



Mediterraneo Catering

Fish and Seafood main courses

* items can be delivered, the rest require a chef onsite

- * Salmon fishcakes with tartare sauce H GF DF
- * Classic fish pie with hake (or salmon) prawns and broccoli, and mashed potato H GF DF
- * Hake steaks baked with cherry tomatoes, white wine and garlic GF DF
- * Baked salmon steaks with fennel and a creamy dill sauce H GF DF
- * Seafood lasagne H GF
- * Moroccan swordfish panfried with saffron, tomatoes and herbs H GF DF
- * Octopus feijoada - Portuguese octopus and bean stew with local sausages DF
- * Squid Mediterraneo with red wine, garlic, tomato and olives GF DF
- * Whole poached salmon with garnishes and sauces H GF DF
- * Seafood platter with a selection of local seafood, fruit, dip H GF DF
- Grilled tandoori tiger prawn skewers with curry-mango sauce H GF DF
- Seared pepper tuna steaks with salsa verde H GF DF
- Whole baked fish with fennel, white wine and garlic H GF DF
- Grilled seabass fillets with lemon-herb butter H GF DF
- Grilled whole fish from the market - sardines, seabass, seabream, stone bass H GF DF
- Panfried whole baby squid with garlic H GF DF
- Tiger prawns sauted with garlic, white wine and herbs H GF DF
- Tiger prawns sauted Indonesian style with soy, garlic, ginger and chili H GF DF
- Tiger prawns sauted thai style with coconut, ginger, coriander and lime H GF DF
- Cataplana (Portuguese fish stew) with monkfish and seafood H GF DF
- Seafood paella H GF DF
- Seafood rice Portuguese style H GF DF
- Monkfish sauted in coconut milk with thai spices, spring onion and ginger H GF DF
- Panfried skate wings with butter and caper sauce H GF
- Fresh spaghettini with seafood, white wine, capers and olives H GF DF
- Fresh tagliatelle with clams, tomato, olives and herbs H GF DF
- Grilled prawn and fish skewers with herb oil marinade H GF DF
- Seabream and prawn parcels with lemon and herb oil H GF DF
- Brazilian prawn Moqueca with coriander and coconut milk H GF DF
- Monkfish, wrapped in presunto with basil and sundried tomato GF DF
- Roast salt cod steak with grilled red peppers, cherry tomato and olive H GF DF

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