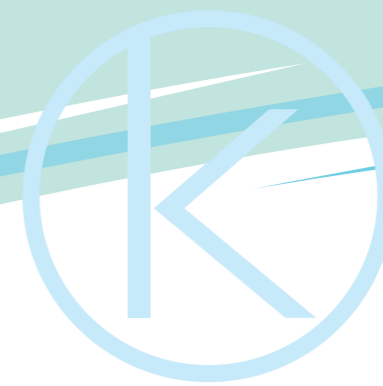


Thalassa

mediterranean seafood
restaurant . bar



PROOF ONLY

Starters

Rock Oysters

Served with 4 dips: Bloody Mary, shallots and red wine vinegar, soya and chives, lime & coriander

6 Oysters £10.95

12 Oysters £18.95

24 Oysters £29.95

(v) Roman Stuffed Peppers 5.95

Chargrilled roman pepper, filled with marinated mint courgettes and feta cheese (cold dish)

Zarzuela Fish Soup 5.95

Prawns, mussels, clams, octopus in a thick red tomato broth served with a crouton

Salmon Gravavlax 5.95

Thinly sliced salmon, marinated in olive oil, dill, shallots, lime zest and fresh herbs

Mediterranean King Prawns 6.95

Pan fried prawns in garlic butter with lemon and white wine

Clams Special 6.95

Razor clams, shell clams and mussels sautéed in lemon, garlic and black pepper

King Scallops 7.95

3 scallops wrapped in Parma ham, pan fried in garlic and white wine cream sauce, served on a bed of sauté spinach

Grilled Halloumi 6.95

Served with a mixed salad

Baked Aubergine 6.95

Layers of aubergine baked in a tomato and basil sauce topped with mozzarella and parmesan cheese

Mediterranean Prawn Cocktail 6.95

Four king prawns in a classic cocktail sauce and crispy salad

Kalamari 7.50

Deep fried rings with seaweed and tartare sauce
OR
chargrilled with roasted peppers garlic and chilli

Nicosia to Tokyo 7.95

Sesame crusted tuna sashimi on toasted pitta bread, wild rocket, wasabi tzatziki and wakame seaweed

Grilled Octopus 9.95

Served with a gorgeous rocket salad

Lobster Salad 14.95

Asparagus and avocado mousse served with a finely chopped salad

Mixed Starter 5.95

Consists of houmous, taramasalata and tzatziki, served with pitta bread

Lobsters

Choose one of our fresh lobsters from our tank

Lobster Linguine Pasta

Sauté linguine in a rich tomato sauce with cherry tomatoes and fresh basil

Grilled Lobster

With chilli, garlic and warm olive oil vinaigrette

Grilled Lobster Thermidor

With shallots, brandy wholegrain mustard, light cream and topped with parmesan cheese gratin

Thalassa Lobster Special

Baked with king prawns, scallops and nutmeg cream sauce

Oriental Lobster

Stir fried with ginger, lime, coriander, lemongrass, chilli, garlic, and honey and soya sauce

Surf and Turf

3 Mediterranean prawns, 180g Fillet Steak with a mixed salad and Cyprus hand cut chips 19.95

Or

1/2 grilled Lobster, 180g Fillet steak served with a mixed salad Cyprus hand cut chips 23.95

Non Seafood

Breast of Chicken 12.95

Grilled on a bed of mixed roasted vegetables dressed with olive oil

Lamb Shank 13.95

Slow roasted lamb in bay leaves and cinnamon served with roast potatoes and seasonal vegetables

Grilled Lamb Cutlets 14.95

Served in a red wine and rosemary gravy and mash potato

Wild Boar 14.95

Free range acorn fed Spanish Bierce wild boar, served with Oyster mushrooms and caramelised onions

Fillet Steak 15.95

Plain, grilled with either a pepper sauce or Diane sauce, served with a mixed salad and chips

Side Dishes 3.00

Cyprus hand cut chips/roast potatoes/potato wedges/mash/sauté spinach/rice

Starter Portion 3.95 / Main 4.95

Rocket & feta salad/mixed salad/Greek salad/seasonal vegetables

Kids' Menu 5.95

Cod fingers & chips/spaghetti in tomato sauce/grilled breast of chicken & chips/seafood

Seafood

Mediterranean Prawns 13.95

Cooked in a sweet chilli sauce served with saffron rice

Sea Bream Fillets 15.95

Shallow fried and served with a beetroot salad

Grilled Fillets of Sea Bass 15.95

Grilled with thyme and olive oil, served with mashed potato

Black Cod 15.95

Baked cod marinated in teriyaki sauce and served with wasabi mash

Poached Monkfish 15.95

Served with a beurre blanc sauce, mashed potato and mango coulis

Swordfish Steak 15.95

Grilled with a bon jou Thai sauce of lime, chilli, soya sauce, garlic coriander and ginger, served with spinach

Classic Seafood Paella 12.95/24.95

Saffron rice with King prawns and calamari, mussels, langoustine, clams and peppers, garnished with orange and lemon slices

Yellow Fin Tuna 13.50

Crusted in sesame seeds, served on a bed of couscous salad and avocado.

Chef's Special 19.95

Fish Mix Grill – seasonal produce served with Cyprus hand cut chips and a mixed salad

Grilled Barramundi 16.95

Sourced from the Indian Ocean served with green beans and roast potatoes

Pan Fried Cod 13.95

Served with langoustine, velouté sauce, spinach and courgettes

Thalassa Speciality Fish Meze £21.95

3 course fish meze which includes a variety of cold starters, warm starters and a main course of fish, Greek salad and chips

Fresh Catch of the Day

Fresh fish delivered daily, please ask your waiter to show you the day's catch, prices according to season

Please note that the above are sample menus and that from time to time certain dishes or ingredients are restricted due to market availability. Prices can also vary subject to market produce.