

Sample menu October 2017

Lunch Menu

Three courses

£40.00

First Courses

Loch Duart Salmon Tataki served with Cucumber, Pickled Rhubarb, White Miso Mayonnaise, Candied Peanuts and Soy Caramel.

Mackerel Recheado.

Mackerel stuffed with a ginger and chilli masala and served with a coriander, tomato and onion salad.

Moules Marinière with Cream, Garlic and Parsley.

Funnily enough, I haven't done a recipe for moules mariniere for ages – not since my first book.

Fish and Shellfish Soup with Rouille and Parmesan.

Grilled Cornish Butterflied Sardines.

Served with gremolata.

Main Courses

Cod Goan Curry.

Served with pilau rice, cumin puris, cucumber and lime.

Fillet of Plaice Stir Fry with Courgette, Fennel, Spinach, Basil, Mange Tout and Pak Choi.

Served with soy butter sauce, tomato concasse, coriander and pilau rice.

Local Pan-fried Blonde Ray from Cadgwith.

Served au Poivre with Béarnaise sauce and minted Cornish potatoes.

Best End Pork Chop.

Served with Sarladaise potatoes, sweet and sour carrots, cider sauce and crackling.

Seared Fillet of Hake with Dill, Carrots and Celery in a Muscadet Butter Sauce.

Served with minted Cornish new potatoes.

Desserts

Lemon Tart with Lime Meringues and White Chocolate Shavings.

Nectarine and Passion Fruit Pavlova with Chantilly Cream.

Raspberry Crème Brûlée.

Treacle Pudding with Pouring Cream.

A Selection of Ice Creams and Sorbets.

Accompaniments £3.75 each.

Thin or Thick Cut Chips.

Minted Cornish Potatoes.

Savoy cabbage from Trerethern Farm with Butter and Chives.

A Salad of Autumn Leaves with Olive Oil Dressing.

Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.

Roasted Butternut Squash with Chilli Oil and Basil.

Tenderstem Broccoli from Trerethern Farm with Toasted Almonds and Olive Oil.

Pilau Rice.

Please ask a member of staff for information on allergens.