



Sample menu October 2017

Starters

GRILLED CORNISH SARDINES coarse green herbes 6.95

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

CRISP SMOKED MACKEREL SALAD with green mango and green paw paw salad, basil, sliced shallots, peanuts and birds eye chillies 8.50

BEETROOT CURED SALMON with cucumber, apple pickle and horseradish cream 13.50

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

HUEVOS A LA FLAMENCA smoked pimenton and tomato sauce, green beans, egg and sourdough 5.95

SMOKED HADDOCK with mild potato curry and a poached egg 7.95

FISH AND SHELLFISH SOUP this recipe is straight from Provence, served with rouille and Parmesan 8.95

GREMOLATA PRAWNS pan-fried shell-on prawns with garlic, lemon and parsley 9.95

JAPANESE FISHCAKES spring onion, chestnut mushroom, soy dressing 7.95

JAMÓN IBÉRICO DE BELLOTA the best cured ham in the world from acorn fed black pigs, matured for at least three years. Great with our sourdough bread 17.50

Shellfish Starters

BROWNSEA ISLAND OYSTERS locally farmed 3.00 each

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

TEMPURA OYSTERS with sesame seeds and lime 9.95

LANGOUSTINES ON ICE freshly caught from the west coast of Scotland 5.95 each

OYSTERS CHARENTAISE 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 claws, mussels, langoustine, oyster, scallop, whelks, winkles, clams, cockles 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 MISO SALMON with vermicelli noodles, spring onions, chilli and beansprouts 18.95

BOURRIE OF HAKE, PLAICE, BREAM AND MUSSELS a mediterranean fish stew flavoured with aioli 22.95

FILLET OF HAKE with beer, bacon and savoy cabbage 18.95

PAN-FRIED BLONDE RAY FROM CADGWITH CORNWALL served au poivre with Bearnaise sauce 19.95

FILLETS OF LEMON SOLE black olive butter 24.00

GRILLED SEA BREAM and a classic Italian salsa verde 19.95

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

ROAST MONKFISH WITH SERRANO HAM AND SAUERKRAUT we thinly slice the serrano ham and wrap a fillet of monkfish in it 29.95

CHICKEN WITH MARSALA button mushrooms and sautéed potatoes 19.95

RED BRAISED PORK BELLY from Anthony Zhao's restaurant in Shanghai. Served with rice and bok choy 15.95

VETOU'S ROASTED DUCK BREAST served with Pruneaux D'Agén red wine sauce and potato and pancetta terrine 25.95

16 OZ 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 a watercress salad 23.00

8 OZ FILLET STEAK with sautéed potatoes and a watercress salad 29.00

{STEAK SAUCE Bearnaise, Bordelaise, Marchand de vin butter 2.95}

ROAST TRONÇON OF WILD TURBOT WITH HOLLANDAISE SAUCE in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate 35.95

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

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

PAN FRIED HISPI CABBAGE with confit shallot

BUTTERED NEW POTATOES with parsley and mint

AUTUMN SALAD mixed lettuce leaves with fines herbes

HANDCUT THIN CHIPS

BUTTERNUT SQUASH with sun-dried tomato paste and crispy shallots

BROCCOLI with olive oil

CAVOLO NERO with confit shallot

BASMATI RICE flavoured with cardamom, clove, and cinnamon

TEMPURA COURGETTE FLOWERS with sweet chilli dipping sauce 5.00