



Eating out <<

# Fish fabulous

Seven Fish canteen, bar and grill preaches 'casual all-day responsible drinking and dining' and certainly this was borne out on our visit

The Midhurst restaurant offers fine dining but in a relaxed environment where customers can choose from breakfast, main, afternoon tea, lunchtime dine with wine, tiddlers or evening set menus.

Personally I am a big fan of being able to eat at various hours of the day - it seems to me that few eateries offer menus to suit different mealtimes. At Seven Fish you can enjoy elevenses, a drink at the bar, three-course meal or appetiser. Squashy sofas and low level chairs and tables surround the bar area, while the main dining space is comfortable yet stylish with rustic notes of exposed beams and black and white photographs of marine scenery.

Although the menu is seafood based (which greatly appealed to me as a fish fan) it is not exclusively dedicated to the fruits of the ocean and also offers dishes to suit carnivorous and vegetarian palates. Breakfast offerings include eggs benedict, English grill, bacon butty and bloody Mary. Light and afternoon tea boasts crayfish and rocket sandwich, rarebit on toast, fish finger sandwich and scones. I liked the idea of the 'little pots of deliciousness': hummus, crab, mackerel and chicken liver pate as part of the appetiser and sharing plates. Main plates include beer battered fish and hand cooked chips; aged rib eye or fillet steak; seafood linguine with squid ink pasta, scallops, prawns and mussels; asparagus, mint and pea and pearl barley risotto; lobster; dressed crab salad and a shellfish collection. There is also a vast array of drinks, from wine and beer to smoothies, milkshakes and soft drinks.

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For starters I was tempted by the tiger prawns with chilli, garlic and lime; moules marinières or the whole baked Camembert but eventually settled on the smoked haddock and Gruyère fishcake. This was served on spinach with a gloriously runny poached egg and hollandaise sauce. My partner Alistair opted for the special of wild mushrooms with garlic cream and puff pastry - earthy, light and autumnal in overtones. We both chose from the specials menu for our main courses - whole large baked bream with chanterelle mushrooms and truffle oil rice for me and goose breast, fondant potatoes, bacon wrapped French beans and port jus for Alistair. Again both dishes contained more than just a nod to the season with succulent juicy flavours.

Our desserts were sticky, sweet and sugary - good old fashioned traditional white chocolate bread and butter pudding for me and sticky toffee pudding for him. I must also mention the service, which was excellent throughout our meal - informed, helpful and friendly.

Seven Fish also hosts live music events featuring local jazz and easy listening acts; food and wine tastings; and every Wednesday is burger and lobster evening.

Great for fish and non-fish lovers alike.

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[www.sevenfish.co.uk](http://www.sevenfish.co.uk)

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January 2015