



Sample menu

BOOK

Appetisers

HALLOUMI SAGANAKI fried in olive oil and drizzled with honey, black sesame seeds and oregano 4.50

SALT COD BRANDADE with toasted bread 4.50

PADRON PEPPERS with extra virgin olive oil and sea salt 5.00

COMBESHEAD SOURDOUGH served with salted butter and marinated Kalamata olives. We tend to bake our bread a bit dark because that's where the flavour is. It's a fine line between caramelised and burnt 4.50

Starters

PASTA ALLA PESTO TRAPANESE with almonds, basil, pesto and cherry tomatoes 7.95

CRISP SMOKED MACKEREL SALAD with sliced shallots, carrot, kohlrabi, basil, peanuts and bird's eye chillies 8.95

FISH AND SHELLFISH SOUP with rouille, Parmesan and croutons flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne 9.95

CRAB LINGUINE handpicked white crab meat, olive oil, chilli, garlic and parsley 9.95

WEST COUNTRY MUSSELS with chilli, garlic, tomato and parsley 10.95

SALT AND PEPPER PRAWNS served with spinach and a soy and sesame dressing 12.95

STEAMED SCALLOPS with soy, ginger and coriander 16.95

SASHIMI OF SCALLOP, LOCH DUART SALMON AND SEA BASS with wasabi, pickled ginger and soy dipping sauce 17.95

OYSTERS CHARENNAISE a seemingly odd combination - freshly opened oysters with some 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 19.95

BROWNSEA OYSTERS shucked oysters served on ice with cabernet sauvignon vinegar and shallots 19.95

Mains

FISH AND CHIPS cod from sustainable stocks deep-fried, served with thick cut chips, mushy peas and tartare sauce 17.95

GRILLED FILLET OF HAKE with spring onion mash and soy butter sauce 19.95

INDONESIAN SEAFOOD CURRY with sea bass, cod and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli 27.95

SEA BASS chargrilled fillets of wild sea bass with a tomato, butter and vanilla vinaigrette 32.95

ROAST TRONÇON OF HALIBUT in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate. Served with hollandaise sauce 42.95

CORNISH LOBSTER Grilled whole or half lobster, subject to the seas, served with thin cut chips and fines herbes 49.95

WHOLE DOVER SOLE chargrilled or meunière with noisette butter, dusted with flour and fried in an oval pan 39.95

10oz RIBEYE STEAK from butcher Phillip Warren, Launceston, served with mixed salad and thin cut chips 29.95

8oz FILLET STEAK from butcher Philip Warren, Launceston, served with mixed salad and thin cut chips 33.95

CASHEW NUT CURRY lightly spiced Sri Lankan curry with coconut milk. Served with basmati rice 18.95

Sides

GARDEN SALAD with fines herbes 4.00

BUTTERED POTATOES 3.50

THIN CUT CHIPS 3.50

BROCCOLI AND ALMONDS 3.50

CARROTS WITH STAR ANISE GLAZE 3.95

PEPPERCORN SAUCE 3.00

Please ask for allergen information. A discretionary service charge of 12.5% will be added to your bill. We are accepting card payments only at this time.



Sample menu

BOOK

Set Lunch

Available 12noon to 3pm - Monday to Friday

Starters

SALAD OF POACHED EGG
with watercress, croûtons and a Dijon mustard dressing

GRILLED MACKEREL SALAD
with cherry tomatoes, fennel seeds and a sherry vinegar dressing

SALT COD BRANDADE
with toasted bread

Mains

HAKE ALLA CARLINA
a Venetian recipe of a hake fillet with a sauce of tomatoes and capers

PASTA ALLA PESTO TRAPANESE
with almond, basil, pesto and cherry tomatoes

PONDICHERRY COD CURRY
a fresh and fragrant coconut curry from Southern India served with rice

Desserts

PAVLOVA
With red berries compote and Chantilly cream

LEMON TART
with clotted cream

TREVEALENS CORNISH ICE CREAM AND SORBETS
Ice cream: chocolate, strawberry, vanilla and salted caramel
Sorbet: lemon and mango

3 courses £27.95

Sides

GARDEN SALAD with fine herbes 4.00
SEASONAL CABBAGE 4.00

BUTTERED POTATOES 3.50
THIN CUT CHIPS 3.50

Please ask us for allergen information
A discretionary service charge of 12.5% will be added to your bill
We are accepting card payments only at this time



