



First Courses

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| Local Porthilly Oysters. | Each | 3.00 |
| Langoustines on Ice. <i>Freshly caught from the west coast of Scotland.</i> | Each | 9.00 |
| Jamón Ibérico de Bellota. <i>The best cured ham in the world from acorn fed black pigs, matured for at least three years. Great with our sourdough bread and fresh tomatoes.</i> | | 18.00 |
| <i>Fino sherry and Ibérico ham are perfect partners. One of those taste combinations where one seems to endlessly complement the other.</i> | | |
| A Small "Fruits de Mer". <i>Mussels, winkles, brown crab claw, scallop, oyster, whelks, clams, razor clam and langoustine.</i> | | 29.50 |
| Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice. <i>Mussels, winkles, brown crab claw, scallop, oyster, whelks, clams, razor clam and langoustine.</i> | | 30.50 |
| Oysters Charentaise. <i>A seemingly odd combination - freshly opened oysters with some hot, spicy sausages. The idea is that you eat an oyster, take a bite of the sausage then a good gulp of cold white wine like Muscadet.</i> | | 16.00 |
| Ragoût of Brill in a White Miso Sauce with Ibérico Ham, Peas, Courgettes, Broad Beans, Asparagus and Pea Shoots. | | 16.00 |
| Cornish Smoked Salmon from Wing's Smokehouse. <i>Served with walnut bread and cayenne pepper.</i> | | 15.50 |
| Black Risotto with Cornish Cuttlefish. <i>A favourite recipe from my "Venice to Istanbul" book. Actually from Croatia.</i> | | 13.00 |
| Fillets of Cornish Gurnard with Char-grilled Baby Leeks, Soft Boiled Egg, Mustard Vinaigrette and Parmesan Shavings. | | 14.95 |
| Scallops Vieiras Al Horno. <i>Galician style scallops baked in their shells with red peppers, Guindilla peppers, chorizo and crispy breadcrumbs.</i> | | 16.50 |
| Black Gulls Egg with Celery Salt and Cress. <i>These are from Dorset and are only available for a few weeks of the year. A real delicacy.</i> | Each | 8.50 |
| Padstow Lobster Salad with a Lemon and Chive Dressing. | | 24.00 |
| Deep Fried Courgette Flowers from Trerethern Farm in a Light Tempura Batter. <i>Stuffed with tuna, mackerel, prawns, ginger, spring onion, garlic, szechuan pepper and coriander. Served with a chilli dipping sauce.</i> | | 15.00 |
| Salt and Pepper Squid with Chilli, Watercress and Beansprouts. | | 15.50 |
| St. Enodoc Asparagus cooked with Extra Virgin Olive Oil and served with a Poached Duck Egg from Trerethern Farm. <i>This asparagus comes from the other side of the estuary at Trebetherick, it is the first pick of the season and is the best you will ever taste.</i> | | 13.50 |
| Colourful Salad of Heritage Tomatoes. <i>Served with buffalo mozzarella, basil and a cabernet sauvignon vinaigrette.</i> | | 12.50 |
| Stir-fried Mussels with Black Beans, Garlic, Ginger, Coriander and Spring Onions. | | 14.50 |
| Ravioli of Caramelised Onion and Fennel Seeds. <i>With porcini and king oyster mushrooms, sundried tomatoes and hazelnuts.</i> | | 13.50 |
| Fish and Shellfish Soup with Rouille, Parmesan and Croutons. <i>Flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne.</i> | | 12.50 |
| Sashimi of Scallop, Loch Duart Salmon, Sea Bass and Yellow Fin Tuna. <i>With wasabi - Japanese horseradish, pickled ginger and a soy dipping sauce.</i> | | 16.50 |

Main Courses

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| Grilled Fillet of Cornish John Dory Italiano with Baby Artichokes, Red Pepper, Spinach, Tomatoes, Anchovies, Black Olives and Rosemary. <i>Served with minted Cornish new potatoes.</i> | | 38.00 |
| Local Steamed Blonde Ray from Cadgwith. <i>Served with beurre noir, minted Cornish potatoes and hispi cabbage with confit shallot and chives</i> | | 26.00 |
| Sea Bass Pollichathu - a whole fish baked in a banana leaf. <i>From Kerala, the sea bass is boned and stuffed with a masala made with curry leaves, green chillies, onion and turmeric. Served with pilau rice and a tomato, red onion and coriander salad.</i> | | 28.50 |
| Braised Fillet of Brill with Italian Summer Black Truffles, Slivers of Potato and Mushrooms. <i>Served with hispi cabbage with confit shallot and chives.</i> | | 33.00 |
| Whole Dover Sole. <i>Either chargrilled with sea salt and lime or meunière with noisette butter, dusted with flour and fried in an oval pan. Served with minted Cornish potatoes and hispi cabbage with confit shallot and chives.</i> | | 45.00 |
| Sea Bass, Hake, Prawn and Squid Thai Green Curry. <i>Served with green papaya salad and pilau rice.</i> | | 30.00 |
| Roast Tronçon of Wild Turbot with Hollandaise Sauce. <i>Turbot in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate. Served with minted Cornish potatoes and hispi cabbage with confit shallot and chives.</i> | Small Medium | 45.00 48.00 |
| Local Hake, Chips and Tartare Sauce. <i>Deep-fried in dripping, served with thick chips and mushy peas.</i> | | 20.00 |
| Padstow Lobster. <i>Either grilled with fines herbes or steamed with mayonnaise.</i> | | 57.00 |
| Lobster Thermidor. <i>We used to sell lobster thermidor 20 years ago, but fashion changed. Now there's a renaissance of classic French seafood dishes. I've made it lighter and more fragrant and it's rather good.</i> | ½ Large | 41.50 |
| The "Fruits de Mer". <i>Seafood in the French style, all left in the shell and served on ice with mayonnaise and shallot vinegar. Mussels, brown crab, lobster, langoustine, winkles, oysters, scallop, clams, whelks, spider crab and razor clam.</i> | For one To share | 55.00 69.00 |
| Rack of Cornish Lamb. <i>Served with wild garlic purée, pea purée, lamb boulangère potatoes and a lamb jus.</i> | | 30.00 |

Accompaniments £3.75 each.

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| Hispi Cabbage with Pumpkin Seed Gremolata. | A Salad of Spring Leaves with Olive Oil Dressing. | Thin or Thick Cut Chips. | Pilau Rice. |
| Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt. | Minted Cornish Potatoes. | | |