

**First Courses**

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| Local Porthilly Oysters or Dorset Brownsea Island Oysters. | Each | 3.00 |
| Langoustines on Ice. <i>Freshly caught from the east coast of Scotland.</i> | Each | 9.00 |
| 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 |
| A Small "Fruits de Mer". <i>Mussels, winkles, brown crab claw, scallop, velvet crab, oyster, whelks, cockles, 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, velvet crab, oyster, whelks, cockles, clams, razor clam and langoustine.</i> | | 30.50 |
| Fillets of Cornish Gurnard with Char-grilled Baby Leeks, Soft Boiled Egg, Mustard Vinaigrette and Parmesan Shavings. | | 14.95 |
| Fillets of Hake with a Creamy Velouté. <i>Served with apple, dates and dill.</i> | | 14.50 |
| H. Forman and Son Smoked Salmon. <i>World famous London cure smoked Scottish salmon.</i> | | 15.50 |
| Black Risotto with Cornish Cuttlefish. <i>A favourite recipe from my "Venice to Istanbul" book. Actually from Croatia.</i> | | 13.00 |
| Padstow Lobster Salad with a Lemon and Chive Dressing. | | 24.00 |
| Cornish Mackerel Fillets with a Wild Garlic, Blood Orange and Radish Salad. <i>A recipe from my new book 'The Road to Mexico'.</i> | | 10.50 |
| Salt and Pepper Squid with Chilli, Watercress and Beansprouts. | | 15.50 |
| Colourful Salad of Heritage Tomatoes. <i>Served with buffalo mozzarella, basil and a cabernet sauvignon vinaigrette.</i> | | 12.50 |
| Seared Scallops with Salt Baked Celeriac, Apple Purée "au beurre de cidre". | | 16.00 |
| 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 Tuna. <i>With wasabi - Japanese horseradish, pickled ginger and a soy dipping sauce.</i> | | 16.50 |
| Deep-Fried Coconut Prawns with Pico De Gallo Salsa. <i>A dish from Yucatan peninsula, served with a hot and spicy papaya and habanero chilli sauce.</i> | | 15.00 |
| Ceviche of Sea Bass with Smoked Chipotle Chilli, Pomegranate and Coriander. | | 15.00 |

Main Courses

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| 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 |
| John Dory with Crab, Wild Garlic, Spinach and Asparagus. <i>I love this dish, created by our senior sous chef, Dan Hine. It's served with a reduction of shellfish, tomato and a little cream.</i> | | 39.50 |
| 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 |
| 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, Cod, 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> | | 45.00 |
| Local Hake, Chips and Tartare Sauce. <i>Deep-fried in dripping, served with thick chips and mushy peas.</i> | | 20.00 |
| Singapore Chilli Crab. <i>Stir-fried whole crab with garlic, ginger, chilli and coriander. Very much for those who love eating with their hands and getting gloriously messy!</i> | | 29.00 |
| Padstow Lobster. <i>Either grilled with fines herbes or steamed with mayonnaise.</i> | Small Medium Large | 57.00 63.00 71.00 |
| 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> | | 60.00 |
| 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, velvet crab, whelks, cockles, clams 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. | Purple Sprouting Broccoli with Salsa Verde. | Thin or Thick Cut Chips. |
| Minted Cornish Potatoes. | Pilau Rice. | | |