

The Seafood Restaurant | Sample menu December 2017

First Courses

Local Porthilly Oysters or Dorset Brownsea Island Oysters.	Each	3.00
Langoustines on Ice.	Each	9.00
<i>Caught in creel pots off the west coast of Scotland.</i>		
A Small "Fruits de Mer".		29.50
<i>Mussels, winkles, clams, brown crab claw, langoustine, scallop, cockles, oyster, whelks and razor clam.</i>		
Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice.		30.50
<i>Mussels, winkles, clams, brown crab claw, langoustine, scallop, cockles, oyster, whelks and razor clam.</i>		
Oysters Charentaise.		16.00
<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>		
Mussels with Green Peppers, Tomato, Chilli, Ouzo and Feta Cheese.		14.50
<i>A recipe from Butrint in Albania, opposite Corfu, using our local Porthilly mussels.</i>		
Grilled Butterflied Herring with Red and Green Salsa.		10.50
<i>A recipe from my new book 'A Road to Mexico'.</i>		
Loch Duart Salmon Tataki served with Cucumber, Pickled Rhubarb, White Miso Mayonnaise, Candied Peanuts and Soy Caramel.		14.50
Fritto Misto.		16.00
<i>Tiger prawns, gurnard, red mullet, cod, brill, mussels and cuttlefish. Served with aioli and lemon mayonnaise.</i>		
Seared Galician Octopus with Olive Oil Mash, Baby Artichoke, Confit Lemon, Garlic and Parsley Oil.		15.50
Beetroot Salad with a Poached Egg, Parmesan, Pesto and Dijon Mustard Dressing		11.00
Frank Hederman's Smoked Salmon.		15.50
<i>Frank's smokery is just outside Cobh in County Cork.</i>		
Ceviche of Sea Bass with Smoked Chipotle Chilli, Pomegranate and Coriander.		15.00
Deep-Fried Helford River Prawns with Aioli.		15.00
<i>These are dredged in pasta flour and semolina, and come out so crisp you eat them in the shell. Even the head is good!</i>		
Ragoût of Turbot and Scallop in a Cream, Mushroom, Vouvray and Basil Sauce.		16.00
Padstow Lobster Salad with a Lemon and Chive Dressing.		24.00
Seared Scallops with Salt Baked Celeriac, Apple Purée "au beurre de cidre".		16.00
Lobster and Fennel Risotto with Lemon Oil.		17.00
Crisp Smoked Mackerel with Green Mango and Green Paw Paw Salad.		13.50
<i>With basil, sliced shallots, peanuts and birds eye chillies.</i>		
Ravioli of Caramelised Onion and Fennel Seeds.		13.50
<i>With porcini and king oyster mushrooms, sundried tomatoes and hazelnuts.</i>		
Sashimi of Scallop, Loch Duart Salmon, Brill and Tuna.		16.50
<i>With wasabi - Japanese horseradish, pickled ginger and a soy dipping sauce.</i>		
Fish and Shellfish Soup with Rouille, Parmesan and Croutons.		12.50
<i>Flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne.</i>		

Main Courses

Seafood Dieppoise.		35.00
<i>A classic French creamy dish from Normandy. With sea bass, brill, cod, scallop, mussels and langoustines. Served with minted Cornish potatoes and local kalettes from Padstow Kitchen Garden with extra virgin olive oil.</i>		
Grilled Whole Boned Red Mullet, Stuffed with Crab Meat, Chilli and Basil.		33.00
<i>Served with chargrilled fennel.</i>		
Local Pan-fried Blonde Ray from Cadgwith.		26.00
<i>Served au Poivre with Béarnaise sauce, minted Cornish potatoes and local kalettes from Padstow Kitchen Garden with extra virgin olive oil.</i>		
Whole Dover Sole.		45.00
<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 local kalettes from Padstow Kitchen Garden with extra virgin olive oil.</i>		
Indonesian Seafood Curry with Gurnard, Cod, Prawns and Cuttlefish.		33.00
<i>Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli.</i>		
Roast Tronçon of Wild Turbot with Hollandaise Sauce.		45.00
<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 local kalettes from Padstow Kitchen Garden with extra virgin olive oil.</i>		
Local Hake, Chips and Tartare Sauce.		20.00
<i>Deep-fried in dripping, served with thick chips and mushy peas.</i>		
Singapore Chilli Crab.		28.00
<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>		
Padstow Lobster.	Small	52.00
<i>Either grilled with fines herbes or steamed with mayonnaise.</i>	Medium	58.00
Lobster Thermidor.	Small	55.00
<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 Extra large	39.00
The "Fruits de Mer".	For one	55.00
<i>Seafood in the French style, all left in the shell and served on ice with mayonnaise and shallot vinegar.</i>	To share	69.00
<i>Mussels, brown crab, lobster, langoustine, winkles, clams, cockles, oysters, scallop, whelks and razor clam.</i>		
30 Day Aged Aberdeen Angus Rib Eye Steak.		29.00
<i>Served with sautéed potatoes and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinegar.</i>		
<i>From Wormsland Farm, Tiverton.</i>		

Accompaniments £3.75 each.

Roasted Butternut Squash with Chilli Oil and Basil.	A Salad of Autumn Leaves with Olive Oil Dressing.	Thin or Thick Cut Chips.	Pilau Rice.
Local Kalettes from Padstow Kitchen Garden with Extra Virgin Olive Oil.	Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.	Minted Cornish Potatoes.	Glazed Baby Carrots from Padstow Kitchen Garden.