

**First Courses**

Dorset Brownsea Island Oysters.	Each	3.00
Langoustines on Ice. <i>Freshly caught from the East coast of Scotland.</i>	Each	9.00
A Small "Fruits de Mer". <i>Mussels, winkles, clams, brown crab claw, scallop, cockles, oyster, whelks, razor clam and langoustine.</i>		29.50
Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice. <i>Mussels, winkles, clams, brown crab claw, scallop, cockles, oyster, whelks, razor clam and langoustine.</i>		30.50
Black Risotto with Cornish Cuttlefish. <i>A favourite recipe from my "Venice to Istanbul" book. Actually from Croatia.</i>		13.00
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
Ragoût of Turbot Cheek and Scallop in a Cream, Mushroom, Vouvray and Basil Sauce.		16.00
Padstow Lobster Salad with a Lemon and Chive Dressing.		24.00
Seared Galician Octopus with Potatoes, Capers, Olive Oil and Pimenton.		15.50
Crab with Linguine, Tomato, Parsley, Garlic, Chilli and Olive Oil.		15.50
Cornish Crab with a Wakame, Cucumber and Dashi Salad with Wasabi Mayonnaise.		14.50
H. Forman and Son Smoked Salmon. <i>World famous London cure smoked Scottish Salmon.</i>		15.50
Beetroot Salad with a Poached Egg, Parmesan, Pesto and Dijon Mustard Dressing		11.00
Seared Scallops with Salt Baked Celeriac, Apple Purée "au beurre de cidre".		16.00
Crisp Smoked Mackerel with Green Mango and Green Paw Paw Salad. <i>With basil, sliced shallots, peanuts and birds eye chillies.</i>		13.50
Ravioli of Caramelised Onion and Fennel Seeds. <i>With porcini and king oyster mushrooms, sundried tomatoes and hazelnuts.</i>		13.50
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
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
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>		14.50
Ceviche of Sea Bass with Smoked Chipotle Chilli, Pomegranate and Coriander.		15.00

Main Courses

Seafood Dieppoise. <i>A classic French creamy dish from Normandy. With sea bass, gurnard, hake, scallop, mussels and langoustines. Served with minted Cornish potatoes and local kalettes with extra virgin olive oil.</i>		35.00
Local Steamed Blonde Ray from Cadgwith. <i>Served with beurre noir, minted Cornish potatoes and local kalettes with extra virgin olive oil.</i>		26.00
Grilled Butterflied Sea Bass with Red and Green Salsas. <i>This comes from Contramar Restaurant in Mexico City. It has red salsa on one side and green on the other, served with Mexican red rice, refried beans and sour cream, it is the Mexican flag on a plate.</i>		28.50
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
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 local kalettes with extra virgin olive oil.</i>	Small Medium	45.00 48.00
Stone Bass Vindaloo. <i>Served with kachumber and raita salad, pilau rice and cumin puris.</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 local kalettes with extra virgin olive oil.</i>		45.00
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>	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, clams, cockles, oysters, scallop, whelks and razor clam.</i>	For one To share	55.00 69.00
Roasted Cornish Duck Breast with Parsnip Purée and Red Cabbage. <i>Served with Pomme Sarladaise of confit duck leg and black pudding and redcurrant sauce.</i>		28.00

Accompaniments £3.75 each.

Roasted Butternut Squash with Chilli Oil and Basil.	A Salad of Winter Leaves with Olive Oil Dressing.	Thin or Thick Cut Chips.	Pilau Rice.
Local Kalettes with Extra Virgin Olive Oil.	Minted Cornish Potatoes.		