Mourne Seafood Bar Lunch Menu
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SHELLFISH BAR

Oysters au Natural ½ Dozen £9.00 served with mignonette dressing, tabasco and lemon
Oysters Japanese Style ½ Dozen £9½ served with shredded cucumber, pickled ginger and spiced soy dressing
Peel & Eat Langoustines £7 with homemade mayo and salad (Served In the Shell)

Pan fried crab claws £7 with chilli butter (Served In the Shell)
Mourne Mussels & Crusty Roll Starter £8 Main £12 White wine and garlic cream or Korma sauce
Smoked Salmon mayo and crab pâté £7 with focaccia crisps and lettuce cups

While Mourne Seafood Bar strives to ensure the safety and provenance of their shellfish, patrons should note that there is always a risk attached to the consumption of raw shellfish especially during the winter and spring months. Our shellfish beds are constantly monitored and all shellfish pass through a rigorous purification process. By ordering any of these products all customers must accept this small risk.

TO BEGIN:

Seafood Chowder Cup £4 Bowl £7 Topped with croutons & garden herbs
Whipped Goats Cheese £6½ with apple beetroot and endive salad, balsamic and candied walnuts
Salt and Chilli Squid £7 with napa slaw, chilli jam and mayo

Sezchuan Seared Salmon £7 With seaweed and soy bean salad with sushi dressing
Tuscan Fishcake £7 with salsa verde mayo and salsa rosso
Piri Piri Prawns £7 with warm focaccia

RISOTTO & PASTA

Prawn Risotto Primavera with parmesan crisps and gremolata – Starter £7 Main Course £12½

Seafood Linguine with shellfish cream, wilted greens and chilli gremolata – Starter £7 Main Course £12½

AND THEN:

Beer Battered Fish & Chips £11 with mushy peas and tartar sauce
Mourne Seafood Casserole £12½ mixed seafood with fresh tomato sauce, potatoes, fennel, thyme and garlic and grilled focaccia
Smoked Salmon Potato Pancake £9 with soft poached egg and herb beurre blanc
Baked "whole" fish of the day (See Server) With kale and quinoa tabbouleh and warm prawn salsa

Fillet of Cod £13½ with bacon and chive mash, spinach mushrooms and razor clam veloute
Fillet of Hake £13½ with potato lentil curry, sprouting broccoli and lemon oil
Fillet Of Seabream £13½ with saffron gnocchi, spring greens and sauce vierge
Chargrilled Irish Ribeye £25 Served with grilled veg, homemade chips and garlic and herb butter – Add Prawns £2½

SIDES £3.75

CHIPS - CHAMP - BREAD BASKET - HOUSE SALAD - SPRING VEG

TO FINISH:

Coconut Pannacotta £5½ served with mango compote and sable biscuit
Pecan Pie £5½ with chocolate sauce and bourbon vanilla ice cream

Salted Caramel and Chocolate Torte £5½ with chocolate sauce, berries and crème Chantilly
Sticky Toffee Pudding £5½ with toffee sauce and vanilla ice cream

GLUTEN FREE AVAILABLE. While most of our dishes are available gluten free, please always advise your server if you have an allergy or any special dietary requirements. Please note that nuts are used on the premises.

Please note a discretionary service charge of 10% is added to parties of 5 or more. All tips and gratuities are pooled and paid out fairly to front of house and kitchen staff by an independent tronc master. This is in line with the current recommended industry best practice. Mourne Seafood retains no percentage for admin. For More information on our policies you can visit our website www.mourneseafood.com