

# FOURTH FISH

Lunch  
@ Rozelle

## TO SHARE

Grilled Wood Fired Bread 6  
with butter, balsamic olive oil

Nambucca Sydney Rock Oysters 3/17/30  
Fresh Each 3/ Half Doz 17/Full Doz 30

Live Spring Bay Mussels 16  
heroed with white wine tomato broth, garlic, onion and love of parsley

Pop Corn Prawns 12  
crispy prawns with house slaw and spicy mayo

Szechuan Salt & Pepper Calamari 12  
with crispy house slaw and tartar sauce

QLD Moreton Bay Bug 15  
char grilled with lime, garlic and toasted lime aioli flying fish tobiko

Half Shell Scallops (Roe Off) 12  
grilled with apple dill mayo, flying fish roe, citrus dressing

Tasmanian Char Grilled Octopus 18  
grilled chorizo, orange salad crispy quinoa extra virgin oil

Garlic Prawns (In The Open Shell) 20  
wild caught qld prawns, open cooked in olive oil and garlic with a hit of chilli and fresh parsley served with wood fired bread

## FROM THE SEA

All served with slaw salad  
With potato chips 2  
With sweet potato chips 3  
With steam green 3

Battered NZ Wild Caught Hoki Fillet 15  
/option of crispy crumbed/

Battered NSW Tiger Flathead Fillet 18  
/option of crispy crumbed/

Battered Local NSW Whiting Fillet 18  
/option of crispy crumbed/

WA Cone Bay Salt Water  
Barramundi Fillet 16

TAS Huon Salmon Fillet 16

Wild Sword Fish Fillet 16

Line Caught Wild QLD  
Spanish Mackerel Fillet 19

WA Gold Ban Snapper Fillet 20

NZ Wild Caught Whole Lemon Sole 20

Fisherman's Basket 25  
crumbed large QLD prawns, Hoki fillet, calamari, fresh Sydney oysters with chips and tartar

## OTHER THAN FISH

Wagyu Beef Burger 15  
cheese, crispy lettuce, tomato and caramelised onion, tartar, served with chips /+sunny egg 1.5 /

Portuguese Chicken Burger 15  
cheese, crispy lettuce, tomato and caramelised onion, tartar, served with chips /+sunny egg 1.5 /

Beef Cheek 20  
Slow braised in red wine served on truffle mash potato

## SIDE OF GARDEN

Steam Greens 6  
please ask waiter for seasonal veg

Green Beans Toasted Almonds 6

Chips 6

Truffle Mash Potato 6

Sweet Potato Chips 7

Greek Salad 10  
tomato, cucumber, kalamata olive, feta

Rocket Pear Salad 10  
feta, black currant, sliced pear, walnut and balsamic dressing

## TO FINISH

Pannacotta 8  
with berry sauce and crispy caramel lace

Lemon Tart 8  
with ice-cream

Papa Ricotta Cheese Cake 9  
with ice-cream

Chocolate Mousse On Jervis Bay 12  
on the white chocolate sand, honeycomb

## KIDS MEAL

All served with ice cream after

Battered Fish & Chips 9

Popcorn Prawn & Chips 9

Chicken Schnitzel & Chips 9

Cheese Burger & Chips 12

Grilled Salmon Fillet & Chips 12

# FOURTH FISH

Dinner  
@ Rozelle

## TO SHARE

Grilled Wood Fired Bread 6  
with butter, balsamic olive oil

Nambucca Sydney Rock Oysters 3/17/30  
Fresh Each 3/ Half Doz 17/Full Doz 30

Live Spring Bay Mussels 16  
heroed with white wine tomato broth, garlic, onion and love of parsley

Pop Corn Prawns 12  
crispy prawns with house slaw and spicy mayo

Szechuan Salt & Pepper Calamari 12  
with crispy house slaw and tartar sauce

QLD Moreton Bay Bug 15  
char grilled with lime, garlic and toasted lime aioli flying fish tobiko

Half Shell Scallops (Roe Off) 12  
grilled with apple dill mayo, flying fish roe, citrus dressing

Tasmanian Char Grilled Octopus 18  
grilled chorizo, orange salad crispy quinoa extra virgin oil

Garlic Prawns (In The Open Shell) 20  
wild caught qld prawns, open cooked in olive oil and garlic with a hit of chilli and fresh parsley served with wood fired bread

## FROM THE SEA

All served with slaw salad  
With potato chips 2  
With sweet potato chips 3  
With steam green 3

