

MARINATED OLIVES 4.00

BRUSCHETTA OF ANCHOVIES with tomatoes, garlic and parsley 4.50

HALLOUMI SAGANAKI drizzled with honey, black sesame seeds and oregano 5.95

SOURDOUGH BREAD Coombeshead Farm sourdough with marinated Kalamata olives 5.95

LEMON SOLE GOUJONS salsa verde mayonnaise 5.00

PADRON PEPPERS sea salt and extra virgin olive oil 5.00

## STARTERS

TIBETAN NOODLE SOUP with Pak choi and Tibetan chilli sauce 7.50

AMRITSARI COD with mint raita, Kachumber salad and Chat Masala 8.95

THAI FISH CAKES with a sweet and sour cucumber dipping sauce 9.95

CRAB LINGUINE handpicked white crab meat, olive oil, concasse tomato, chilli, garlic, and parsley 14.95

SALT AND PEPPER PRAWNS served with cucumber, spinach and a soy and sesame dressing 14.95

SCALLOPS with soy, ginger, and coriander 17.95

MUSSELS with black beans, garlic, and ginger 12.95

FETA TART with red onion jam, oven dried tomatoes and basil 9.95

VIETNAMESE POACHED CHICKEN SALAD with peanuts, chilli, mint, and coriander 9.95

## SANDWICHES Available until 3pm

CALIFORNIAN CHICKEN poached chicken served on toasted sourdough with sour cream, mayonnaise, chipotle, lettuce, tomato, and avocado. 10.95

HOT SMOKED SALMON crème fraiche and capers 9.95

STEAK rocket and horseradish cream 11.95

## MAINS

LA BELLE ETOILE COD FISHCAKES with pimentón 16.95

AUBERGINE CURRY chilli, tomato, fragrant basmati rice and makrut lime leaves 16.95

PONDICHERRY COD CURRY a fragrant cod curry from southern India served with basmati rice 19.95

**One Feeds Two** - When you enjoy this café classic, we provide a school meal for a child living in poverty. Good food - does good.

HAKE WITH PARDINA LENTILS serrano ham, Persillade butter, white wine, and pimentón 24.95

DUCK NOODLE BROTH crispy chilli, garlic, ginger, spring onions, beansprouts, and coriander 18.95

GRILLED BREAM LAKSA with egg noodles, beansprouts, spring onion and coriander, and a Malaysian shrimp paste, chilli, and makrut lime sambal 19.95

BARBECUE CHICKEN sumac, pomegranate molasses, chilli and sesame 19.95

GRILLED MISO SALMON vermicelli noodles, spring onion and beansprouts 21.95

LEMONGRASS SOLE with coriander salsa and coconut rice 26.95

CHARGRILLED RUMP STEAK 10oz rump steak from Philip Warren butcher in Launceston. Served with rocket and thin cut chips 26.00  
Peppercorn Sauce 3.00

## SIDES

BUTTERED POTATOES parsley and mint 4.50

THIN CUT CHIPS 4.50

SEASONAL CABBAGE 4.50

GARDEN SALAD with fines herbes 4.50

TENDERSTEM BROCCOLI sea salt and olive oil 4.50

RICE 3.50

Please ask for information on allergens.  
A 12.5% service charge will be added to your bill.

#### COCKTAILS

RHUBARB ROYALE 9.95 | MH EXPRESSO MARTINI 10.95  
MH MARGARITA 14.50 | NEGRONI 9.95

#### OUR FAVOURITE SPIRITS

RICK STEIN & TARQUIN'S GIN 5.75 | ABSOLUT VODKA 3.75  
BOMBAY SAPPHIRE GIN 4.25 | DOORLY'S DARK OR WHITE RUM 3.75

#### BEER & CIDER

CHALKY'S BITE (6.8%) 5.50 | DOOM BAR (4.3%) 5.50 | PERONI (5.1%) 5.00  
ASAHI (5.2%) 5.00 | OFFSHORE PILSNER (4.8%) 4.50 | VERDANT LIGHTBULB EPA (4.5%) 5.25  
CORNISH ORCHARDS FARMHOUSE (5%) 6.00 OR BLUSH (4%) 4.75  
LUCKY SAINT LOW ALC (0.5%) 4.50

#### SOFT DRINKS

COKE 3.50 | DIET COKE 3.50 | COKE ZERO 3.50 | LEMONADE 3.50 | ELDERFLOWER 3.75  
GUSTO SICILIAN BLOOD ORANGE 4.25 | GUSTO SICILIAN LEMON YUZU 4.25  
FROBISER ORANGE 3.75 | FROBISER APPLE 3.75 | BUNDABERG GINGER BEER 3.75

#### CHAMPAGNE & SPARKLING WINES

Glass Bottle

PROSECCO SPUMANTE, ERA ORGANIC, DOC TREVISO ITALY

9.50 44.00

CAMEL VALLEY SPARKLING ROSÉ, CORNWALL

71.00

Bob and Sam Lindo have won countless awards for their sparkling rosé grown just along the Camel River in Cornwall. We are immensely proud to have listed their wonderful fizz for the last 20 years.

HENRI FAVRE BRUT, CHAMPAGNE, FRANCE

63.00

RICK STEIN'S CHAMPAGNE BLANC DE BLANCS, FRANCE NV

15.00 68.00

#### WHITE WINE

Glass Carafe Bottle

VERMENTINO, LES ARCHÈRES, IGP PAYS D'OC, FRANCE  
2021

7.00 18.60 26.00

Bright, crisp and refreshing. I've wanted a good value Vermentino on our list for years. I'm thrilled to find one that over-delivers on flavour.

GROS MANSENG SAUVIGNON BLANC, DOMAINE  
HORGELUS, COTES DE GASGOGNE, FRANCE 2021

7.80 20.70 29.00

FIANO, LUNATE, SICILY ITALY 2020

31.00

RICK STEIN'S SPANISH WHITE, VERDEJO, GALICIA,  
SPAIN 2020

9.50 25.00 35.00

CHENIN BLANC 'SECATEURS', AA BADENHORST,  
SWARTLAND, SOUTH AFRICA 2021

35.00

SAUVIGNON BLANC, WAIRUA RIVER, MARLBOROUGH,  
NEW ZEALAND 2021

41.00

RIESLING, PIKES, CLARE VALLEY, AUSTRALIA, 2021

42.00

RICK STEIN'S WHITE BURGUNDY, MÂCON, FRANCE 2020

51.00

This nutty, buttery and complex wine is fleshy and ripe, but with a wonderful citrus freshness and a touch of oak. It's a fresh, thirst-quenching celebration for people who love the world's best Chardonnays. – Charlie

#### ROSÉ WINE

CHATEAUX BAUDUC ROSÉ, BORDEAUX, FRANCE 2021

9.70 25.70 36.00

#### RED WINE

LES ARCHERES CARIGNAN, IGP PAYS DE L'HERAULT,  
FRANCE 2021

7.00 18.60 26.00

SANGIOVESE ERA IGT CANTINE VOLNI MARCHE ITALY 2020

7.30 19.30 27.00

RICK STEIN'S SPANISH RED, GARNACHA,  
CAMPO DE BORJA, SPAIN 2020

9.20 24.30 34.00

Rick and his son Charlie worked together to select this wine to match with the flavours he encountered on his journey through Spain. A delicious, juicy and ripe Spanish red.

RIOJA CRIANZA, AZABACHE, SPAIN 2018

34.00

MALBEC, PHEBUS, MENDOZA, ARGENTINA 2021

36.00

SOLI PINOT NOIR, THRACIAN VALLEY, BULGARIA 2019

38.00