



Home cooked mains to be reheated

The Ocean in a plate

Non creamy chowder with locally fished cod, smoked haddock, lobster, salmon, scallops and mussels from Yell.

Tomato, onions, leeks, carrots, French beans, peppers, herbs and spices **16.50**

Schrimp Curry

Lots of vegs and spices (not hot), served with rice **12.50**



Surf and Turf

Shetland squids and grilled Basque chorizo, with onions and spring onions, peppers, mange-tout, carrots and tomatoes **14.50**

Lobster Bisque cooked with Champagne

(with whole lobster meat except the tail) **12.50**

Taste of Shetland : Reestit mutton soup **8.00**

Cazuela de Burgos (Spanish stew)

(sautéed Burgos rice stuffed dark sausage, cured ham, chorizo, artichoke hearts, Piquillo peppers, Basque beans Pochas, spring onions and tomato) **14.50**

Boudin aux pommes

(French dark sausage, sautéed potatoes and Calvados flambeed apple) **11.50**



Tartiflette

(sautéed ventrèche, tatties, spring onions topped with melted cheese) **11.00**



Homemade Pâtisseries

Pâtisseries (only on order)

Chocolate cake (75% cocoa pure origin) 6 portions **25.00**

Lemon cake 6 portions **15.00**

Cakes 8 portions :



Almond cake (gluten free) **30.00**

Raspberries tart (biscuit crust with vanilla cream) **23.00**

Vanilla Flan **20.00**

«Nuage» Cake (Fruit mousse on a light Gênoise) **25.00**

Individual Biscuits (minimum order 6 pcs)

Vanilla or sesame seeds Financier **7.00**



Vanilla or lemon Madeleine **7.00**



It's time for Tapas

Bread

Pan català (grilled 1/4 baguette topped with garlic, salt, virgin olive oil and chopped tomato) **2.30**

Grilled 1/4 baguette with butter and Roquefort paste **2.00**

Grilled 1/4 baguette topped with Italian black olive tapenade **2.00**



The very best of Spain (100% natural product, preservatives free)

Paleta iberica, 24 months cured acorn fed pig shoulder ham *It melts in your mouth* **9.00**

Lomo iberico, 6 months cured acorn fed pig sirloin **9.00**

Txistorra, sauteed mild Basque fresh chorizo **4.50**

Sauteed Chorizo **4.50**

Wild boar dry-cured sausage **4.30** **Wild venison dry-cured sausage** **4.30**

Wild venison dry-cured chorizo **4.30** **Truffled pork dry-cured sausage** **4.60**

Manchego cheese or Basque ewe cheese **3.00**



Veg

Sautéed Porcini mushrooms **6.50** **Sautéed Girolle mushrooms** **7.80**

Pimientos de Padrón (sauteed mild Padron peppers) **4.60**

Italian artichoke tapenade **5.20**

Patatas Bravas (sauteed tatties in olive oil with hot chili pepper sauce on the side) **5.50**

White asparagus (olive oil and balsamic dressing) **4.80**

Artichoke hearts (olive oil and balsamic dressing) **4.00**

Piquillo peppers (olive oil and balsamic dressing) **4.30**

Green olives filled with anchovies **2.80**

Taggiasca green olives (the best we ever had) **3.50**

Tortilla española (Spanish potatoes and onions omelette) **4.30**

Sautéed artichokes hearts with fried ventrèche (Basque rolled stricky bacon) **7.30**

Sautéed Piquillo peppers with fried chorizo **7.00**



Fish (cans and jars serve 1 or 2 if shared)

from Vigo (Galicia) the real taste



Queen scallops cooked in tomato sauce **3.90**

Tuna fillet in olive oil **3.80**

Sardines in olive oil **3.70**

Stuffed baby squids in their own ink sauce **4.60**

Marinated mussels in olive oil **4.40**

Octopus marinated in olive oil **4.50**

Octopus in tomato Marinera sauce **4.50**

from Lisboa (Lisbon) they are just amazing!!

Anchovies (the best we ever had) **7.40**

Smoked mussels **6.80**

Codfish in olive oil and garlic **6.90**

Codfish confit with figs and walnuts in olive oil **9.50**

Swordfish with chickpeas, onions, ... **8.10**

Mahi mahi with tomato, thyme, ... **8.10**

Tuna with sweet potato, onion, tomato, lemon, ... **9.30**

Tuna Algarvia with tomato, onion, lemon, coriander ... **9.30**

Mackerel fillets in tomato sauce **5.50**

Mackerel fillets in curry sauce **5.50**





Starters

French Atlantic fish soup (served with olive oil fried croutons and grated Emmenthal) **12.50**

(serves 2 or 3, the soup can be kept in the fridge for 3 days)

French Terrines (whole terrine for 2 or 3)



