

*Pick Stein*

Sample menu March 2018

## Starters

HAKE VELOUTÉ *with raisins, dates, apple and dill in a creamy velouté* 6.95

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

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

BEETROOT CURED SALMON *with cucumber and apple pickle and horseradish cream* 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

GRILLED SARDINES *with coarse green herbs* 6.95

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

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

## Shellfish Starters

BROWNSEA ISLAND OYSTERS *locally farmed* 3.00 each

LANGOUSTINES ON ICE *caught in creel pots off the west coast of Scotland* 9.00 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 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, clams, 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

BRAISED FILLET OF BRILL *with black truffle butter, slivers of potato and mushrooms* 29.95

HAKE LAKSA *grilled Cornish hake with laksa noodles and sambal blachan* 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

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

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

## Sides 3.75 each

BUTTERED NEW POTATOES *with parsley and mint*

BRAISED RED CABBAGE *with onions, apple, and mixed spice*

GLAZED CARROTS *with tarragon*

HANDCUT THIN CHIPS

BROCCOLI *with toasted almonds and olive oil*

BUTTERNUT SQUASH *with sun-dried tomato paste and crispy shallots*

WINTER SALAD *mixed lettuce leaves with fines herbes*

BASMATI RICE *flavoured with cardamom, clove, and cinnamon*