



Sample menu April 2018

Starters

GRILLED SARDINES with coarse green herbs 6.95

CEVICHE OF MONKFISH with red chilli, coriander and avocado 8.95

BLACK CUTTLEFISH RISOTTO a recipe I found in Croatia "very black indeed" 9.95

STEAMED SCALLOPS IN THE SHELL with ginger, soy, sesame oil and spring onion 13.50

SASHIMI OF SALMON, TUNA AND MACKEREL wakame salad, wasabi, ginger and tosa dipping sauce 13.95

FRISÉE AND PANCETTA SALAD a classic salad from Lyon, topped with a poached egg 5.95

FISH AND SHELLFISH SOUP with rouille, Parmesan and croutons. Flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne 8.95

MUSSEL MASALA a dish from the Keralan Backwaters of southern India, with chilli, turmeric and coconut 8.95

RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS with porcini mushrooms, sun-dried tomatoes and hazelnuts 8.50

DEEP-FRIED COCONUT PRAWNS a dish from Yucatan peninsula, accompanied by a hot and spicy papaya and habanero chilli sauce 11.95

Shellfish Starters

PORTHILLY OYSTERS Pacific oysters from Rock, Cornwall on ice 3.00 each

BROWNSEA ISLAND OYSTERS locally farmed 3.00 each

LANGOUSTINES ON ICE caught in creel pots off the west coast of Scotland 7.95 each

TEMPURA OYSTERS with sesame seeds and lime 9.95

SHANGURRO CRAB Basque-style stuffed crab with tomatoes, chilli, garlic and then gratinated under the grill 10.95

OYSTERS CHARENNAISE 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 13.50

THE 'FRUITS DE MER' seafood in the French style, all left in the shell and served on ice with mayonnaise and shallot vinegar. Brown crab, mussels, langoustine, oyster, whelks, winkles, scallop and razor clam 29.50

Mains

COD AND CHIPS hand cut thick chips, mushy peas and tartare sauce 16.95

INDONESIAN SEAFOOD CURRY sea bass, cod and prawns served with a green bean and grated coconut salad and rice 22.95

GRILLED SALMON with a sorrel sauce 18.95

FILLETS OF LEMON SOLE lemongrass butter 24.00

HAKE LAKSA grilled Cornish hake with laksa noodles and a chilli sambal 18.95

PAN-FRIED BLONDE RAY FROM CADGWITH CORNWALL served au poivre with a caper and lemon beurre noisette 19.95

GRILLED SEA BREAM with a tomato and vanilla vinaigrette 19.95

MEURETTE OF JOHN DORY with button onions and king oyster mushroom 27.95

PAN-FRIED MONKFISH WITH GARLIC AND FENNEL the monkfish is flavoured with fennel herb and garlic, fried, then finished in the oven with some slow cooked garlic and fennel 28.95

ROAST CHICKEN BREAST with black pudding, tarragon and a Samos wine sauce 19.95

RUMP OF SPRING LAMB with pea purée, asparagus, broad beans and wild garlic 24.95

16OZ CHATEAUBRIAND (SERVES 2) 28 day dry aged Scottish Highland beef, served with pommes coq d'or, bordelaise sauce and a salad of baby gem lettuce 29.00 per person

8 OZ RIB EYE STEAK with sautéed potatoes and watercress 25.95

8 OZ FILLET STEAK with sautéed potatoes and watercress 29.00

{STEAK SAUCE Marchand de vin butter, Bordelaise 2.95}

DOVER SOLE A LA MEUNIÈRE dusted with flour and fried in an oval pan with noisette butter 37.95

LOBSTER THERMIDOR we used to sell lobster thermidor 20 years ago, but fashion changed. Now there's a renaissance of classic French seafood dishes. I've made it lighter and more fragrant and it's rather good 55.00

SINGAPORE CHILLI CRAB stir-fried whole crab with garlic, ginger and chilli. Very much for those who love getting gloriously messy! 22.95

Sides 3.75 each

BUTTERED NEW POTATOES with parsley and mint

HISPI CABBAGE with confit shallots

GLAZED CARROTS with tarragon

HANDCUT THIN CHIPS

BROCCOLI with toasted almonds and olive oil

BUTTERNUT SQUASH with sun-dried tomato paste and crispy shallots

SPRING SALAD mixed lettuce leaves with fines herbes

BASMATI RICE flavoured with cardamom, clove, and cinnamon