Duck Foie gras **24.00**

Duck Rillettes **5.80**



Venison **11.20**

Wild boar and chesnuts **7.90**

Salt meadow Lamb **11.60**

Espelette pepper Basque pork **6.20**

Boudin (dark sausage) **11.50**



Pork pâté with green peppercorns **11.70**

Pork head terrine **5.30**



Platters and Salads

Platters (100% natural product, preservatives free)

Superior Spanish charcuterie Platter **18.00**

(Paleta ibérica, lomo ibérico, wild boar salami, venison chorizo, truffled dry-cured sausage)

Basque charcuterie Platter **14.00**

(Bayonne ham, dry-cured sausage, dry-cured chorizo, Basque pâté)



Portion of cheese **3.00**

(Cow, goat and ewe cheeses are available all year long, please ask for availability)

Spanish Manchego or Basque ewe cheese **3.00**

Sides

Salad (mixed leaves, tomatoes, spring onions) **2.80**

Pommes sautées **4.50** **Petits Pois & Carrots** (tomatoes, spring onions) **4.50**

Sauteed Porcini **6.50** **Sauteed Girolles mushrooms** **7.80**

Sauteed rice with petits pois , carrots, tomatoes and spring onions, spices **6.50**

Salads (Taggiasca extra virgin olive oil and aged balsamic dressing)

Madrid (mixed leaves, tomatoes, spring onion, green olives, artichoke hearts, Piquillo peppers, asparagus, prime tuna fillet) **8.90**

Roma (rocket leaves, parmesan cheese, green olives) Caramelized balsamic **7.00**

Santorini (mixed leaves, tomatoes, feta, cucumber, green olives, onion, anchovies) **10.50**

Sandsound (mixed leaves, tomatoes, beetroot, avocado, spring onion, spices) **9.00**

Nice (mixed leaves, tomatoes, spring onion, prime tuna fillet, anchovies, Piquillo peppers, radish, boiled egg) **11.30**



Paris (mixed leaves, tomatoes, Piquillo peppers, sautéed ventrèche, Chavignol goat cheese grilled on baguette slices with honey, thyme and ground cumin) **13.10**



Mains (Jar serves 2)


Duck specialities (duck sausages and confit are served with Piperade)

4 Duck sausages		12.50
Duck leg cooked with beans and veg		18.50
Duck leg in red wine sauce with tatties		18.50
Civet d'oie (Goose leg cooked in Cahors wine sauce, carrots, onions, tatties)		18.90

Chicken specialities

Chicken Marengo (white wine sauce with tomato, mushrooms, onions and herbs)	15.70
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Spanish specialities (serves 1)

Fabada (Asturian Cassoulet with chorizo and black sausage)		9.90
Cocido (chick-peas stew with chorizo)		9.50
Lentils with chorizo		9.20

Sides

Salad (mixed leaves, tomatoes, spring onions)	2.80	
Pommes sautées	4.50	Petits Pois & Carrots (tomatoes, spring onions) 4.50
Sauteed Porcini	6.50	Sauteed Girolles mushrooms 7.80
Sauteed rice with petits pois , carrots, tomatoes and spring onions, spices	6.50	



(Keep refrigerated for 5 days)

French specialities

Pork

Anchaud périgourdin (Confit pork loin in garlicky aspic) Incredibly tasty!

400 gr for 2 **13.50** 800 gr for 3/4 **19.90**

Paupiettes de porc (Pork rolls, wine sauce, tomatoes, onions, mushrooms, tatties) **13.50**

Filet mignon de porc (Pork tenderloin, Porcini mushrooms sauce, tatties) **14.20**

Beef • Veal

Aoxa (Basque veal meat cooked in Piperade sauce, tatties) **22.50**

Bœuf carottes (Beef cooked with carrots) **17.50**

Tripes de bœuf (Cow tripe cooked in white wine sauce with spices, tatties) **12.90**

Lamb

Navarin d'agneau (Lamb cooked with vegetables) **17.50**


Poultry (serves 1)

Cassoulet (Duck confit, pork sausage, beans, carrots, onions and tomato) **13.60**




Filled Sandwiches (served until 5.00 pm) (only take away during lunch time, from 12 to 2 pm)

Charcuterie Baguette Sandwiches

Jan	7.30	Bayonne cured ham, butter, Espelette pepper	
James	6.50	Basque pork salami, pickled gurners, butter	
Maggie	6.50	Pork or wild boar dry-cured sausage, butter	
Leon	6.50	Basque Chorizo, butter	
Jimmy	7.50	Sautéed Basque Txistorra (fresh Basque chorizo), olive oil	
Henry	6.50	Sautéed ventrèche, tomato, butter, fresh herbs	
Sophie	7.60	Henry + scrambled egg	
Lisa	11.00	Iberico ham, tomato and olive oil dip, fleur de sel	
Steve	11.00	Iberico lomo (pork loin), tomato and olive oil dip, fleur de sel	

Brian & Bel	8.30	the Bressay Hot Dog with 2 sausages from Chris Dyer's natural pork, French grilled baguette, French mustard, onion relish and ketchup
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Mixed filled Baguette Sandwiches

