

### **plenty more fish in the sea?**

The sustainable choice is to purchase seafood that is not subject to over fishing and has been caught or farmed using methods that respect the environment.

At love.fish we list the provenance of all of our seafood, selecting only the highest quality fish from sustainable & environmentally responsible fisheries. We believe food miles play an important role in reducing our footprint.

### **packaging with a conscience**

Ensuring the majority of our packaging is biodegradable is integral in addressing our footprint.

All take home boxes and cutlery are manufactured from 100% sustainable sources such as sugar cane and cornstarch. All our plastic salad and sauce containers are made from PLA plant-based plastic. In fact all love.fish take home packaging is biodegradable or compostable within 12 weeks.

Our napkins & paper bags are sourced from plantation timber – a renewable resource – and then composted or recycled.

### **waste not want not**

Food waste – all of our organic waste is separated and sent to be converted into green energy and organic fertilisers. This enables us to redirect all food scraps, coffee grounds and napkins from landfill and convert it into a sustainable resource.

Oil – our used cooking oil is collected, responsibly recycled and refined to biodiesel.

We reuse and recycle all our packaging material such as Cardboard, Glass and Plastic.

Stationary – our love.fish menus, letterheads and business cards are all printed on 100% post consumer recycled paper



## **take away menu**

love.fish is open every day  
11.30am-late

8077 3700  
wulugul walk, barangaroo  
[www.lovefish.com.au](http://www.lovefish.com.au)

## The love.fish philosophy is simple

serve great food and support a more sustainable future.

love.fish offers the best of Australian seafood from ethical and sustainable sources and lightens it's footprint through green initiatives.

Whether you dine in or take away, be welcomed by the warm friendly service, daily specials & Australian wine list of our sustainably driven restaurant in the heart of Barangaroo.



## take away

### choose your fish + side

crisp skinned tassie salmon fillet 23

w.a come bay barramundi fillet grilled 23

qld spanish mackerel fillet grilled 23

eastern school whiting crisp batter 21

nsw tiger flathead crisp batter 25

shoe string fries

wild leaf salad + radish + quinoa crumble

roma tomato + spinach + lemon ricotta + crumb

brussel sprouts + black bean + carrot

puy lentils + wild mushrooms + tomato