



## APPETISERS & SHARING PLATES

I love starting lunch or dinner with a few plates for everyone to share.

**BREAD & OLIVES** Coombeshead Farm sourdough, with marinated kalamata olives. 4.50

**PERELLO GORDAL OLIVES** 4.00

**LANGOUSTINE ON ICE** from creel pots off the west coast of Scotland with mustard mayonnaise. Each 7.95

**PICKLED ANCHOVIES** 4.95

**HALLOUMI SAGANAKI** dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds. 5.50

**PADRON PEPPERS A LA PLANCHA** with sea salt and extra virgin olive oil. 5.00

**MACKEREL ESCABECHE** with chilli, orange and parsley. 4.50

**DORSET OYSTERS** shucked oysters served on ice with cabernet sauvignon vinegar and shallot dressing. 4.50

## STARTERS

**WHOLE GRILLED SARDINES** with rock salt and lime. 9.95

**FRISEE SALAD** with St Ewe poached egg, lardons, croutons and a mustard dressing. 12.95

**FISH AND SHELLFISH SOUP** with rouille and Parmesan flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne. 13.95

**PRAWN FRITTERS** with tomato chutney and kachumber from the Allen kitchen, Kolkata. 14.95

**MUSSEL MASALA** with coconut, ginger and green chillies from the backwaters of southern India. 14.95

**FILLETS OF GURNARD** with mango, prawn and avocado salsa. 13.95

**SCALLOPS** with succotash and serrano ham. 18.95

**SMOKED SALMON** Rick's bespoke smoked salmon, served with horseradish cream. 14.50

**RAGOUT OF TURBOT AND SCALLOP** with Vouvray and basil. 16.95

**OYSTERS CHARENTAISE** 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. 23.95

**SASHIMI OF SCALLOP, SEA BASS, TUNA AND LOCH DUART SALMON** with wasabi, Japanese horseradish, pickled ginger and soy dipping sauce. 21.95

**LOBSTER RISOTTO** from my book Secret France. Made with white wine, Cognac, tarragon, tomato. 24.95

**DORSET OYSTERS** six shucked oysters served on ice with cabernet sauvignon vinegar and shallot dressing. 26.00

**HOT SHELLFISH WITH PARSLEY, CHILLI, OLIVE OIL, GARLIC AND LEMON JUICE** brown crab, mussels, razor clam, cockles, scallop, oyster, winkles, whelks & langoustine. 37.95

**A SMALL "FRUITS DE MER"** brown crab claws, mussels, razor clam, cockles, scallop, oyster, winkles, whelks & langoustine. 39.95

## MAINS

**RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS** with porcini mushrooms, sundried tomatoes and hazelnuts. 16.95

**EGG ROAST EN ROUTE TO THEKKADY** a vegetarian curry from my Indian Odyssey, served with pilau rice and mint raita. 16.95

**FISH AND CHIPS** cod deep-fried in dripping, served with chips, mushy peas and tartare sauce. 21.95

**SEARED ESCALOPES OF SALMON** with a warm olive oil, basil and caramelised vinegar dressing. 21.95

**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. 37.95

**HAKE WITH SAFFRON MASH POTATO** tomato, orange and a chilli sauce. 24.95

**INDONESIAN SEAFOOD CURRY** with cod, sea bass, and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 33.95

**POACHED HALIBUT** in olive oil with warm cucumber and dill. 36.95

**SINGAPORE CHILLI CRAB** stir-fried whole crab with garlic, ginger, chilli and coriander. Very much for those who love eating with their hands and getting gloriously messy! 40.00

**MONKFISH GOAN CURRY** served with rice, mango chutney, raita and naan bread. 38.95

**BRAISED FILLET OF BRILL** with black Wiltshire truffle, slivers of potato and mushrooms. 43.95

**8oz FILLET STEAK** from butcher Philip Warren, Launceston, served with sautéed potatoes and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette. 41.95

**WHOLE DOVER SOLE** either grilled with sea salt and lime or meunière with noisette butter, dusted with flour and fried in an oval pan. 45.00

**PADSTOW LOBSTER THERMIDOR** a classic French dish of lobster cooked in a light cream and Noilly Prat sauce with fines herbes. Gratinated with plenty of Parmesan and served with thin cut chips. Half large 64.95

**TRONÇON OF TURBOT WITH HOLLANDAISE SAUCE** turbot in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate. 45.00

**GRILLED PADSTOW LOBSTER** grilled lobster served with fines herbes. To some, picking the meat is too messy but to me it's a memorable feast. Served with buttered potatoes. Large 71.95

**THE "FRUITS DE MER"** half a lobster, crab, mussels, razor clam, scallops, cockles, winkles, whelks, oysters and langoustines. Served on ice for one 65.00 Sharing 90.00

**WHOLE BRILL FOR 2** served with buttered potatoes and a lemon butter sauce. 70.00

## SIDES

**GARDEN SALAD** with fines herbes. 4.00

**THIN CUT CHIPS** 3.95

**RICE** spiced with cinnamon and cloves 3.50

**BUTTERED POTATOES** with parsley and mint 3.95

**GLAZED CARROTS** with star anise 4.00

**SPINACH** with nutmeg 4.50

### Trerethern Farm

Most of the vegetables and salads on the menu come from Ronald and Ross Geach's farm just outside Padstow overlooking the estuary.

