



Sample menu April 2018

Rick Stein's very own Gin and Tonic. 13.00

APPETISERS

PACIFIC OYSTERS Brownsea Island and Porthilly on ice. 2.95 each

MARINATED OLIVES with sundried tomatoes and bay leaf. 3.50

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

SALT COD FRITTERS with aioli. 3.50

STARTERS

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

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

CORNISH CRAB wakame and wasabi mayonnaise. 12.95

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

OYSTER SELECTION three Brownsea Island and three Porthilly on ice 17.50

OYSTERS CHARENNAISE a seemingly odd combination – two freshly opened oysters with two hot, spicy sausages. The idea is that you eat an oyster, take a bite of the sausage then a good gulp of a cold white wine like Muscadet. 9.95

BAKED CRAB with poblano chilli, coriander and breadcrumbs. 10.95

LIGHTLY CURRIED ARTICHOKE SOUP with chilli and spring onion. 6.95

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

SCALLOPS with truffle butter, wild mushrooms, croutons and chives. 14.00

SALT AND PEPPER SQUID with beansprouts and cucumber salad. 9.95

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

SIZZLING PRAWNS with chilli, garlic, parsley and toasted sourdough. 9.95

HOT SHELLFISH mussels, razor clams, crab claws, palourdes, winkles, whelks, cockles, a scallop, an oyster and langostine with a fragrant parsley, chilli, olive oil, garlic and lemon juice. 25.95

MAINS

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

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

THE "FRUITS DE MER" a langoustine, a scallop, oysters, razor clams, palourdes, cockles, winkles, whelks and mussels with mayonnaise and shallot vinegar, served on ice. 45.00

WILD MUSHROOM RISOTTO 7.95/13.95

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

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

PAN FRIED FILLET OF HAKE with beurre blanc and spinach. 17.95

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

JOHN DORY ITALIANO with anchovies, capers, sunblush tomatoes and olive oil. 23.95

BARBECUED CHICKEN sumac, chilli and sesame seeds, served with aubergine purée. 16.95

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

12oz FULL FACE RUMP STEAK watercress and hand cut chips. 24.95

STEAK SAUCES

BORDELAISE or BÉARNAISE 2.95 each

SIDES 3.75 each

BABY GEM SALAD with shallot cream and cabernet sauvignon vinegar.

ROASTED BUTTERNUT SQUASH with basil and chilli oil.

SAUTÉED SPINACH with nutmeg.

BABY MINTED POTATOES

THIN CUT CHIPS

Please ask for information on allergens.