



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. 4.50 697 Kcal
HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds. 5.50 500 Kcal
PORTHILLY OYSTER shucked oyster served on ice with cabernet sauvignon vinegar and shallot dressing. 4.50 15 Kcal
PERELLO GORDAL OLIVES 4.00 298 Kcal

STARTERS

- FRISÉE SALAD** with St Ewe poached egg, lardons, croutons and a mustard dressing. 12.95 488 Kcal
CRISPY SMOKED MACKEREL SALAD apple, shallots, carrots, peanuts and chilli. 12.95 279 Kcal
MUSSELS MASALA with coconut, ginger and green chillies from the backwaters of southern India. 14.95 257 Kcal
ST ENODOC ASPARAGUS this asparagus comes from the other side of the estuary at Trebetherick, it is the first pick of the season and is the best you will ever taste. Served with an extra virgin olive oil and Parmesan. 15.00 126 Kcal
FISH AND SHELLFISH SOUP with rouille and Parmesan flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne. 13.95 451 Kcal
RAGOUT OF TURBOT AND SCALLOP with Vouvray and basil. 16.95 512 Kcal
SMOKED SALMON Rick's bespoke smoked salmon, served with horseradish cream. 14.50 487 Kcal
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. 23.95 303 Kcal
LOBSTER RISOTTO from my book Secret France. Made with white wine, Cognac, tarragon, tomato. 24.95 541 Kcal
SCALLOPS with soy, ginger and spring onion. 18.95 339 Kcal
HOT SHELLFISH WITH PARSLEY, CHILLI, OLIVE OIL, GARLIC AND LEMON brown crab, mussels, razor clam, scallop, oyster, winkles, whelks, clams and langoustine. 37.95 953 Kcal

MAINS

- FISH AND CHIPS** cod deep-fried in dripping, served with chips, mushy peas and tartare sauce. 21.95 801 Kcal
DARNE OF HAKE with confit onion, bay leaf and lemon. 24.95 1142 Kcal
LINGUINE PORCINI with cream, garlic, truffle oil. 19.95 575 Kcal
SEARED ESCALOPE OF SALMON with a warm olive oil, basil and caramelised vinegar dressing. 21.95 254 Kcal
INDONESIAN SEAFOOD CURRY with cod, monkfish and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 33.95 348 Kcal
8oz RIB EYE from butcher Philip Warren, Launceston, served with thin chips and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette. 33.95 1272 Kcal
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 1085 Kcal
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 1301 Kcal
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 71.95 941 Kcal
THE "FRUITS DE MER" half a lobster, crab, mussels, razor clam, winkles, langoustines, scallops, whelks, clams and oysters. Served on ice for one 65.00 509 Kcal
WHOLE BRILL FOR 2 served with buttered potatoes and a lemon butter sauce. 90.00 963 Kcal

SIDES

- GARDEN SALAD** with fines herbes. 4.00 132 Kcal
THIN CUT CHIPS 3.95 556 Kcal
RICE spiced with cinnamon and cloves 3.50 200 Kcal
BUTTERED POTATOES with parsley and mint 3.95 378 Kcal
GLAZED CARROTS with star anise 4.00 175 Kcal
KALE with confit shallot 5.50 152 Kcal

THE SEAFOOD LUNCH MENU

Three courses 39.95, 12 noon - 5pm

STARTERS

- MACKEREL SALAD** with sundried tomatoes, fennel seeds and sherry vinegar. 279 Kcal

MAINS

- PONDICHERRY CURRY** a fragrant curry with sea bass from southern India. Served with basmati rice, raita, and mango chutney. 566 Kcal

DESSERTS

- ORANGE CRÈME BRULÉE** with orange marmalade. 434 Kcal

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.