



Lunch Menu

Three courses

£34.95

First Courses

Butternut Squash Risotto with Pumpkin Seeds and Deep Fried Sage.

Fillets of Hake with an Oyster, Cucumber and Horseradish Sauce.
Served with a deep-fried Porthilly oyster and pickled cucumber.

Moules Marinière with Cream, Garlic and Parsley.
Funnily enough, I haven't done a recipe for moules marinière for ages – not since my first book.

Fish and Shellfish Soup with Rouille, Parmesan and Croutons.
Flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne.

Butterflied Sardines with a Pumpkin Seed Gremolata.
Served with hispi cabbage and heritage tomatoes.

Main Courses

Indonesian Seafood Curry with Cod.
Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli.

Grilled Whole Plaice with a Lemongrass Butter.
Served with minted Cornish potatoes.

Seared Ray from Cadgwith.
Served with a beurre noisette, deep fried shrimps and minted Cornish potatoes.

Braised Beef Cheek.
Slow cooked in a red wine sauce. Served with persillade, pomme purée, braised shallot and hispi cabbage.

Seared Fillet of Hake with a Piperade of Roasted Poblano Peppers, Tomato and Serrano Ham.
Served with minted Cornish potatoes and an olive oil and lemon sabayon.

Desserts

Lemon Tart with Clotted Cream.

Apple Crumble with Pouring Cream.

Pavlova with Poached Plums and Vanilla Ice Cream.

Raspberry Crème Brûlée.

A Selection of Ice Creams and Sorbets.

Accompaniments £4.00 each.

A Salad of Autumn Leaves with Olive Oil Dressing. Minted Cornish Potatoes.

Cavolo Nero with Confit Garlic. Thin or Thick Cut Chips.

Baked Pumpkin with Chilli, Sun Dried Tomatoes and Crispy Onion. Padron Peppers 'A La Plancha' with Extra Virgin Olive Oil and Sea Salt.

Local Kalettes with Extra Virgin Olive Oil. Pilau Rice.

Trerethern 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.

Please ask for information on allergens.