APPETISERS

SALT COD FRITTERS aioli. 3.95

JERSEY OYSTER from the Royal Bay of Grouville, Jersey, Channel Islands. £3.25 each

OYSTERS ROCKEFELLER with a spinach, tarragon and cayenne topping. 3.75 each

PAU BHAJ with coriander, green chilli chutney and sourdough. 3.95

FRESHLY BAKED BREAD sourdough and walnut bread from our bakery in Padstow. 3.95

PADRON PEPPERS extra virgin olive oil and sea salt. 4.50

SAGANAKI HALLOUMI honey, oregano and sesame seeds. 4.50

STARTERS

SARDINES IN TORTILLAS with spicy tomato sauce. 6.95

THAI FISH CAKES Asian coleslaw, peanuts and a sweet and sour dipping sauce. 7.95

FISH & SHELLFISH CAKE rouille, Parmesan and croutons, flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne. 8.95

PRAWN COCKTAIL tomato and avocado. 9.95

CRAB LINGUINE handpicked white crab meat, olive oil, chilli, garlic and parsley. 9.95 / Main 17.95

CUTTLEFISH RISOTTO black risotto, a recipe I found in Croatia, “very black indeed”. 9.95

LA MOUCLADE MUSSELS west country mussels with curry spice and crème fraiche 9.95 / Main with chips. 16.95

OYSTER CHARTEAISE A seemingly odd combination - freshly opened oysters with 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. 9.95

SALT AND PEPPER PRAWNS cucumber, beansprouts and a soy and sesame dressing. 12.95

SASHIMI OF LOCH DUART SALMON, TUNA, SEABASS AND SCALLOP wasabi, pickled ginger, daikon, shiso leaves and soy dipping sauce. 16.50. Perfect with a glass of sake. 7.50

SCALLOPS pea puree, Serrano ham and pea shoots. 16.95

OYSTER SELECTION six Jersey Royale oysters on ice with cabernet sauvignon shallot vinegar and Hog Island dressing. 16.95

CHARRIED BROCCOLI ranch and almond dressing. 6.95

BAKED FETA CHEESE tomato, red pepper and chillies. 7.95

GUINEA FOWL TERRINE date chutney, toasted sourdough. 7.95

SAUTEED LAMBS KIDNEYS toasted brioche with sauvignon blanc, mustard and tarragon. 8.95

MAINS

ENDERBY SMOKED HADDACK FISH CAKES soft boiled egg and mustard butter sauce. 14.95

FISH AND CHIPS battered Cod, mushy peas and tartare sauce. 16.95

HAKE PARDINA serrano ham, lentils and persiladiate butter. 16.95

SEAFOOD GRATIN prawns, mussels and haddock in a white wine and cream sauce, Emmental and breadcrumb topping with caramelised apple. 19.95

WHOLE PAN-FRIED TROUT crisp ham, buttered new potatoes. 19.95

STEAMED SEA BASS FILLETS hot and sour sauce, bak choi, cashew nuts. 22.95

SHELLFISH RAGOUT mussels, prawns, brown shrimps, clams, cockles and crab, in a rich sauce with linguine and fines herbes. 24.95

PAN-FRIED MONKFISH garlic and fennel. 24.95

INDONESIAN SEAFOOD CURRY sea bass, cod and prawns served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 25.95

ROASTED TRONCON OF TURBOT ‘The turbot is seasoned with my own pepper mix’, with hollandaise and potatoes. 37.95

DOVER SOLE À LA MEUNIÈRE dusted with flour and fried in an oval pan with noisette butter. 39.95

THE “FRUITS DE MER” seafood in the French style, all left in the shell and served on ice with mayonnaise and shallot vinegar. Oysters, mussels, prawns, scallops, cookies and clams. 45.00

VEGETABLE GOAN CURRY pilau rice, mango chutney and a chapati. 12.50

PARMIAGIANA DI MELANZANA chargrilled aubergine, tomato and toasted sourdough. 14.95

SRI LANKAN CASHEW NUT CURRY green beans and pilau rice. 15.95

RADIOLO OF CARAMELISED ONION AND FENNEL SEEDS porcini mushrooms, sundried tomatoes and hazelnuts. 16.95

CRISP CHINESE PORK BELLY jasmine rice and bok choi. 17.95

FROM OUR LAUNCESTON BASED BUTCHER PHILIP WARREN ‘Seasoned with my own spice mix of peppercorns and chipotle chilli’ RIBEYE 10oz steak, thin cut chips and mixed leaves. 26.95

FILLET 8oz steak, Pomme Anna and cheese maker salad. 32.95

STEAK SAUCES

BEARNAISE / PEPPERCORN 2.95

SIDES

STEAMED PILAU RICE crispy shallots. 2.95

CHARLOTTE POTATOES fresh mint, butter. 2.95

MIXED AUTUMN LEAVES fines herbes. 2.95

THIN CUT CHIPS 5 50

BABY GEM SALAD cream and Cabernet Sauvignon vinegar. 4.50

JANSONS’ TEMPTATION creamy potato with anchovies. 4.95

GREEN BEAN SALAD grated coconut, crispy shallots, garlic and chilli. 4.50

BUTTERED GREEN BEANS 4.50

HISPAN CABBAGE confit shallot. 4.50

Please ask for information on allergens.