Richard	9.50	Roquefort ewe cheese, pork dry-cured sausage, butter	
Dorota	9.50	Saint-Nectaire cow cheese, dry-cured chorizo, butter	
John	11.80	Manchego cheese, Iberico ham, olive oil	
Cynthia	11.50	Basque ewe cheese, Bayonne cured ham, butter	

Cheese Baguettes Sandwiches

Wilma	7.50	Manchego, rocket, olive oil
Dilys	6.00	Farm Cumin Gouda, rocket, butter
Gwen	7.00	Crottin de Chavignol goat cheese, heather honey, rocket, butter
Mary	6.00	Camembert, rocket, paprika, butter

Ploughman Roll Sandwiches

Bruce	4.60	the Basque Bacon Roll : ventrèche, tomato, butter, Espelette pepper
Michelle	6.00	Bruce + scrambled egg



Hot Drinks and Beverages


Chocolate and Milk

Hot chocolate (organic 97% cocoa)	2.60	Glass of milk (warm or cold)	1.50
Viennese choco (topped with Chantilly)	3.50	Mocha	3.30

Espressi

Djimma (100% Ethiopian arabica)	2.20	Italian blend espresso	2.20
Double shot espresso	3.50	Decaf espresso	2.20
Parisian espresso topped with Chantilly	3.30	Double shot Parisian	4.60

Speciality coffes

Viennese coffee topped with Chantilly	3.60	Decaf Viennese coffee	3.60	
Latte or Decaf Latte	2.70	Latte Machiatto	2.70	
Noisette double espresso, bit of milk	3.50	Flat White	2.70	
Cappucino or Decaf Cappucino	2.70	Double shot Cappucino	4.30	

Classic Black

Americano glass	 2.50
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Speciality Teas (for list of teas, please see last page)

Speciality tea	1.80
Breakfast, Earl Grey or Mint Tea	1.20

Cold beverages

Perrier sparkling water	2.50	Coke or Diet Coke	2.50
San Pellegrino Limonata	2.50	Orangina	3.10
Beck's Blue Beer (alcohol free)	3.10	Horchata	3.20



Speciality Teas

Black Teas

- Konghea T.G.F.O.P** *Assam produces caffeine-rich and tasty tea from an indigenous variety of tea tree with robust and large leaves. The full-bodied infusion has delicate floral notes.*
- Torrington Sup. O.P** *Ceylon. Black tea with rich fruity notes*
- Yunnan Mao Feng** *Yunnan, China. Yunnan is renowned for its black tea. This tea is both delicate and aromatic. The large quantity of tips gives roundness to the infusion.*
- Tarry Souchong** *Taiwan. The Souchong leaf is smoked over an open fire of spruce. This variety is the most intensely smoked one.*

Green Teas

- Long Jin organic** *(“Dragon Well”) Zhejiang, China. This is without a doubt the most famous of all Chinese teas. It is grown on small hills around Hangzhou, on the shore of the Western Lake. It is a “sautéed tea”, which explains the flat shape of its leaves. Yellow-green coloured, its infusion has a delicate smell, a silky texture and a taste of sweet chestnut. It has a long finish in mouth.*
- Genmaicha organic** *Japan. Surprising blend of green tea, grilled and puffed rice that is very popular in Japan. It has both the taste of green tea and that of cereals. It improves the digestion and is a nice complement to a meal.*

Scented Teas

- Earl Grey Imperial** *Classic bergamot orange Chinese black tea with silver tips.*
- Russian 7 citrus** *Black tea scented with lemon, lime, orange, bitter orange, clementine, grapefruit and bergamot orange.*
- Tibetan** *Black tea scented with Tibetan plants and vanilla.*
- Nine Dragons** *Black tea scented with red fruits, black fruits and peach.*
- Tchai** *Black tea scented with traditional Indian spices.*
- Waiting for the rain** *Green tea scented with citrus fruits, ginger, mint and lemongrass.*



Speciality Teas

Scented Teas

- Rose from the Sikkim** *Green tea scented with rose and quince.*
- Envol des fleurs** *Blend of white and green teas with floral notes.*
- Shadow of the wind** *Wulong tea scented with honey and sugar-coated chestnuts. Wulong tea is the perfect afternoon tea as it is low in caffeine and has relaxing effects. It is a partly oxidized tea.*
- Kyoto** *Green tea scented with cherry blossoms*
- Sound of silence** *Black tea scented with ginger root and lime*
- Neiges éternelles** *Black tea scented with almond, walnut and cinnamon*
- Spicy Clementine** *White tea scented with clementine, chocolate and pepper*
- Rooibos** *Rooibos is usually grown in the Cederberg, a small mountainous area in the region of the Western Cape Province of South Africa. The «red bush» is caffeine free and scented with pineapple and lemon.*
- 3 different Rooibos are available :**
- Pineapple and lemon*
 - Vanilla*
 - Goji*

