

Our Menus

Starter + Starter + Dessert €35

Starter + Main €35

Main + Dessert €32

Starter + Main + Dessert €45



STARTERS

-14€-

Mulet

Ceviche / Tiger's milk / Bird's eye chilli

Smoked Tuna

Kohlrabi / Pomegranate / Yka cress

Celery

PKohlrabi / Pomegranate /
Yka cress

MAINS

-25€-

Monkfish

Cauliflower / Indian curry / Thai-style vegetables

Sea trout

Cassava / Chorizo / Coconut cream

Pig's feather*

Cauliflower / Tonka bean / Brussels sprouts

Candied Cassava

Confit garlic / Roasted peppers / Coconut cream

DESSERTS

-10€-

Cheeses from Wierre Effroy

Trilogy / Fig jam

Exotic Pavlova

Pineapple / Green shiso / Vanilla

Island Cheesecake

Coconut / Passion fruit / Speculoos

Pear bay leaf

Bay Leaf ice cream / poached pear / Crumble

Our menu may vary depending on availability and the season.
All our prices are quoted in euros, including tax and service.
A carafe or glass of water is available free of charge on request.

*Origin France



by nausicaá

Launched in March 2010 in France by Nausicaá, in Italy by the Acquario di Genova and in Spain by the Aquarium Finisterrae, the Mr. Goodfish programme **raises public awareness of the sustainable consumption of seafood.**

The programme brings together all stakeholders in the sector, from fish wholesalers and fishmongers to fishermen, processors, wholesalers, restaurant owners and school canteens, right through to consumers.

By publishing a list of seafood products recommended by marine resource specialists each season, Mr. Goodfish empowers consumers to play an active role.

The aim of this initiative is to **preserve vulnerable seafood stocks by consuming other stocks that are available in abundance.**

All the fish served in the meals at La Table d'Ephélie are sourced in accordance with Mr. Goodfish's seasonal menu.