**Fish Main Courses:**

Braised chicken turbot, with white wine and sorrel

Baked sea bream, with a fondue of orange and lemon

Fricassee of sole, with mussels and a saffron cream

Gigot of monkfish, with a tomato and pepper sauce

Red mullet, with green olive tapenade and courgette

Roasted scallop, rocket and Parmesan salad, with balsamic vinaigrette

Fresh tuna fish stew, with vegetables, spices, chickpea and coriander, served with couscous

Seafood pizza, with mussel, prawn, squid and anchovy, served with crisp green salad

Filo parcel of salmon and basil, served with asparagus salad and a rocket pesto

Hake, with white wine, clams, asparagus, egg and peas

Baked fillet of cod, with mange tout, pancetta and pine nuts

Prawns and serrano ham, in a sherry sauce, with crispy bread

Red mullet, served on tagliatelle with tomato and pine nut sauté and pesto

Grilled mackerel and beef tomato, served with a tapenade dressing

Dorada con sal, with steamed vegetables

**Vegetarian Main Courses:**

Rocket, blue cheese and fried pear salad, with a balsamic reduction

Tomato and fennel risotto, with goats cheese and cracked black pepper

Tagliatelle, with roast sweet potato, feta, rosemary and spinach

Artichoke hearts, coated in tomato and basil sauce, topped with Parmesan

Spinach, feta and red onion gratin, served with polenta

Onion and cep tart, served with rocket and shallot vinaigrette

Zucchini pancakes, filled with aubergine and Brie, served with a sun dried tomato dressing

Warm salad of sautéed black olives, baked ricotta, pepper and spinach, with Caesar dressing

Four cheese risotto, with Gruyere, Taleggio, Gorgonzola and Parmesan

Potato, goat's cheese and balsamic roast cherry tomato salad, with a mint and basil salad