LUNCHTIME SPECIALS 11:30-4:30

COD, CHIPS, MUSHY PEAS OR CURRY SAUCE With Tea Or Coffee	£12.95
HADDOCK, CHIPS, MUSHY PEAS OR CURRY SAUCE With Tea Or Coffee	£12.95
SHISH KEBAB WITH RICE OR CHIPS Lamb, Chicken Or Koobideh	£12.95
GARLIC CHILLI PRAWNS & RICE	£10.95
BURGER & CHIPS Gourmet, Chicken, Veggie Or Fish Burger	£9.50
PRAWN PASTA	£12.95
KIDS MENU	
COD & CHIPS	
	£8.50
COD GOUJONS & CHIPS	
COD GOUJONS & CHIPS CHICKEN NUGGETS & CHIPS	£7.50
	£7.50

FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary requirement please inform a member of our staff before you place your order.



RESTAURANT MENU

020 8444 3322 www.fishnflame.uk fishnflame@gmail.com 100-102 High Road, East Finchley, N2 9EB





FISH SOUP	£6.50	GARLIC CHILLI PRAWNS	£7.95
Mediterranean Style Fish Soup Made With Mixed Salmon & Cod and Carefully Selected Spice	Veg,	GRILLED OCTOPUS	£12.50
TOMATO SOUP ¥	£5.95	PRAWN COCKTAIL	£7.55
SAMOSAS V	£4.50	SMOKED SALMON	£7.55
FRIED CALAMARI	£7.50	AVOCADO VINAIGRETTE.V	£6.50
FRIED WHITEBAIT	£7.50	MIXED OLIVES	£4.95
GRILLED HALLOUMMI Y	£7.50	TARAMASALATA	£5.95
GRILLED KING PRAWNS	£7.95	TZATZIKI 🗸	£5.95
DEEP FRIED BUTTERFLY PRAWNS	£7.95	AVACADO & PRAWNS	£7.55





All served with salad and chips or rice

CHICKEN SHISH KEBAB Succulent pieces of grilled marinated clinicen cubes	£15.95
LAMB SHISH KEBAB Lamb cubes marinated in our house marinade	£15.95
LAMB KOBIDEH (2Skew) Marinated minced lamb kebab	£15.95
MIXED SHISH KEBAB Mixture Of Lamb, Chicken & Koobideh	£21.95
VEGETARIAN KEBAB ♥ Grilled halloumi, mushroom, courgette, pepper, onion and tomato	£12.95
MOMTAZ Mixture Of Chicken Shish & Lamb Koobideh	£19.95

BURGERS & CHICKEN

GOURMET BURGER 6oz	£12.95
100% Angus beef, lettuce, tomato, onion, gherkin, ketchup, American mustard in a brioche bun served with chips and salad	
CHICKEN FILLET BURGER	£10.95
Lettuce, tomato, mayo in a sesame seed bun served with chips and salad	
VEGGIE BURGER ¥	£10.95
Mixed Vegetable burger, served with lettuce,	
tomato, onion, mayo in a sesame seed bun served with chips and salad	
FISH GOUJON BURGER	£10.95
In a brioche bun with tartare sauce & dash of mushy peas	
Served with chips and salad	
ROAST CHICKEN	Quarter £9.50
Marinated in blended spices served with mixed	Half £14.50
vegetable, broccoli or chips & salad	
PIE & CHIPS	£9.50
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Grilled, matzo meal, gluten free batter options available for £1.00 extra. Served with chips or new potatoes.

	served with emps	of new polatoes.	
COD			LRG: £18.95
HADDOCK			£18.95
PLAICE FILLET			£18.95
PLAICE ON THE BONE			£21.95
SKATE			£18.95
LEMON SOLE			£23.95
GRILLED DOVER SOLE			£37.00
GRILLED SEABASS			£21.95
GRILLED SALMON			£18.95
FRIED CALAMARI			£17.95
COD GOUJONS (6pcs)			£14.95
SCAMPI (10pcs)			£14.95
FISH CAKES (Homemade)			£11.95
	SPECIAL	DISHES	
GRILLED KING PRAWN (IN Served With Rice and Salad	N SHELL)		£17.95
GARLIC CHILLI PRAWN Served With Rice and Salad			£16.95
GRILLED OCTOPUS Served With Pan Fry New Potatoes,	Spinach and Asparagus.		£24.50
PRAWN PASTA			£14.50
	SAL	ADS 🔥	
CHICKEN CAESAR SALAD Lettuce, Parmesan, croutons, caesar dress			£12.50
SMOKED SALMON SALAD)		£12.95
MIXED SALAD V Lettuce, tomatoes, cucumber, peppers and red onion, drizzled with dressing			£6.50
GREEK SALAD ▼ Lettuce, tomato, cucumber, peppers, red of	onion, olives and feta cheese		£8.50
	SID.	DES 🔥	
MUSHY PEAS V	£3.95	NEW POTATOES 🗸	£3.95
GARDEN PEAS WITH MIN	Γ ∀ £3.95	CHIPS V	£3.95
GRAVY	£3.95	GHERKIN Y	£1.50
CURRY SAUCE V	£3.95	PICKLED ONION Y	£1.20
MIXED VEG ¥	£3.55	PITTA BREAD ¥	£1.35
SAUSAGE OR SAVELOY	£2.75	COLESLAW(HOME-MADE) V	£3.50
SAUSAGE IN BATTER	£2.85	BROCCOLIゾ	£3.50