Ross is an ex-chef of ours and we love talking all things veg.

**A discretionary charge of 12.5% will be added to your bill.**

Please ask for any allergen information.



## DESSERT MENU

### HOT CHOCOLATE FONDANT

With vanilla sauce and Horlicks ice cream 9.95

### COFFEE CRÈME BRULÉE

With a brandy snap 8.95

### PANNA COTTA

With salted caramel pistachios 8.95

### MILK CHOCOLATE MOUSSE

With chocolate raspberry meringue and pistachio ice cream 8.95

### AFFOGATO

With Frangelico and espresso 8.95

### PEANUT BUTTER AND CHOCOLATE CHEESECAKE

With salted caramel and vanilla ice cream 8.95

### ICE CREAMS AND SORBETS

Vanilla, chocolate, strawberry and pistachio ice creams, and raspberry, strawberry, mango sorbet 7.95

### A SELECTION OF CHEESES

served with apple and onion chutney

#### ASHLYNN

Ashlynn goats cheese has a delicate appearance belies a sultry complexity. The paste is fabulously buttery, but a spear of lemony sharpness pierces the richness and opens up intriguing savoury depths and a tingle of spice

#### QUICKES CHEDDAR

Matured for 14 months with a perfectly balanced, rich, long-lasting flavour

#### FINN

Finn is made with unpasteurised milk and the addition of double cream to give a rich luxurious texture. Surprisingly firm and lactic when young.

#### LIVAROT

It has a pungent washed rind, while the paste is sweet and creamy

#### ROQUEFORT

A strong blue cheese characterised by a white interior and intense greeny blue veins that run throughout. This Roquefort has a wonderful balance between salt, spice and cream

3 for 9.95 or 5 for 13.95

## DESSERT WINES, PORT & MADEIRA

### BRACHETTO D'ACQUI 2020 CONTERO, PIEMONTE, Italy

100ml £5.75 | 750ml Bottle £41

### AKASHI TAI, SHIRAUME GINJO UMESHU

50ml £5.25

### MOSCATO D'ASTI MONCUCCO 2019, ITALY

100ml £6.70 | Bottle £25

### CHATEAU RAMON, MONBAZILLAC 2017, France

100ml £8.00 | 750ml Bottle £37

### GEWURZTRAMINER VENDANGES TARDIVES, TRIMBACH, 2015, France

100ml £16.50 | 375ml Bottle £60

### CYPRÉS DE CLIMENS, BARSAC 2015, GRAND VIN DE SAUTERNES, France

100ml £16.30 | 375ml Bottle £51

### PATRICIUS TOKAJ, KATINKA 2018, Hungary

100ml £15.30 | 375ml Bottle £42

### MADEIRA LEACOCK, SAINT JOHN, Portugal

70ml £7.00 | 750ml Bottle £40

### QUINTA DE LA ROSA 10 YO TAWNY, Portugal

70ml 7.25

### QUINTA DE LA ROSA VINTAGE PORT 2005, Portugal

70ml £13.50

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## THE SEAFOOD LUNCH MENU

Three courses 39.95

### FIRST COURSES

MACKEREL SALAD with sundried tomatoes, fennel seeds and sherry vinegar.

MILD POTATO CURRY topped with smoked haddock and a poached egg.

MUSSELS with black beans, garlic and ginger.

RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS with porcini mushrooms, sundried tomatoes and hazelnuts.

### MAIN COURSES

DARNE OF HAKE with confit onion, bay leaf and lemon.

PONDICHERRY CURRY a fragrant curry with sea bass from southern India. Served with basmati rice, raita, and mango chutney

LINGUINE PORCINI with cream, garlic, truffle oil.

STEAK FRITES 8oz rump steak seasoned with Rick's peppermix served with thin cut chips.

### DESSERTS

ORANGE CRÈME BRULÉE with orange marmalade.

PEAR TARTE TATIN with salted caramel ice cream.

PEANUT BUTTER AND CHOCOLATE CHEESECAKE with salted caramel & a vanilla ice cream.

QUICKES CHEDDAR with apple chutney, walnut honey and biscuits.

### ACCOMPANIMENTS

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THIN CUT CHIPS. 3.50

RICE spiced with cinnamon, cloves. 3.50

GLAZED CARROTS with star anise. 4.00

BUTTERED POTATOES with parsley and mint. 3.00

SPINACH with nutmeg 4.50

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Pink Stein

## VEGAN MENU

	STARTER	MAIN COURSE
TOMATO, AUBERGINE, TAMARIND STEW with sourdough	7.95	15.95
ROASTED COURGETTE RED ONION with thyme and haricot beans	7.95	15.95
TEMPURA VEGETABLES with a Thai dipping sauce	9.95	17.95
GOAN VEGETABLE CURRY served with rice, mango chutney		18.95
	DESSERTS	
BLACK RICE PUDDING with mango sorbet	8.95	
APPLE AND BLACKBERRY CRUMBLE with vegan vanilla ice cream	8.95	
FRANGELICO AFFOGATO with vanilla ice cream	8.95	

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