



June sample set lunch menu

Three courses £40.00

First Courses

Loch Duart Salmon Marinated with Passionfruit, Lime, Green Chillies and Coriander.

Fish and Shellfish Soup with Rouille and Parmesan.

Crab with Linguine, Tomato, Parsley, Garlic, Chilli and Olive Oil.

Everything is just warmed through so that all the fresh flavours of the ingredients remain distinct.

Black Risotto with Cornish Cuttlefish.

A favourite recipe from my book "Venice to Istanbul". Actually from Croatia.

Amritsari Fish.

Deep fried in a batter of chickpea flour, garlic and ginger sprinkled with chat masala, served with green chilli chutney. When I first tasted this, I knew it had to go on at The Seafood Restaurant.

Main Courses

Cod Goan Curry.

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

Cornish Sole Italiano.

With tomatoes, black olives, anchovies, sundried tomatoes, capers, flat-leaf parsley and olive oil.

Served with courgettes from Trerethern Farm sautéed in olive oil with chives.

Seafood Thermidor.

With cod, plaice, hake, prawns, mussels, scallops and mushrooms in a creamy velouté. Served with pilau rice.

Fillet of Pork with a Selection of Mediterranean Vegetables, Caviar D' Aubergine and Samphire.

Served with a port and black truffle sauce.

Fillet of Hake with Sauce Verte.

A classic fresh sauce made with parsley, tarragon, chives, chervil, watercress and spinach. Served on butter beans.

Desserts

Lemon and Almond Meringue with Vanilla Cream.

Crema Catalana.

Cinnamon, orange and lemon custard with a burnt sugar crust.

Chocolate Tart with Honeycomb and Crème Fraîche.

Panna Cotta with Stewed Forced Rhubarb and a Pistachio Tuile Biscuit.

A Selection of Ice Creams and Sorbets.

Accompaniments £3.75 each excluding Courgette Flowers £5.00 each.

Thin or Thick Cut Chips.

Pilau Rice.

Minted Cornish Potatoes.

A Salad of Spring Leaves with Olive Oil Dressing.

Glazed Carrots with Butter, Parsley and Tarragon.

Courgette Flowers in Tempura Batter from Trerethern Farm.

Courgettes from Trerethern Farm sautéed in Olive Oil with Chives

Spinach with Butter and Nutmeg from Trerethern Farm.

Please ask a member of staff for information on allergens.