



# The Belgian Monk



## MOSSELEN

### Mussels... We're famous for them

During the season we source our Mussels locally from the North Norfolk Coast (September to April). Out of season, we source fresh Mussels daily from Scotland. It is always our intention to use only fresh Mussels.

Did you know? That we sell in excess of 13 tonnes of Mussels every year (that's a 1/4 tonne per week).

Each portion is cooked in White Wine together with our own unique Mussel Herbs.

A starter portion is served with an individual Rye Bread Roll and Butter and a main portion is served with an individual Rye Bread Roll and Butter, Fries and Frites Sauce.

	<b>Starter</b>	<b>Main</b>
<b>Mariniere</b> Shallots and Cream	<b>£7.95</b>	<b>£14.95</b>
<b>Look-en-Kruidenboter</b> Garlic, Chives, Herbs and Butter	<b>£7.95</b>	<b>£14.95</b>
<b>Provençal</b> Tomato and Garlic	<b>£7.95</b>	<b>£14.95</b>
<b>Natuur</b> Cooked in their own Juice	<b>£7.15</b>	<b>£13.85</b>
<b>Mexicaans</b> Tomato, Chilli and Hot, Hot, Hot, Fiery Sauce	<b>£7.95</b>	<b>£14.95</b>
<b>Down Under</b> Tiger Prawns, Shrimp, Shallots, Cumin, Coriander and Ginger	<b>£9.25</b>	<b>£16.95</b>
<b>Malayasian</b> Asparagus, Mushrooms, Sweet Corn, Garlic, Shallots, Red Chillies, Ginger and Soy Sauce	<b>£9.25</b>	<b>£16.95</b>

	<b>Starter</b>	<b>Main</b>
<b>De Belgian Monk</b> Leek, Shallots, Smoked Salmon, Chives and Butter	<b>£9.25</b>	<b>£16.95</b>
<b>Italienne</b> Pesto Sauce, Spinach and Cream with Parmesan Shavings	<b>£7.95</b>	<b>£14.95</b>
<b>A La Maharajah</b> Mushrooms, Ginger, Garlic, Butter, Chilli, Orange Juice, Cream and Coriander	<b>£9.25</b>	<b>£16.95</b>
<b>Moules Normandes</b> Bacon, Butter, Shallots, Mushrooms, Apple, Calvados and Cream	<b>£9.25</b>	<b>£16.95</b>
<b>Moules au Bleu d'Auvergne</b> Bleu d'Auvergne Cheese, Shallots and Cream	<b>£8.75</b>	<b>£16.35</b>
<b>Mosselen "Zeelander"</b> Grey Shrimp, Leek, Butter, Chives and Chicory	<b>£9.25</b>	<b>£16.75</b>
<b>Zuid Afrikaan</b> Spring Onions, Red Chillies, Lemon Juice, Coriander, Fresh Mint, Black Bean sauce, Mange Tout, Ginger and Squid	<b>£9.25</b>	<b>£16.95</b>
<b>Mosselen Parisienne</b> Pernod, Celery, Shallots, Black Pepper and Cream	<b>£8.50</b>	<b>£15.95</b>



The Belgian Monk, 7 Pottergate, Norwich, Norfolk NR2 1DS

T: 01603 767222

F: 01603 616035

E: belgianmonknch@aol.com

www.thebelgianmonk.com



# The Belgian Monk



## MOSSELEN

	Starter	Main
<b>Mosselen Ardennaise</b>	£9.25	£16.95
Whisky, Chestnut Mushrooms, Shallots, Cream and Bleu d'Auvergne Cheese		
<b>Mosselen Thai</b>	£9.25	£16.95
Shallots, Red Chillies, Lime Juice, Prawns, Shitake Mushrooms and Coriander		
<b>Moules a la Francais</b>	£9.25	£16.95
Shallots, Butter, Mushrooms, Garlic, Cognac, Cream and Parsley		
<b>Moules Amerika</b>	£10.00	£18.50
Clams, Crab Meat and Sliced Scallop Meat with Red Chilli, Shallots, Louisiana Hot Sauce, Garlic, Lemon Juice, Provencal Sauce and Black Pepper		
<b>Moules Indian</b>	£9.25	£16.95
Shallots, Garlic, Cumin, Curry Powder, Ginger, Turmeric, Red Chilli, Cinnamon, Clams, Mint, Yoghurt and Lemon Juice		
<b>Mosselen Noordzee</b>	£8.75	£16.35
Tomato, Garlic, Shallots and Prawns		
<b>Moules a la Mort Subite</b>	£7.95	£15.35
Apple, Gueuze Beer and Cream		
<b>Moules Chez Leon</b>	£9.25	£16.95
Shallots, Garlic, Celery and Cream		
<b>Moules a la Breton</b>	£9.25	£16.95
Butter, Shallots, Celery, Thyme, Parsley, Bay Leaves and Crème Fraiche		
<b>Moules Espania</b>	£9.25	£16.95
Chorizo, Shallots, Paprika, Garlic, Parsley and Bacon		
<b>Tennessee Mussels</b>	£10.00	£18.50
White Beans, Bacon, Paprika, Shallots, Sweetcorn, Mushrooms, Hot Chilli, BBQ Sauce and Jack Daniels		

	Starter	Main
<b>Indonesian</b>	£9.25	£16.95
Lemon Grass, Cilantro, Fresh Basil Leaves, Ginger, Shallots, Fish Sauce and Soy Sauce		
<b>Mosselen Philipine</b>	£8.75	£16.35
Butter, Garlic, Shallots, Celery, Parsley, Carrots and Cream		
<b>"Hot and Spicy" Mussels</b>	£9.25	£17.95
Garlic, Ginger, Red Chilli, Red Onion, Honey, Lime Juice, Sweet Rice Wine, Cilantro, Hot Sauce, Shallots, Mixed Peppers and Wasabi		
<b>Mussels at the Beach House</b>	£9.25	£16.95
Fresh Tomatoes, Shallots, Balsamic Vinegar, Fish Sauce, Garlic, Hot Louisiana Sauce, Parsley and Spring Onions		



### Recommends Celis White

## Can't make up your mind? Why not try our Monk's Mussel Selection

Choose any three flavours from this menu, served with an individual Rye Bread Roll and Butter, Fries and Frites Sauce £20.50

In order to comply with restaurant licensing laws, all customers using our upstairs dining area must order a "substantial meal". This is considered as a minimum of a main course item per customer. Please do not ask us for just a starter or drink as refusal often offends.



The Belgian Monk, 7 Pottergate, Norwich, Norfolk NR2 1DS

T: 01603 767222

F: 01603 616035

E: belgianmonknch@aol.com

www.thebelgianmonk.com