



STARTERS

Pea & Mint Soup 11 (vg, gf)
Lemon Oat Cream

Padron Peppers 10 (vg)
Sea Salt Flakes

Beef Carpaccio 18
Confit Shallots & Truffle Oil Crostini

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

Aubergine & Hummus 11 (vg, gf, n)
*Charred Aubergine, Pumpkin Seeds
Cashew Chilli Oil*

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

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

TISH Selection 22 (vg, n)
*Muhamara, Chickpea Hummus
Smoked Aubergine & Tahini
Baguette Crostini & Toasted Mezonot Pita*

Lamb Rolls 15
*Slow Cooked Lamb Shoulder Rolls
Mint Sauce*

Arancini 13
*Mushroom & Rice Fritters (vg),
Truffle Mayonnaise (v)*

Homemade Focaccia 9 (vg)
*Olive Oil & Balsamic Vinegar
Sundried Tomato Spread*

Crispy Duck & Grilled Peaches 14 (n)
*Crispy Duck, Grilled Peaches
Toasted Walnuts & Salad*

LARGE CUTS

Carefully Selected Glatt Kosher British Bred Meat

Cote de boeuf 15 per 100g (gf)
From 1.1kg to 1.5kg, Roasted Garlic Triple Peppercorn Sauce

Bourbon, Maple & Cajun Cured Rib Eye 75
500g, Mojo Verde, Mixed Leaf Salad

Mix Grill, Salad & Chips 85
300g Rib Eye, Chicken Thighs, Lamb kofta, Grilled Tomatoes, Mojo Verde

BURGERS

Brioche Bun, Patty, Shredded Lettuce

Beef 24
Burger Relish, Tomato & Pickles

Lamb 25
Harissa Relish, Grilled Aubergine

Chicken Schnitzel 24
Burger Relish, Coleslaw

MAIN COURSES

Roasted Duck Breast 44 (gf)
Orange Sauce, Cumin & Maple Glazed Carrots & Peas

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

Fish & Chips 29
Battered Haddock, Mushy Peas, Tartare Sauce

Chicken Schnitzel 30
*Breaded Chicken Fillet
Coleslaw with Mustard Dressing*

Chargrilled Rib Eye 48 (gf)
*300g, Roasted Tomato
Triple Peppercorn Sauce*

Roasted Sea Bass 29 (gf)
*Herb Crushed Potatoes
Sauce Vierge*

Chicken Skewers 30 (gf)
*Harissa Marinated Chicken Thighs
& Provencal Vegetable Skewers, Salad & Lime*

**Chipotle & Coffee Glazed
Short Ribs 45**
*Padron Peppers, Red Onion, Chilli
Crumb & Chimichurri*

Salmon Fillet 29 (gf)
*Courgette, Aubergine & Pepper Caponata
Herb & Caper Dressing*

Pulled Lamb Shoulder Confit 36 (gf)
*Slow Cooked Lamb Shoulder, Minced Lamb
Smoked Aubergine & Summer Vegetable Tian*

Aubergine Schnitzel "Escalivada" 21 (vg)
*Breaded Aubergine Slices
Cooked Over Amber Provencal Vegetables*

SIDES 7 each

**Homemade
Chips**
(vg)

**Broccoli
Chilli Flakes**
(vg, gf)

**Garlic & Parsley
New Potatoes**
(vg)

**Coleslaw
Mustard Dressing**
(vg, gf)

**French Beans
Lemon Oil**
(vg, gf)

**Tomato, Cucumber
& Shallot Salad**
(vg, gf)

**Mixed Leaf
Salad**
(vg, gf)

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 6 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