

10 facts about mussels...

- Mussels have been cultivated for almost 800 years in Europe, and have been used as a food source for more than 20,000 years.
- The Blue Mussel (*Mytilus Edulis*) is the most common mussel found in the British Isles.
- Mussels are sedentary and fix themselves to substrata such as rocks by byssal threads or “beards”. These chitinous threads are produced as a liquid which then sets in the seawater.
- The byssal threads of mussels are so strong that they can cling to even a Teflon surface. Scientists are now trying to develop a mussel-based adhesive for use in eye surgery.
- To survive in the exposed and often harsh inter-tidal areas, the mussel can seal itself by tightly closing its valves and trapping water within.
- The dog whelk is one of the mussel's main predators. It bores a hole through the shell and sucks out the soft parts.
- The mantles of lady mussels are orange while gents' are creamy white.
- The size of the mussel varies with the season. They are largest and fleshiest in October and smallest in March.
- Mussels feed entirely on plankton. To do this they can filter up to 65 litres of water a day.
- Tasty, nutritious and low in sodium and saturated fat, mussels provide a readily absorbed source of B & C vitamins, amino acids, Omega 3 fatty acids, and vital minerals including iron, manganese, phosphorus, potassium, selenium and zinc.

Bistro 45

MUSSEL BAR & RESTAURANT

Menu

45 Marina, Bexhill-on-Sea TN40 1BQ

For all enquiries please call 01424 539120

www.bistro45.co.uk

Starters

Mixed Marinated Olives £3.25 V GF

Homemade Soup of the Day £4.95 V

Served with crusty bread

Homemade Pâté £6.95

Chicken liver & cognac pâté topped with a tarragon butter, served with red onion marmalade & crusty bread

Whitebait £6.95

Deep fried whitebait in a light crumb, served with side salad & tartar sauce

Calamari £6.95

Lightly dusted baby calamari, served with side salad & tartar sauce

Halloumi Fritters £6.95 V

Slices of halloumi in a light cayenne dusting, served with side salad & sweet chilli sauce

Baked Mushrooms £6.95 V GF

Field mushrooms baked in garlic butter, port & stilton

Smoked Salmon Parcel £7.25 GF

Prawn cocktail wrapped in salmon served with salad

Mussels £7.50 GF

A starter sized portion of our house recipe mussels

Avocado Crab £7.95

White crab cooked in a nutmeg cream, topped with avocado & parmesan, grilled & served with crusty bread

Sharing

Mixed Hor D'Oeuvres £13.95

Homemade pâté, olives, whitebait, prawn cocktail, smoked salmon & crusty bread

Tiger Prawn Platter £7.25/£13.95

Tempura, filo butterfly & torpedo tiger prawns with mixed salad & dipping sauces

Salads

Warm Goat's Cheese Salad £6.95/£11.95 V GF

Grilled goats cheese topped with a roasted fig & honey jam

Lemon Chicken Salad £6.95/£11.95 GF

Herby sliced lemon chicken breast served with a mixed salad

Deli Fisherman's Platter £7.50/£14.95 GF

Smoked salmon, prawns, dill marinated herrings & fresh anchovies

Food Allergies & Intolerances

Please speak to a member of the Bistro45 team who will provide information about our ingredients.

Mains

Bistro 45 Mussel Bar

£15.95 unless stated

See our Mussel Boards. Served with frites & mayonnaise.

Salmon Fishcakes £11.95

Made to our own unique recipe, on a bed of wilted spinach, with a lemon, caper & dill sauce, served with frites

Fish Pie £11.95

A delicious mix of white fish, smoked haddock, salmon & prawns, topped with leek mash & melted cheese

Bexhill Fish Goujons £11.95

Assorted, locally caught white fish in a light beer batter, served with frites, salad & tartar sauce

Rosemary & Lemon Sea Bass £14.95

Pan seared fillet of sea bass with a lemon & rosemary butter, crushed new potatoes & spinach

Mediterranean Sea Bream £14.95

Pan seared fillet of sea bream served with cherry tomatoes, olives, capers, fresh basil & crushed new potatoes

Sea Bass Fish Pot £19.95

Delightful mixture of mussels, prawns, calamari, cockles & sea bass cooked with garlic, saffron & fennel & served with crunchy bread for mopping up!

8 oz aged Local Fillet Steak £21.95

Served with frites & salad.

Add either peppercorn, bearnaise, mushroom or stilton sauce for £1.50

Steak Burger £10.95

Homemade 8oz steak burger in a toasted brioche bun topped with tomato & onion & served with frites & salad. Add crispy bacon, halloumi, cheddar or stilton for £1

Five-a-Day Crêpe £10.95 V

Filled with spinach, leeks, courgettes & celery in a creamy lemon sauce, served with frites & salad

Portobello Burger £11.95 V

Grilled Portobello mushroom, roasted red pepper, avocado, grilled halloumi in a toasted brioche bun, served with frites & salad, topped with beer battered onion rings

Cajun Chicken Burger £11.95

Chargrilled Cajun style chicken breast with garlic mayo, in a toasted brioche bun served with frites & salad

Sides All £2.50

Frites • New Potatoes with Parsley Butter
Mixed Salad • Baguette with Butter
Beer Battered Onion Rings

Desserts

See our Specials Board for today's desserts