

La Fibule



Fish Menu

'La Fibule' is an ancient item of jewellery, commonly found in Morocco. It was used for pinning clothing together and for decoration, and was made from bronze, copper and iron, as well as from more precious materials such as gold, silver and ivory.

29A - 31 Woodbridge Road, Moseley, Birmingham, B13 8EJ

www.la-fibule.co.uk

Starters

Calamari £6.95
Calamari sautéed with preserved lemon, chilli and tomato sauce

Moules £6.95
Fresh Mussels served with asparagus, peas and shallots in tomato sauce with a hint of chilli or in a creamy sauce served with bread

La Fibule Salad £7.95
Fresh King prawns and fresh Mussels with mushrooms and mixed salad served with a wholegrain mustard dressing



Main Courses

Fresh King Prawns £14.95
Fresh King prawns with garlic butter sauce and a hint of chilli served with rice and rocket salad

Brouchettes Samak £15.95
Skewers of Monkfish and King prawns with grilled vegetables

Halibut £16.95
Fresh Halibut with crushed black pepper served with mixed leaves and rocket salad with tomato sauce and fresh chilli

Halibut £16.95
Fresh Halibut with leek, raddicho and fennel in an anchovy sauce

King Prawns and fresh Scallops £16.95
Fresh King prawns and scallops with vegetables in a garlic butter and tomato sauce with a hint of chilli

Monkfish and Scallops £16.95
Fresh Monkfish and fresh Scallops with smoked salmon and asparagus served in creamy tomato sauce

Monkfish with almonds £16.95
Fresh Monkfish with mushrooms, roasted peppers and almonds in tomato sauce and a touch of cream

Monkfish Badinjan £15.95
Fresh Monkfish cooked with preserved lemon, olive oil, saffron, aubergines and fresh herbs

Swordfish £15.95
Fresh grilled Swordfish with yogurt mint sauce and tabule salad or preserved lemon and rocket salad with tomato sauce and fresh chilli

Seabass £16.95
Fresh Seabass with leek, raddicho, fennel and spinach in an anchovy sauce or garlic butter

La Fibule £17.95
Mixed Seafood cooked in a chermoula sauce with a hint of chilli

Mix Grilled Fish £20.95
Selection of fresh fish with grilled vegetables and salad