



## STARTERS

**Pea & Mint Soup 13** <sup>(vg, gf)</sup>  
*Lemon Oat Cream*

**Quinoa & Roasted Pears 12/18** <sup>(vg, n)</sup>  
*Caramelised Pear, Quinoa, French Beans Salad  
Roasted Walnuts, Mustard Dressing*

**Beetroot & Hummus 13** <sup>(vg, gf)</sup>  
*Roasted Heirloom Beetroots, Pumpkin Seeds*

**Tuna Tartare 18**  
*Chilled Cubed Tuna, Sriracha, Cucumber Ponzu*

**Arancini 15**  
*Mushroom & Rice Fritters <sup>(vg)</sup>,  
Truffle Mayonnaise <sup>(v)</sup>*

**TISH Selection 26** <sup>(vg)</sup>  
*For The Table to Share*

*Roasted Spicy & Sweet Potatoes Dip  
Chickpea Hummus  
Smoked Aubergine & Tahini  
Baguette Crostini & Toasted Mezonot Pita*

**Padron Peppers 10** <sup>(vg)</sup>  
*Smoked Sea Salt Flakes*

**Homemade Focaccia 9** <sup>(vg)</sup>  
*Olive Oil & Balsamic Vinegar  
Sundried Tomato Spread*

**Tish Chicken Soup 15** <sup>(gf)</sup>  
*Roasted Chicken Broth & Seasonal Vegetable*

**Foie Gras 36**  
*Goose Liver Pate, Challah Toast  
Homemade Chutney*

**Beef Carpaccio 21**  
*Confit Shallots & Truffle Oil Crostini*

**Homemade Beef Meatballs 18**  
*Spicy Shakshuka, Chilli Crumb, Chimichurri*

**Duck Terrine & Toast 17** <sup>(n)</sup>  
*Pressed Terrine, Pistachio,  
Caramelised Red Onion Chutney*

## LARGE CUTS

*Carefully selected Glatt Kosher British Bred Meat*

**Cote de boeuf 15 per 100g** <sup>(gf)</sup>  
*From 1.1kg to 1.5kg, Roasted Garlic Triple Peppercorn Sauce or Chimichurri*

**Chargrilled Rib Eye 75** <sup>(gf)</sup>  
*500g, Roasted Red Onion, Triple Peppercorn Sauce or Chimichurri*

**Jacob's Ladder Maple Glazed 39**  
*Padron Peppers, Red Onion, Chilli Crumb & Chimichurri*

## BURGERS

*Brioche Bun, Patty, Shredded Lettuce  
Add Side + 5*

**Beef 25**  
*Burger Relish, Tomato & Pickles*

**Lamb 29**  
*Harissa Relish, Grilled Aubergine*

**Turkey Schnitzel 25**  
*Burger Relish, Tomato & Pickles*

## MAIN COURSES

**Roasted Duck Breast 44**  
*Slow Cooked Leg Croquette, Braised Red Cabbage*

**Turkey Schnitzel 30**  
*Breaded Turkey Fillet, Braised Red Cabbage  
Pickled Apple Sauce*

**Grilled Chicken Paillard 30** <sup>(gf)</sup>  
*Honey Roasted Parsnips & King Oyster Mushrooms*

**Beef Tartare 35**  
*Hand Chopped Beef & Classic  
Condiments & Salad*

**Chargrilled Rib Eye 48** <sup>(gf)</sup>  
*300g, Roasted Red Onion, Triple  
Peppercorn Sauce or Chimichurri*

**Shepherd's Pie 38**  
*Braised Lamb Shoulder Pie, Seasonal  
Vegetable Selection*

**Fish & Chips 32**  
*Battered Haddock, Mushy Peas, Tartare Sauce*

**Roasted Sea Bass 32** <sup>(gf)</sup>  
*Braised Chickpeas  
Roasted Bone Jus*

**Salmon Fillet 29** <sup>(gf)</sup>  
*Miso & Honey Glazed Sweet & Sour Aubergine*

## SIDES

*7 each*

*Add Truffle Oil +2.5*

**Homemade Fat  
Chips**  
<sup>(vg, gf)</sup>

**Mix Vegetable  
Garlic Oil**  
<sup>(vg, gf)</sup>

**Garlic & Parsley  
New Potatoes**  
<sup>(vg, gf)</sup>

**Broccoli &  
Chilli Flakes**  
<sup>(vg, gf)</sup>

**French Beans  
Lemon Oil**  
<sup>(vg, gf)</sup>

**Tomato,  
Cucumber  
& Shallot Salad**  
<sup>(vg, gf)</sup>

**Mixed Leaf  
Salad**  
<sup>(vg, gf)</sup>

vg- vegan   v- vegetarian   gf- gluten free   n- contains nuts

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 or 15% for parties of 8 and above will be added to your bill  
Please let us know if you have any allergies or require information regarding the ingredient used in our dishes

Please note: Our chicken and fish dishes might contain bones

