

## STARTERS

**Pea & Mint Soup £9** (VG, GF)  
*Lemon & Oat Crème Fraiche*

**Arancini £12**  
*Mushroom Fried Rice Ball, Truffle Mayo*

**Roasted Peppers £9** (VG, GF)  
*Capers, Basil, Balsamic Glaze*

**Beetroots £10** (VG, GF)  
*Heritage Beetroots, Hummus, Orange*

**Marinated olives £4** (VG, GF)

**Homemade focaccia £5** (VG)  
*Olive Oil & Balsamic Vinegar*



**Chicken Soup £10**  
*Chicken, Seasonal Vegetables*

**Cod Croquettes £9**  
*Portuguese Style Croquettes, Harissa Sauce*

**London Cure Smoked Salmon £14**  
*Crispy Capers, Burnt Lemon, Crostini*

**Tuna Tartare £15** (GF)  
*Crushed Avocado, Lime, Sesame Seeds*

**Foie Gras £25**

*Goose Liver Terrine, Toast, Homemade Chutney*

**Tish Selection £15** (VG)

*Red Lentil & Roasted Garlic, Baba Ghanoush, Hummus & Grilled Pita Bread*

## MAINS

**Fattoush Salad £25** (GF)  
*Harissa Marinated Chicken Thighs, Romaine Lettuce, Sumac Pitta Croutons*

**Chicken Schnitzel £20**  
*Breaded Chicken Fillet, Rocket & Cherry Tomatoes*

**Primavera Risotto £22** (VG, GF)  
*Spring Vegetable Risotto, Non-Dairy Feta, Pea Shoots*

**300g Dry-Aged Rib Eye Steak £40** (GF)  
*Served with Confit Cherry Tomatoes*

**Skirt Steak £25** (GF)  
*Lightly Grilled Skirt Steak, Chimichurri Sauce*

**Lamb Cutlets £36** (GF)  
*Grilled Cutlets, Potato Salad, Caramelized Shallot*

**Homemade Beef Burger £25**  
*Home Minced Beef Patty, Chimichurri Mayo, Lettuce, Tomato, Pickles & Chips*

**Charred Avocado Salad £18** (GF)  
*Quinoa, Edamame, Tomato, Cucumber, Tahini Dressing*

**Pan Fried Sea Bream Fillet £22** (GF)  
*Polenta, Basil, Spicy Provençal Pepper, Tomato*

**Thyme Roasted Cod Fillet £25** (GF)  
*Caponata, Cavolo Nero, Salsa Verde*

**Grilled Tuna Salad £25** (GF)  
*Soft Boiled Egg, Green Beans, Olives, Cos Lettuce, New Potatoes, Anchovy Dressing*

Mayonnaise Dips £1.50 Each: Chimichurri / Truffle / Garlic / Harissa

## SIDES

**Chips & Oregano Salt £6**

**French Beans & Lemon Oil £6**

**Mixed Leaf Salad £6**

**Crispy Pink Fir Potatoes & Garlic Mayo £6**

**Heritage Carrots, Maple, Cumin & Orange £6**

**Vegetable Coleslaw £6**

**Heirloom Tomato, Basil & Olive Salad £6**

## DESSERTS

**Challah Pudding £10**  
*French Toast Style, Vanilla Ice Cream*

**Warm Chocolate Pot £13** (GF)  
*Crumble, Summer Berry Sorbet*

**Vanilla & Tofu Cheesecake £10**  
*Baked, Citrus Curd & Passion Fruit Gel*

**Homemade Ice Cream & Sorbet** (GF)  
**£3 per scoop**

**Chocolate Mousse £9** (GF)  
*Dark Chocolate Mousse & Cacao Tuile*

**Seasonal Fruit Pavlova £8** (GF)  
*Tropical Sorbet*



## COCKTAILS 12

### Paloma

*Tequila, Fresh Grapefruit, Lime, Soda*

### Belsize Spritz

*Gin, Campari, Pomegranate & Prosecco*

### Tish Fix

*Prosecco, Luxardo Cherry Morlacco & Griottines Cherry*

### Mango Tango

*Gin, Mango, Malibu, Lime & Mint*

### Cucumber Martini

*Choice of Gin or Vodka, Cucumber, Mint, Lemon & Elderflower*

### Lavender Martini

*Gin, Maraschino Cherry, Lemon, Crème de Violette, Lavender*

## CLASSICS 12

### Bramble

### Pimm's & Lemonade

### Bloody Mary

### Kir Royal / French 75

### Spicy Tommy's Margarita

## MOCKTAILS 8

### Watermelon Crush

*Watermelon, Lime & Mint*

### Pink Lemonade

*Grapefruit, Lemon, Elderflower, Rose & Soda*

### Strawberry & Banana Colada

*Strawberry, Banana, Coconut & Wafer*

### Virgin Pineapple Mojito

*Pineapple, Lime, Mint & Soda*

### Mandarin & Blood Orange Pop

*Mandarin, Blood Orange, Soda, Ginger & Orange blossom*

### Tish Shirley Temple

*Lemonade, Grenadine & Maraschino Cherry*

## BY THE GLASS

### Red Wines

|  |      |
|--|------|
| Carmel Mediterranean Style               | 6.75 |
| Canaan, Cabernet Sauvignon               | 9.50 |
| Rioja Cardova, Tempranillo               | 11   |
| Ch de Parsac, Rothschild, Bordeaux Blend | 12   |

### Rose Wines

|                    |    |
|--------------------|----|
| St Beatrice, Syrah | 12 |
|--------------------|----|

### White Wines

|                            |       |
|----------------------------|-------|
| Carmel Sauvignon Blanc     | 6.75  |
| Teal Lake, Chardonnay      | 11    |
| Goose Bay, Sauvignon Blanc | 13.50 |

## HOT DRINKS

|   |      |
|---|------|
| Single Espresso   | 3    |
| Single Macchiato  | 3.5  |
| Double Espresso, Americano  | 3.75 |
| Latte, Cappuccino, Flat White, Mocha, Double Macchiato  | 4    |
| Hot Chocolate   | 5.5  |
| Fresh Infusion, Selection Of Ginger, Lemon Or Fresh Mint  | 4    |
| Selection of Teas: Earl Grey, Camomile, English Breakfast, Green, Decaf English Breakfast, Chai | 4    |

## DIGESTIVES

|                           |    |                                  |      |
|---------------------------|----|----------------------------------|------|
| Frangelico                | 5  | Makers Mark Whiskey              | 8.5  |
| Tia Maria                 | 5  | Talisker 10y Whiskey             | 14   |
| Disaronno Amaretto        | 6  | Balvenie 12y double wood Whiskey | 14.5 |
| Cointreau                 | 7  | Macallan 12y Whiskey             | 17   |
| Limoncello Luxardo        | 8  | Louis Royer VS 3 Star Cognac     | 20   |
| Appleton Estate VX 21 rum | 25 | Louis Royer VSOP 3 Star Cognac   | 25   |

Tish Dairy Free Restaurant

196 Haverstock Hill, London NW3 2AG 020 7431 3828 | eat@tish.london | @tish\_london  
 Prices include VAT at 20%. A discretionary 13.5% 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.