

# The Seafood Restaurant | Sample Menu May 2017

## First Courses

Local Porthilly or Irish Carlingford Oysters.	Each	3.00
Langoustines on Ice.	Each	9.00
<i>Freshly caught from the west coast of Scotland.</i>		
A Small "Fruits de Mer" .		25.50
<i>Mussels, winkles, clams, brown crab claw, cockles, whelks, langoustine, scallop, oyster and razor clam.</i>		
Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice.		26.50
<i>Mussels, winkles, clams, brown crab claw, cockles, whelks, langoustine, scallop, oyster razor clam.</i>		
Sliced Loch Duart Salmon with a Japanese Ponzu Dressing, Pink Grapefruit and Mooli.		14.00
Jamón Ibérico de Bellota.		17.50
<i>The best cured ham in the world from acorn fed black pigs, matured for at least three years. Great with our sourdough bread.</i>		
<i>Fino sherry and Ibérico ham are perfect partners. One of those taste combinations where one seems to endlessly complement the other.</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>		
Salmon and Tuna Tartare.		15.00
<i>The recipe comes from Andalucía. The fish is finely chopped with gherkin, capers and shallots. Served with gazpachuelo - a light frothy mayonnaise with Amontillado wine.</i>		
St. Enodoc Asparagus cooked with Extra Virgin Olive Oil and served with Hollandaise Sauce.		13.50
<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>		
Mouclade, a Classic Provincial Dish from the West Coast of France.		14.50
<i>Local mussels from Porthilly, cooked in a creamy saffron and curry sauce. These mussels are particularly plump and sweet.</i>		
Jerusalem Artichoke Soup with Foie Gras, Bacon and Chives.		14.50
Seared Scallops with Serrano Ham.		16.00
<i>Served with Salad Leaves from Trerethern Farm and a buttery Sherry Vinegar Dressing.</i>		
Ragoût of Cornish Sole in a White Miso Sauce with Ibérico Ham, Peas, Courgettes, Broad Beans, Asparagus and Pea Shoots.		12.50
Seared Galician Octopus with Olive Oil Mash, Baby Artichoke and Confit Lemon, Garlic and Parsley Oil.		15.50
Lobster and Fennel Risotto with Lemon Oil.		16.50
Grilled Queens 'A La Plancha' with Noisette Butter.		15.50
<i>Queens are a small scallop and are served in the shell with lightly browned butter, parsley and lemon juice.</i>		
Crisp Smoked Mackerel with Green Mango and Green Paw Paw Salad.		13.50
<i>With basil, sliced shallots and birds eye chillies.</i>		
Frank Hederman's Smoked Salmon.		15.50
<i>Though excellent smoked salmon can be made from the farmed fish, it is not a match for the best organic which is leaner, drier and more complex in flavour. Frank's smokery is just outside Cobh in County Cork.</i>		
Special Salad of Lobster, Avocado, Green Beans and Foie Gras.		24.00
Cornish Crab with a Wakame, Cucumber and Dashi Salad with Wasabi Mayonnaise.		14.50
Char-grilled Sea Bass with a Mango, Avocado, Prawn and Chilli Salsa.		16.50
Ravioli of Porcini and King Oyster Mushrooms with Sun-Dried Tomatoes.		13.50
Stir Fried Salt and Pepper Chilli Squid with Watercress, Cucumber, Beansprouts and Soy Sauce.		15.50
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 and Parmesan.		12.50

## Main Courses

Roast Fillet of Monkfish with Braised Fennel and New Season Garlic.		33.00
<i>The fish is rolled in a crust of semolina and wild fennel herbs.</i>		
Whole Dover Sole.	Small	39.50
<i>Either chargrilled with sea salt and lime or meunière with noisette butter, dusted with flour and fried in an oval pan.</i>	Medium	45.00
<i>Served with minted Cornish potatoes and spring greens with confit garlic.</i>		
Fillet of Hake Goan Curry.		30.00
<i>Served with pilau rice, cumin puris, cucumber and lime.</i>		
Char-grilled Fillet of Sea Bass with a Tomato, Butter and Vanilla Vinaigrette.		33.00
<i>Served with minted Cornish potatoes and spring greens with confit garlic.</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.</i>		
<i>Served with minted Cornish potatoes and spring greens with confit garlic.</i>		
Local Cod, Chips and Tartare Sauce.		20.00
<i>Deep-fried in dripping, served with thick chips and mushy peas.</i>		
Fillet of John Dory 'A La Plancha' with Cornish Asparagus and Beurre Blanc.		32.00
Braised Cornish Sole Fillets with Ginger, Wild Garlic, Spinach and Clams.		26.50
<i>Served with sesame and soy dressing.</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
	Large	66.00
		55.00
Lobster Thermidor.		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>		
The "Fruit 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, cockles, winkles, clams, oysters, whelks, scallop 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 Vicarage Farm, Dorchester.</i>		

### Accompaniments £3.75 each

Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.	A Salad of Spring Leaves with Olive Oil Dressing.	Minted Cornish Potatoes from Falmouth.	Thin or Thick Cut Chips.
Glazed Carrots with Butter, Parsley and Tarragon.	Cornish Spring Greens with Confit Garlic.	Pilau Rice.	