Battered NZ Wild Caught Hoki Fillet 16  
/option of crispy crumbed/

Battered NSW Tiger Flathead Fillet 21  
/option of crispy crumbed/

Battered Local NSW Whiting Fillet 21  
/option of crispy crumbed/

WA Cone Bay Salt Water  
Barramundi Fillet 19

TAS Huon Salmon Fillet 19

Wild Sword Fish Fillet 19

Line Caught Wild QLD  
Spanish Mackerel Fillet 21

WA Gold Ban Snapper Fillet 23

NZ Wild Caught Whole Lemon Sole 21

Fisherman's Basket 28  
crumbed large QLD prawns, Hoki fillet, calamari, fresh Sydney oysters with chips and tartar

## OTHER THAN FISH

Wagyu Beef Burger 16  
cheese, crispy lettuce, tomato and caramelised onion, tartar, served with chips /+sunny egg 1.5 /

Portuguese Chicken Burger 16  
cheese, crispy lettuce, tomato and caramelised onion, tartar, served with chips /+sunny egg 1.5 /

Beef Cheek 20  
Slow braised in red wine served on truffle mash potato

## SIDE OF GARDEN

Steam Greens 6  
please ask waiter for seasonal veg

Green Beans Toasted Almonds 6

Chips 6

Truffle Mash Potato 6

Sweet Potato Chips 7

Greek Salad 10  
tomato, cucumber, kalamata olive, feta

Rocket Pear Salad 10  
feta, black currant, sliced pear, walnut and balsamic dressing

## TO FINISH

Pannacotta 8  
with berry sauce and crispy caramel lace

Lemon Tart 8  
with ice-cream

Papa Ricotta Cheese Cake 9  
with ice-cream

Chocolate Mousse On Jervis Bay 12  
on the white chocolate sand, honeycomb

## KIDS MEAL

All served with ice cream after

Battered Fish & Chips 9

Popcorn Prawn & Chips 9

Chicken Schnitzel & Chips 9

Cheese Burger & Chips 12

Grilled Salmon Fillet & Chips 12

# the facts of fish



Australia's favourite types of cuts



Steak



Tail Fillet



Noisettes



Loin Fillet



CLEANEST OCEANS  
AUS & NZ WATERS

WE SERVE FRESH  
AUS & NZ SEAFOOD



14% increases  
memory and  
prevents dementia



40% improves  
cardiovascular and  
metabolic function



decreases heart  
strokes and  
heart diseases

decreases  
childhood asthma

20% reduces  
inflammation and  
decreases blood  
sugar levels

14% decreases  
breast cancer risk

and more health  
benefits by  
consuming fish

## FOURTH FISH

@LANE COVE

02 94274896

shop 1,12-16 burns bay road  
lane cove nsw 2066

@ROZELLE

02 9818 7777

580 darling street  
rozelle nsw 2039

### FOURTH FISH REPRESENTS



Local Produce



Healthy Lifestyle



Affordable and Casual Seafood Dining



Inviting Environment For All Ages



[www.fourthfish.com.au](http://www.fourthfish.com.au)

instagram: fourthfishcafe  
facebook: fourthfish



## ROZELLE

### BEER & CIDER

Crown Lager, James Boag's, Peroni, Corona	7.0
Lord Nelson Three Sheets	8.0
Asahi	8.0
Cascade Light	6.0
Hills Cider Co. Apple / Pear Cider	6.0
wDunes & Greene Chardonnay Pinot Noir NV South Australia	9.0
Redbank Prosecco King Valley, VIC	9.0 / 49.0

### WHITE WINE

Jim Barry JB Riesling Clare Valley, SA	9.0 / 39.0
Opawa Sauvignon Blanc Marlborough, NZ	9.0 / 38.0
Vasse Felix Semillon Sauvignon Blanc Margaret River, WA	10.0 / 42.0
La Maschera Pinot Grigio Limestone Coast, SA	9.0 / 39.0
Bleasdale Pinot Gris Adelaide Hills, SA	9.0 / 39.0
Chaffey Bros Dufte Punkt Riesling Gewürztraminer Eden Valley, SA	9.0 / 39.0
Hill-Smith Estate Chardonnay Eden Valley, SA	10.0 / 42.0
Tarrawarra Estate Chardonnay Yarra Valley, VIC	✓ 48.0

### ROSÉ

La Vieille Ferme Cotes du Ventoux Rosé Rhone, FRA	9.0 / 39.0
Santa Cristina Rosato Toscana, IT	10.0 / 42.0

### RED WINE

Hähã Pinot Noir Marlborough, NZ	10.0 / 42.0
Primo Estate Merlesco Merlot McLaren Vale, SA	9.0 / 40.0
Yalumba Triangle Block Shiraz Eden Valley, SA	9.0 / 40.0

### JUICE

Orange, Apple or Carrot	✓ 6.0
✓ - vegan / vegetarian wine	