



LES
FONTAINES
TAVERN

SEAFOOD SPECIALS

AUGUST

*Celebrating the best seafood of the season,
sustainably sourced and prepared with care.*

LES FONTAINES FISH PLATTER

A generous selection of crispy cod, calamari rings and scampi,
served alongside a classic prawn cocktail on toasted sourdough.

Accompanied by chunky chips, a fresh mixed salad,
garlic aioli and sweet chilli sauce.

£32.95

PAN-FRIED SEA BREAM FILLET

Crispy-skinned sea bream fillet served with crushed
buttered new potatoes, tarragon green beans
and a classic beurre blanc.

£20.50

SICILIAN LEMON SOLE

Oven-baked lemon sole with sun-dried tomatoes, capers,
shallots and Sicilian olives, finished with fresh herbs and
served with buttered new potatoes and tender stem broccoli.

£19.50

GRILLED OCTOPUS

Chargrilled octopus served with grilled courgettes, aubergine
and bell peppers, toasted sourdough, garlic confit
and a mixed leaf salad.

£21.50

PAN-SEARED KING SCALLOPS

Three king scallops served on a smooth celeriac purée
with crispy pancetta, dressed rocket and finished
with a lemon butter sauce.

£19.50



*Please inform a member of our team of any allergies
before placing your order.*

