



BOOK A TABLE

Rick Stein's very own Gin and Tonic. 13.00

Our gin uses the Tarquin Dry Cornish gin's botanicals with a fennel seed and wild chamomile flavour

APPETISERS

MARINATED OLIVES with sundried tomatoes and bay leaves. 3.50

SALT COD FRITTERS with aioli. 3.50

HALLOUMI SAGANAKI 3.50

PACIFIC OYSTERS Brownsea Island and Porthilly on ice. 2.95 each

LANGOUSTINES on ice, simply the best, freshly caught from the West coast of Scotland. 7.95 each

STARTERS

SASHIMI OF SEA TROUT, SEA BASS, SCALLOP AND TUNA wasabi, pickled ginger, daikon, shiso leaves and soy dipping sauce. 14.95

OYSTER SELECTION three Brownsea Island and three Porthilly on ice. 17.50

LONDON CURE SMOKED SALMON horseradish cream and homemade walnut bread. 10.95

CORNISH CRAB with a wakame cucumber salad and wasabi mayonnaise. 12.95

PRAWN COCKTAIL with tomato, avocado, baby gem lettuce and a marie-rose sauce. 7.95

MOULES MARINIÈRE Fowey river mussels with onion, butter, white wine and parsley. 8.95

ASPARAGUS with Hollandaise sauce or with lemon, olive oil and shaved Parmesan. 9.95

GRILLED SARDINES with coarsely chopped green herbs. 5.95

MACKEREL with new potatoes and dill. 8.95

LOBSTER RISOTTO 16.95

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

SAUTEÉD SQUID with chorizo, new potatoes, roasted red peppers and garlic. 10.95

GRILLED KING PRAWNS in a sauce of tomato, basil and Feta. 9.95

SCALLOPS with crispy bacon, broad beans, shallots and garlic served on toasted sourdough bread. 14.00

HOT SHELLFISH mussels, razor clams, prawns, a langoustine, clams, cockles, a scallop and an oyster with a fragrant parsley, chilli, olive oil, garlic and lemon sauce. 25.95

WARM WALNUT CRUSTED GOAT'S CHEESE with salt baked beetroot, chilli, thyme and a mixed leaf salad. 13.95

MAINS

INDONESIAN SEAFOOD CURRY sea bass, cod and prawns served with pilau rice and a green bean salad with crispy fried shallots, garlic, chilli and coconut. 22.95

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

SINGAPORE CHILLI CRAB stir-fried spider crab in the shell with garlic, ginger, chilli and coriander. Very much for those who love eating with their hands and getting gloriously messy. 23.95

THE "FRUITS DE MER" Cornish spider crab, a langoustine, oysters, razor clams, a scallop, prawns and mussels with mayonnaise and shallot vinegar, served on ice. 45.00

CRAB LINGUINE with chilli, garlic and flat leaf parsley. 16.95

CHARGRILLED FILLETS OF SEA BASS with tomato and vanilla vinaigrette. 22.95

COD AND CHIPS served with mushy peas and tartare sauce. 16.95

DOVER SOLE À LA MEUNIÈRE dusted with flour fried in an oval pan and served with beurre noisette. 37.95

FILLET OF HAKE with mussels, asparagus and parsley. 19.00

STEAMED LOBSTER with mustard mayonnaise, fine herbs salad and thin chips. 55.00

JOHN DORY ITALIANO with anchovies, capers, olives, rosemary, sunblush tomatoes, tomato petals, olive oil and parsley. 23.95

CASHEW NUT CURRY WITH GREEN BEANS served with pilau rice. 12.95

10oz RIBEYE STEAK salad of lettuce, shallots and cabernet sauvignon vinegar and thin cut chips. 29.95

GRILLED LOBSTER FOR TWO with garlic butter, Padstow salad garden leaves and thin cut chips. 85.00

STEAK SAUCES

BORDELAISE or BÉARNAISE 2.95 each

SIDES 3.75 each

BABY GEM SALAD with shallot cream and cabernet sauvignon vinegar.

GLAZED HERITAGE CARROTS with parsley and tarragon.

MANGETOUT with confit shallots and tomato.

BABY MINTED POTATOES

THIN CUT CHIPS

Please ask for information on allergens