

First Courses



Porthilly Oysters.	Each	3.00
Native Fal River Oysters. <i>Caught from an old traditional sailing boat.</i>	Each	4.95
Langoustines on Ice. <i>Freshly caught from the west coast of Scotland.</i>	Each	7.95
A Small "Fruits de Mer". <i>Mussels, brown crab claw, razor clams, scallop, oysters, clams, whelks, cockles and langoustines.</i>		29.50
Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice. <i>Mussels, brown crab claw, razor clams, scallop, oysters, clams, whelks, cockles and langoustines.</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
Moules Marinière with Cream, Garlic and Parsley. <i>Funnily enough, I haven't done a recipe for moules marinière for ages – not since my first book.</i>		14.50
Grilled Scallops with Serrano Ham, Pimentón, Pardina Lentils and Persillade Butter		16.50
Special Salad of Lobster, Avocado, Green Beans and Foie Gras.		29.00
Deep-Fried Helford River Prawns with Aioli. <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>		14.50
Cornish Smoked Salmon from Wing's Smokehouse. <i>Served with walnut bread and cayenne pepper.</i>		15.50
Cornish Mackerel with a Pumpkin Seed Gremolata. <i>Served with hispi cabbage and heritage tomatoes.</i>		12.50
Seared Chipirones Squid. <i>Stuffed with tuna, mackerel, prawns, ginger, spring onion, garlic, szechuan pepper and coriander. Served with a red chilli and tomato chutney.</i>		15.00
Wild Mushroom Risotto with Porcini and Chanterelles. <i>Served with a persillade.</i>		15.00
Crisp-fried Puntillita with Migas, Parsley, Chillies and Pimenton. <i>These small squid are fried with crisp breadcrumbs sprinkled with spicy pimenton.</i>		12.00
XO Clams. <i>Cantonese clams made with a sauce of dried seafood, chilli, soy and garlic.</i>		15.50
Octopus Carpaccio with Crispy Chipirones and Sweet Red Pepper Purée.		15.00
Loch Duart Salmon Tataki served with Cucumber, Pickled Rhubarb, White Miso Mayonnaise, Candied Peanuts and Soy Caramel.		15.00
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>		13.00
Sashimi of Brill, Loch Duart Salmon, Sea Bass and Yellowfin Tuna. <i>With wasabi – Japanese horseradish, pickled ginger and a soy dipping sauce.</i>		17.50
Cornish Crab with a Wakame, Cucumber and Dashi Salad with Wasabi Mayonnaise.		18.00

Main Courses

Grilled Whole Boned Red Mullet, Stuffed with Crab Meat, Chilli and Basil. <i>Served with chargrilled fennel and baked pumpkin with chilli, sun dried tomatoes and crispy onion.</i>		35.00
Bouillabaisse of Plaice, Cod, Sea Bass, Mussels and Langoustines. <i>I've eaten many a Bouillabaisse in Marseille but I wanted something light, well flavoured and fragrant. It's not a classic, just how I like it. Served with rouille and Parmesan.</i>		35.00
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 sautéed hispi cabbage and confit shallot.</i>		45.00
Chargrilled Fillet of Line Caught Padstow Sea Bass with a Tomato, Butter and Vanilla Vinaigrette. <i>Served with minted Cornish potatoes and sautéed hispi cabbage and confit shallot.</i>		35.00
Indonesian Seafood Curry with Sea Bass, Hake, Prawns and Cuttlefish. <i>Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli.</i>		34.00
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 sautéed hispi cabbage and confit shallot.</i>		45.00
Seared Ray from Cadgwith. <i>Served with a beurre noisette, deep fried shrimps, minted Cornish potatoes and sautéed hispi cabbage and confit shallot.</i>		29.00
Cornish Hake, Chips and Tartare Sauce. <i>Deep-fried in dripping, served with thick chips and mushy peas.</i>		21.50
Padstow Lobster. <i>Split and grilled served in the shell with a shellfish reduction flavoured with parsley, chervil, chives and tarragon. To some picking the meat is too messy but to me it's a memorable feast. Or steamed with mayonnaise. Served with minted Cornish potatoes and sautéed hispi cabbage and confit shallot.</i>	Small Medium	47.50 52.50
Lobster Thermidor. <i>The meat is removed from the shell and returned with a light cream and dry vermouth sauce slightly flavoured with Parmesan cheese and mustard. Served with minted Cornish potatoes and sautéed hispi cabbage and confit shallot.</i>	½ Large	29.00
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, oysters, razor clams, scallop, clams, cockles and whelks.</i>	For one To share	57.50 77.50
30 Day Aged Cornish Côte de Boeuf. <i>Served with sautéed potatoes and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinegar and béarnaise sauce. From Moorfield Farm, Little Hammett, Cornwall.</i>		35.00

Accompaniments £4.00 each.

A Salad of Autumn Leaves with Olive Oil Dressing.	Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.	Minted Cornish Potatoes.
Thin or Thick Cut Chips.	Local Kalettes with Extra Virgin Olive Oil.	Cavolo Nero with Confit Garlic.
Pilau Rice.	Baked Pumpkin with Chilli, Sun Dried Tomatoes and Crispy Onion.	

Trethorn Farm

Most of the vegetables and salads on the menu come from Ronald and Ross Geach's farm just outside Padstow overlooking the estuary. Ross is an ex-chef of ours and we love talking all things veg.