

The Seafood Restaurant | Sample menu August 2017

First Courses

Local Porthilly or Irish Carlingford Oysters.	Each	3.00
Langoustines on Ice. <i>Freshly caught from the west coast of Scotland.</i>	Each	9.00
A Small "Fruits de Mer". <i>Mussels, winkles, clams, cockles, brown crab claw, whelks, langoustine, scallop, oysters and razor clam.</i>		29.50
Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice. <i>Mussels, winkles, clams, cockles, brown crab claw, whelks, langoustine, 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
John Dory with Chargrilled Baby Leeks, Soft Boiled Egg and Mustard Vinaigrette.		16.50
XO Clams. <i>Clams in a spicy seafood sauce with spring onion and crispy wontons.</i>		15.50
Colourful Salad of Heritage Tomatoes. <i>Served with buffalo mozzarella, basil and cabernet sauvignon vinaigrette.</i>		12.50
Chargrilled Sea Bass with a Mango, Avocado, Prawn and Chilli Salsa.		16.50
Ragoût of Turbot and Scallops in a Cream, Mushroom, Vouvray and Basil Sauce.		16.00
Grilled Scallops with Hazelnut and Coriander Butter.		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
Frank Hederman's Smoked Salmon. <i>Frank's smokery is just outside Cobh in County Cork.</i>		15.50
Lobster and Fennel Risotto with Lemon Oil.		16.50
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
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

Fillet of John Dory A La Plancha with Scottish Girolle Mushrooms. <i>Served with rocket, sun-dried tomato and chervil.</i>		34.00
Braised Fillet of Brill with Summer Italian Black Truffle, Slivers of Potato and Mushrooms.		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 kale from Trerethern Farm sautéed in olive oil with confit garlic.</i>	Small Medium	45.00 48.00
Local Pan-fried Blonde Ray from Cadgwith. <i>Served au Poivre with Béarnaise sauce and minted Cornish potatoes and Runner Beans with Tomato Strips and Confit Shallot.</i>		26.00
Chargrilled Fillet of Sea Bass with a Tomato, Butter and Vanilla Vinaigrette. <i>Served with minted Cornish potatoes and kale from Trerethern Farm sautéed in olive oil with confit garlic.</i>		33.00
Indonesian Seafood Curry with Monkfish, Cod and Prawns. <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 kale from Trerethern Farm sautéed in olive oil with confit garlic.</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	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>	Small ½ large	55.00 36.50
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>		28.00
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, spider crab, lobster, langoustine, winkles, clams, cockles, oysters, whelks, scallop and razor clam.</i>	For one To share	55.00 69.00
30 Day Aged Stabiliser Rib Eye Steak. <i>Served with sautéed potatoes and a salad of cos lettuce, shallots, cream with Cabernet Sauvignon vinegar. From Park Farm, Landulph, Saltash.</i>		29.00

Accompaniments £3.75 each excluding Courgette Flowers £5.00 each.

Courgette Flowers in Tempura Batter from Trerethern Farm.	A Salad of Summer Leaves with Olive Oil Dressing.	Minted Cornish Potatoes.	Pilau Rice.
Tenderstem Broccoli with Toasted Almonds and Olive Oil.	Cornish Kale with Confit Garlic and Extra Virgin Olive Oil.	Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.	Thin or Thick Cut Chips.
Glazed Baby Carrots from Trerethern Farm with Butter, Parsley and Tarragon.	Runner Beans with Tomato Strips and Confit Shallot.		