

The Seafood Restaurant | Sample menu October 2017

First Courses

Local Porthilly or Dorset Brownsea Island Oysters.	Each	3.00
Native Fal River Oysters. <i>Caught from an old traditional sailing boat.</i>	Each	5.50
A Small "Fruits de Mer". <i>Mussels, winkles, clams, brown crab claw, whelks, langoustine, cockles, scallop, oysters and razor clam.</i>		29.50
Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice. <i>Mussels, winkles, clams, brown crab claw, whelks, langoustine, cockles, scallop, oysters and razor clam.</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
Jamón Ibérico de Bellota. <i>The best cured ham in the world from acorn fed black pigs, matured for at least three years. Great with our sourdough bread. Fino sherry and Ibérico ham are perfect partners. One of those taste combinations where one seems to endlessly complement the other.</i>		17.50
Mussels with Green Peppers, Tomato, Chilli, Ouzo and Feta Cheese. <i>A recipe from Butrint in Albania using our local Porthilly mussels.</i>		14.50
Beetroot Salad with a Poached Egg, Parmesan, Pesto and Dijon Mustard Dressing.		11.00
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>		15.00
Fresh Cep and Black Truffle Risotto with Parmesan.		14.50
Padstow Lobster Salad with a Lemon and Chive Dressing.		24.00
Fritto Misto with Helford Prawns, Cod, Sea Bass, Mackerel, Mussels, Red Mullet, Cuttlefish and Scallop. <i>Served with aioli and lemon mayonnaise.</i>		16.00
Cornish Butterflied Sardines. <i>Served with gremolata.</i>		9.50
H. Forman and Son Smoked Salmon. <i>World famous London cure smoked Scottish Salmon.</i>		15.50
XO Clams. <i>Clams in a spicy seafood sauce with spring onion and crispy wontons.</i>		15.50
Seared Scallops and Succotash with White Crab Meat, Mussels, Sweetcorn, Crispy Serrano Ham and Chives.		15.50
Ceviche of Monkfish with Avocado, Red Onion, Coriander, Tomatoes and Chilli.		15.50
Seared Galician Octopus with Olive Oil Mash, Baby Artichoke, Confit Lemon, Garlic and Parsley Oil.		15.50
Crisp Smoked Mackerel with Green Mango and Green Paw Paw Salad. <i>With basil, sliced shallots, peanuts and birds eye chillies.</i>		13.50
Cornish Crab with a Wakame, Cucumber and Dashi Salad with Wasabi Mayonnaise.		14.50
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, Brill and Tuna. <i>With wasabi - Japanese horseradish, pickled ginger and a soy dipping sauce.</i>		16.50
Fish and Shellfish Soup with Rouille and Parmesan.		12.50

Main Courses

Braised Fillet of Brill with Fresh Wiltshire Autumn Black Truffles, Slivers of Potato and Mushrooms.		33.00
Grilled Whole Boned Red Mullet, Stuffed with Crab Meat, Chilli and Basil. <i>Served with chargrilled fennel.</i>		33.00
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 savoy cabbage with butter and chives.</i>		45.00
Local Pan-fried Blonde Ray from Cadgwith. <i>Served au Poivre with Béarnaise sauce, minted Cornish potatoes and savoy cabbage with butter and chives.</i>		26.00
Chargrilled Fillet of Sea Bass with a Tomato, Butter and Vanilla Vinaigrette. <i>Served with minted Cornish potatoes and savoy cabbage with butter and chives.</i>		33.00
Indonesian Seafood Curry with Gurnard, Cod, Prawns and Cuttlefish. <i>Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli.</i>		33.00
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 savoy cabbage with butter 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>		28.00
Padstow Lobster. <i>Either grilled with fines herbes or steamed with mayonnaise.</i>	Small Medium	52.00 58.00
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>		55.00
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, oysters, cockles, whelks, scallop and razor clam.</i>	For one To share	55.00 69.00
30 Day Aged Aberdeen Angus Rib Eye Steak. <i>Served with sautéed potatoes and a salad of cos lettuce, shallots, cream with Cabernet Sauvignon vinegar. From North Park farm, Gunnislake.</i>		29.00

Accompaniments £3.75 each.

Roasted Butternut Squash with Chilli Oil and Basil.	A Salad of Autumn Leaves with Olive Oil Dressing.	Savoy Cabbage from Trerethern Farm with Butter and Chives.	Pilau Rice.
Tenderstem Broccoli from Trerethern Farm with Toasted Almonds and Olive Oil.	Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.	Thin or Thick Cut Chips.	Minted Cornish Potatoes.