domaine Bunan, Cotes De Provence 2017, France (\*).....£60.00  
Full bodied with a dark purple colour and intense fruit aromas
- Clos Mesorah, Grenache 2014, Spain (\*).....£72.00  
Elegant, complex, lingering finish, with a rich bouquet and notes of ripe cherries and spices
- Domaine du Castel, Petit Castel, Cabernet Blend 2016, Israel (\*).....£100.00  
Full bodied, bearing a hint of tannin and a harmonic fruity-oak balance, with a deep royal purple color
- Château Lascombes Margaux, Bordeaux Blend 2015, France (\*).....£150.00  
Easygoing, plush bouquet with rounded gritty tannins and tarry black fruit
- Shirah Bro Deux, Bordeaux Blend 2014, California (\*).....£110.00  
Full bodied blend merges classic Bordeaux flavours with Californian power and richness
- Château Haut Condissas Prestige, Merlot Blend 2011, France (\*).....£120.00  
A complex perfume of truffle, earth, blackberry and stone aromas, long and fresh finish
- Shirah Power to the People, Syrah Blend 2014, California (\*).....£150.00  
A dark, brooding wine, bursting with aromatics, displaying notions of tangy, forest blackberries
- Tenuta Monchiero Barolo, Nebbiolo 2010, Italy (\*).....£120.00  
Herbaceous aromas, delicate and fruity bouquet with vanilla and toast expressions, elegant in tannins
- Binyamina The Cave, Bordeaux Blend 2014, Israel (\*).....£120.00  
Big and powerful with notes of dark fruit, liquorice and aged for 24 months in French oak barrels
- Domaine du Castel Grand Vin, Bordeaux Blend 2016, Israel (\*).....£130.00  
Classic, elegant wine, complex bouquet of blackberries, spices, well balanced and smooth finish