Sample menu

BOOK

Desserts

PAVLOVA

with red berries compote and chantilly cream 6.95

RASPBERRY CRÉME BRÛLÉE 7.95

STICKY TOFFEE PUDDING

with salted caramel ice cream 7.50

PINEAPPLE TARTE TATIN

with mango sorbet 7.95

CHOCOLATE MOUSSE

with glazed banana and crystalised peanuts 7.95

AFFOGATO

with vanilla ice cream 7.95

HOT CHOCOLATE FONDANT

with salted caramel ice cream 8.95

TRELEAVENS CORNISH ICE CREAM AND SORBETS

Ice cream: chocolate, strawberry, vanilla and salted caramel

Sorbet: lemon, mango

6.95

A SELECTION OF CHEESE

Lincolnshire Poacher Double Barrel, Cornish Kern,
Pecorino, Crottin Champignon Frais Bois, Stilton Colston Bassett
served with oat biscuits and tomato chutney

3 for 9.95 5 for 13.95

Dessert Wines

AKASHI - TAI SHIRAUME UMESHU, JAPAN

Sweet plum sake, a luxurious plum liquor made by preserving plums in the finest Ginjo sake. With a nose of dried fruit and cherries and sweet flavours of prune and almond

Glass (50ml) 5.25

SAUTERNES, CHÂTEAU PETIT VERDINES, FRANCE 2015

In my opinion, this continues to be the best 2nd label Sauternes from the top 5 Sauternes estates. Absolutely dripping in caramelized fruit, sultanas, with a lovely nuttiness too. – Charlie

Glass (100ml) 15.00

MONBAZILLAC DOMAINE DE GRANDE NEUVE FRANCE 2016

A fabulous dessert wine, sweet and luscious with a great backbone of fine acidity for a clean finish

Glass (100ml) 7.50

Please ask us for allergen information



Sample menu

BOOK

Vegan Menu

Starters

TOMATO, AUBERGINE AND TAMARIND STEW
with sourdough
7.95

SUMMER SALAD
of pea, asparagus and lentils
7.95

Mains

TEMPURA VEGETABLES
with a Thai dipping sauce
15.95

CASHEW NUT CURRY
lightly spiced Sri Lankan curry with coconut milk.
Served with basmati rice and kachumber salad
18.95

Desserts

TRELEAVENS CORNISH SORBETS
mango and lemon
6.95

FRUIT SALAD
6.95

Sides

GARDEN SALAD
with fines herbes
4.00

PADRON PEPPERS
with extra virgin olive oil
and sea salt 5.00

THIN CUT CHIPS
3.50

NEW POTATOES
3.50

SEASONAL CABBAGE
4.00

Please ask us for allergen information.
A discretionary service charge of 12.5% will be added to your bill.
We are accepting card payments only at this time.



Sample menu

BOOK

Breakfast

Juices 3.25

ORANGE
TOMATO
PINEAPPLE
GRAPEFRUIT

Smoothies 4.50

BANANA AND STRAWBERRY
SEASONAL SUPER JUICE
MANGO LASSI

Full English

Tywardreath sausage and bacon, egg, mushroom, black pudding and toast 9.95

Eggs

TWO EGGS ON TOAST poached, fried or scrambled. 4.50
EGGS BENEDICT / EGGS FLORENTINE 6.95

Fruit and grains

GRAPEFRUIT, ORANGE AND POMEGRANATE 4.00
PORRIDGE 3.50
BIRCHER MUESLI WITH BANANA 4.00

Light breakfast

KIPPERS, POACHED OR GRILLED 9.95
SMOKED SALMON AND SCRAMBLED EGGS 12.95
FISH OF THE DAY 7.00
KEDGEREE 7.00

Hot drinks

COFFEE Espresso, Double espresso, Americano, Macchiato, Cappuccino, Café Latte, Flat white 3.50
TEA English breakfast, Earl Grey, Green Tea, Camomile 3.50 Organic Redbush, Red Berry & Flower, Lemongrass & Ginger 3.00
HOT CHOCOLATE 3.50

Please ask for information on allergens. A discretionary service charge of 12.5% will be added to your bill. We are accepting card payments only at this time.