



Sportsman: fish doesn't get fresher than this (No 20)



Lobster Pot: evokes a marina-like atmosphere (No 15)



Characteristic Conran at London's Fishmarket (No 21)

17 GREEN ISLAND RESTAURANT

Diners sit right on the shore at this good-value but groovy eatery. "It's the most southerly restaurant in the British Isles and has a distinctly Med flavour," says Mario. On a sunny day, with the sea spray spritzing the air, you could imagine that you're in Southern France. "Sand eels and langoustines vie with excellent Royal Bay oysters, or there's a wonderful seafood risotto." The kitchen also offers dishes such as red mullet with tapenade, and gazpacho with king prawns.

Where: Green Island, St Clement, Jersey, Channel Islands (01534 857787)

When: Wed-Sat 12noon-2.50pm and 7pm-9.30pm, Sun 12noon-2.30pm (open Tue from mid-March)

20 THE SPORTSMAN

Elizabeth is fortunate enough to live near this white-painted pub, which is dwarfed by a sea wall that protects it from the North Sea. "It's one of my favourites, especially in winter when the area can appear desolate but so romantic. I love Stephen Harris's sharply-observed cooking. I've enjoyed roasted wild local sea bass with thyme and garlic, and baked local cod fillet with a wonderful, intensely green parsley sauce. Both had the clean, clear taste of very fresh fish. This is a brilliant place."

Where: Faversham Road, Seasalter, Kent (01227 273570, www.whitstable-shellfish.co.uk)

When: Mon-Sat 12noon-3pm and 6pm-11pm, Sun 12noon-10.30pm

18 SUSHI HIRO

This used to be the best sushi restaurant in London, according to Emi, who often takes friends and clients to Sushi Hiro for an authentic taste of Japan. "It's still very good, and it's always packed with Japanese diners. However, the sushi size has become so small that you really need to order a pair of everything to satiate an appetite, which means that, sadly, the prices no longer offer such exceptionally good value." Note that Sushi Hiro also has a cash-only policy.

Where: 1 Station Parade, Uxbridge Road, London W5 (020-8896 3175)

When: Tue-Sun 11am-1.50pm, 4.30pm-9.30pm

21 FISHMARKET

The wood-paneled Fishmarket, based in the Great Eastern Hotel redeveloped by Terence Conran, is a modish take on the clubby décor familiar to city types. The menu also blends old and new, featuring traditional favourites nurtured with a light hand. Go for potted shrimps with anchovy butter, or deep-fried codling. With speedy service, Fishmarket is a good choice for lunch, but for really fast food, head to the adjoining oyster bar – also characteristic Conran.

Where: Great Eastern Hotel, Liverpool Street, London EC2 (020-7613 7200)

When: Mon-Fri 12noon-2.30pm, 6pm-10.30pm

19 LOCH FYNE OYSTER BAR

Loch Fyne Oyster Bars doubles as informal seafood restaurants and retail outlets for the company's range of smoked fish. "The produce comes from their main branch at Cairndow, which is alongside Loch Fyne in western Scotland," says Mario. He especially recommends the Cambridgeshire outlet, set in an old stone building that was originally the dairy of Elton Hall. In addition to Loch Fyne's trademark oysters, the speciality is Bradan roe – hot smoked salmon with a whisky sauce.

Where: The Old Dairy, Elton, nr Peterborough, Cambs (01852 280298, <http://test.loch-fyne.com>)

When: Mon-Sat 9am-9pm, Sun 10am-4pm

22 GALLEY RESTAURANT

The Galley's quayside setting, overlooking the River Exe, dictates a seafood restaurant. "Paul Da-Costa-Greaves applies a global approach to prawns, with a palette-rousing mix of garlic butter, grated ginger, coriander and Armagnac seafood sauce," says Elizabeth. "Or he opts for simplicity. Local diver-caught scallops come with a lemon-and-parsley dipping sauce, while fillets of brill are grilled and served with herbed wine and lemon butter. There's also a laudable effort to work with organic produce wherever possible."

Where: 41 Fore Street, Topsham, Devon (01392 876078)

When: Tue-Sat 12noon-1.50pm, 7pm-11pm, Sun-Mon 7pm-11pm (tapas menu)