

**First Courses**

Porthilly or Dorset Brownsea Island Oysters.	Each	3.00
Langoustines on Ice. <i>Freshly caught from the west coast of Scotland.</i>	Each	7.95
A Small "Fruits de Mer". <i>Mussels, winkles, brown crab claw, razor clams, scallop, oysters, clams, cockles, whelks and langoustines.</i>		29.50
Hot Shellfish with Parsley, Chilli, Olive Oil, Garlic and Lemon Juice. <i>Mussels, winkles, brown crab claw, razor clams, scallop, oysters, clams, cockles, whelks, 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
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 and fresh tomatoes. Fino sherry and Ibérico ham are perfect partners. One of those taste combinations where one seems to endlessly complement the other</i>		18.00
Ragoût of Brill in a White Miso Sauce with Ibérico Ham, Peas, Courgettes, Broad Beans, Asparagus and Pea Shoots.		16.00
Moules Marinière with Cream, Garlic and Parsley. <i>Funnily enough, I haven't done a recipe for moules mariniere for ages - not since my first book.</i>		14.50
Grilled Scallops with Hazelnut and Coriander Butter.		15.50
Special Salad of Lobster, Avocado, Green Beans and Foie Gras.		28.00
Cornish Smoked Salmon from Wing's Smokehouse. <i>Served with walnut bread and cayenne pepper.</i>		15.50
Risotto of Summer Vegetables and Jamón. <i>With English peas, courgettes, broad beans, asparagus and radishes. Using the best jamon Ibérico in the world.</i>		12.50
Char-grilled Sea Bass with a Mango, Avocado, Prawn and Chilli Salsa.		15.50
Deep Fried Courgette Flowers in a Light Tempura Batter. <i>Stuffed with tuna, mackerel, prawns, ginger, spring onion, garlic, szechuan pepper and coriander. Served with a chilli dipping sauce.</i>		14.00
Salmon and Tuna Tartare with Almond Gazpacho. <i>The fish is finely chopped and served with pickled grapes, capers, shallots and tomato concasse.</i>		12.50
Colourful Salad of Heritage Tomatoes. <i>Served with buffalo mozzarella, basil and a cabernet sauvignon vinaigrette.</i>		13.50
Ravioli of Caramelised Onion and Fennel Seeds. <i>With porcini and king oyster mushrooms, sundried tomatoes and hazelnuts.</i>		12.50
Fish and Shellfish Soup with Rouille, Parmesan and Croutons. <i>Flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne.</i>		16.50
Sashimi of Brill, Loch Duart Salmon, Sea Bass and Yellow Fin Tuna. <i>With wasabi - Japanese horseradish, pickled ginger and a soy dipping sauce.</i>		18.00
Cornish Crab with a Wakame, Cucumber and Dashi Salad with Wasabi Mayonnaise.		15.00
Deep-Fried Prawns in a Coconut Batter. <i>A dish from Yucatan peninsula, served with papaya, orange and habanero chilli sauce.</i>		

**Main Courses**

Roasted Fillet of John Dory with Samphire and Beurre Blanc. <i>Served with minted Cornish potatoes and sautéed courgette with extra virgin olive oil and chives.</i>		34.00
Fillet of Hake En Papillote with Fennel, Tomatoes and Salpicon Dressing. <i>The fish is cooked in a paper parcel to enhance the flavour. Served with tarragon and parsley mayonnaise. Served with minted Cornish potatoes and sautéed courgette with extra virgin olive oil and chives.</i>		26.00
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 courgette with extra virgin olive oil and chives.</i>		45.00
Indonesian Seafood Curry with Sea Bass, Hake, Prawns and Squid. <i>Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli.</i>		32.00
<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 courgette with extra virgin olive oil and chives.</i>		45.00
Seared Ray from Cadgwith. <i>Served with prawns, a beurre noisette, minted Cornish potatoes and sautéed courgette with extra virgin olive oil and chives.</i>		27.00
Cornish Cod, 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>		29.00
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 courgette with extra virgin olive oil and chives.</i>	Medium	50.00
Padstow Lobster Salad with Mayonnaise. <i>We remove the meat from the shell, slice it and place it back. Served with minted Cornish potatoes and a summer leaf salad with a mustard dressing.</i>	Medium	50.00
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 courgette with extra virgin olive oil and chives.</i>	Medium	53.00
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, oysters, razor clams, scallop, clams, cockles, whelks.</i>	For one To share	55.00 75.00
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>		32.00

**Accompaniments** £3.75 each.

Sautéed Kale with Confit Garlic.	Sautéed Courgettes with Extra Virgin Olive Oil and Chives.	Minted Cornish Potatoes.
A Salad of Summer Leaves with Olive Oil Dressing.	Tenderstem Broccoli with Toasted Almonds and Olive Oil.	Thin or Thick Cut Chips.
Glazed Baby Carrots with Butter, Parsley and Tarragon.	Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.	Pilau Rice.

**Trerethen 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.