



Sample menu September 2017

FRESHLY BAKED BREAD

Sourdough and walnut bread from our bakery in Padstow with butter or olive oil. 3.50

PORTHILLY OYSTERS

Shallots and red wine vinegar. 2.95 each.

MARINATED KALAMATA OLIVES

With sundried tomato and basil. 3.50

STARTERS

FISH AND SHELLFISH SOUP

Rouille and Parmesan, this recipe is straight from Provence. 8.95

CRISPY MACKEREL SALAD

Apple, shallots, carrot, peanuts, Thai basil and bird's eye chilli. 6.95

LONDON CURED SALMON

With horseradish cream and brown bread. 8.00

AMRITSARI FISH

Deep fried cod in a batter of chickpea flour, garlic and ginger sprinkled with chaat masala. 6.95

SALT AND PEPPER PRAWNS

Served with a salad of watercress, cucumber and beansprouts with soy and sesame dressing. 9.95

THREE STEAMED PROTHILLY OYSTERS

Black beans, ginger, garlic, soy, sesame and spring onion. 9.95

MOULES MARINIERE

Mussels from Porthilly steamed in white wine, onion and parsley with sourdough bread. 8.95

CRAB LINGUINE

Hand-picked locally caught white crab meat with chilli parsley and garlic. 8.95

CHARENTAIS MELON

Heritage tomato, cucumber, and goat's cheese. 5.95

MAINS

GOAN COD CURRY

With pilau rice and a chapati. 14.95

HAKE ALLA CARLINA

Pan-fried hake fillet in a tomato, parsley and caper sauce. 16.95

WHOLE GRILLED SCORED PLAICE

Roasted red pepper, garlic and oregano served with Cornish potatoes. 16.95

SINGAPORE CHILLI CRAB

Stir fried crab in the shell with garlic, ginger, chilli and coriander. 22.95

CHARGRILLED BASS FILLETS

With baby spinach and beurre blanc. 17.95

RIB EYE 8OZ STEAK

Served with chips and black pepper butter. Butcher, Philip Warren, Launceston. 22.95

COD AND CHIPS

Battered cod served with thick cut chips, mushy peas and tartare sauce. 14.95

CHICKEN PAILLARD

Chargrilled chicken breast served with watercress and a red wine vinaigrette dressing. 15.95

VEGETABLE MAKHANAWALA

With Pilau rice. 10.95

SIDE ORDERS

All 3.75

SALAD OF SPINACH

With Parmesan and pancetta in balsamic.

THIN CUT CHIPS

GLAZED CARROTS

With tarragon.

MINTED BABY POTATOES

GREEN BEANS

With confit shallots

MIXED LEAF SALAD