



SAMPLE MENU

Whilst reading the menu, why not try our CHILLI BANKS – a delicious, refreshing made with Belvedere Vodka, Crème de Melon, Chilli infused honey syrup and fresh lime 11.50

Appetisers

SOURDOUGH naturally leavened sourdough, made from stoneground wheat, salted butter and kalamata olives 3.95

Add brandade 4.50

MARINATED KALAMATA OLIVES on lemon, thyme, bay leaves, garlic and rosemary 3.00

BROWNSEA OYSTERS ON ICE 3.95 each

HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey and black sesame seeds 4.95

PADRON PEPPERS 'A LA PLANCHA' extra virgin olive oil and sea salt 5.00

OYSTER IN A TEMPURA BATTER sesame seeds and lime 5.00 each

Starters

SARDINES pumpkin seed and gremolata oil 6.95

WEST COUNTRY MUSSELS black beans, ginger, garlic and spring onion 9.95

FISH AND SHELLFISH SOUP rouille and croûtons flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne 10.95

RICK'S SMOKED SALMON horseradish cream 13.50

GRILLED PRAWNS tomato, ouzo, chilli and feta 13.95

HAND PICKED CORNISH WHITE CRAB MEAT Russian salad 16.95

SASHIMI OF TUNA, SEA BASS, LOCH DUART SALMON AND SCALLOP mooli, pickled ginger and soy dipping sauce 18.95

OYSTERS CHARENTAISE freshly opened oysters 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

HOT SHELLFISH mussels, prawns, clams, razor clams, scallop, crab claw, cockles and an oyster, parsley, chilli, olive oil, garlic and lemon juice 34.95

CELERIAC SOUP celeriac crisps, thyme and olive oil 6.95

BUTTERNUT SQUASH RISOTTO sage beurre noisette 7.95

BAKED SCALLOPS truffle butter, wild mushrooms and chives 17.95

Mains

FISH AND CHIPS battered Cornish cod, thick cut chips, mushy peas and tartar sauce 17.95

HAKE CASSEROLE baby onions, confit garlic, bacon and red wine 20.95

ROASTED SEABASS a hot Thai, sweet and sour sauce, cashew nuts, crispy onions and basil 24.95

INDONESIAN SEAFOOD CURRY sea bass, cod and prawns. Pilau rice and a green bean and grated coconut salad, crispy fried shallots, garlic and chilli 27.95

BRAISED FILLET OF BRILL ceps, chestnuts and bacon 39.95

DOVER SOLE À LA MEUNIÈRE dusted with flour and fried in an oval pan with beurre noisette 42.00

ROAST TRONÇON OF WILD TURBOT WITH HOLLANDAISE SAUCE in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate 42.00

CORNISH LOBSTER grilled, thin cut chips and mixed leaves salad 45.95

LOBSTER THERMIDOR we used to sell lobster thermidor 25 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 47.95

FRUITS DE MER half a lobster, oysters, whole crab, mussels, clams, scallops, winkles and cockles 85.00

14oz RIBEYE STEAK on the bone from butcher Phillip Warren, Launceston, baby gem salad and thin cut chips 39.95

8oz FILLET STEAK from butcher Phillip Warren, Launceston, watercress salad and thin cut chips 39.95

{STEAK SAUCE Peppercorn or bone marrow gravy 3.00}

VEGETABLE MAKHANAWALA CURRY served with pilau rice and mint raita 15.95

RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS sun-dried tomatoes, porcini mushrooms and hazelnuts 16.95

Sides

RICE cinnamon, cloves and star anise 3.50

BUTTERED POTATOES parsley and mint 3.95

THIN CUT CHIPS 3.95

GLAZED CARROTS star anise 4.00

BUTTERED GREEN BEANS 4.00

KALETTES with olive oil 4.00

TOMATO SHALLOT SALAD basil 4.00

CAVOLO NERO confit shallots 4.00



Set Lunch Menu

Available 12noon to 3pm Monday to Friday

Starters

SMOKED MACKEREL PÂTÉ
mixed leaves and melba toast

DEVILLED KIDNEYS
wild mushrooms on toasted sour dough

TRADITIONAL ANDALUCIAN GAZPACHO
sherry vinegar, grapes and olive oil

Mains

LA BELLE ETOILE FISH CAKES
cod and mashed potato fish cakes flavoured with pimentón and lemon,
rocket salad

BARBECUED CHICKEN SUMAC
aubergine purée and pomegranate molasses

MAPLE ROASTED AUBERGINE
on a bed of pumpkin purée and charred tenderstem

Desserts

MOUSSE AU CHOCOLATE
chantilly cream and amaretto biscuits

CRÈME CATALANA
cinnamon and orange

STICKY TOFFEE PUDDING
mascarpone

3 courses £27.95

Sides

BUTTERED POTATOES
parsley and mint
3.95

GLAZED CARROTS
star anise 4.00

GARDEN SALAD
fine herbs 4.50

SEASONAL CABBAGE
chives 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.



Breakfast

Juices 3.50

ORANGE
TOMATO
PINEAPPLE
MANGO

Smoothies 4.85

SEASONAL SUPER JUICE
BANANA AND STRAWBERRY
MANGO LASSI

Elvira Fruit Cocktail 4.95

A blend of cranberry, pineapple and apple juice with a squeeze of fresh lemon and a splash of grenadine

Full English

Tywardreath sausage and bacon, Stewe egg, Cornish black pudding, mushrooms grilled tomato and Coombeshead sourdough – we offer a filter coffee or an English breakfast tea 10.95

Eggs

TWO EGGS ON TOAST poached, fried or scrambled. 6.95
EGGS BENEDICT 9.95
EGGS FLORENTINE 9.95
EGGS ROYALE 9.95

Light breakfast

SMOKED SALMON AND SCRAMBLED EGGS 12.95
KEDGEREE a hint of Indian spice, not enough to put you off your breakfast, but a faint reminder of where the dish came from 7.00
KIPPERS, POACHED OR GRILLED 10.50
BIRCHER MUESLI with banana and cinnamon 4.00

Hot drinks

COFFEE Espresso, Americano, Macchiato, Cappuccino, Café Latte, Flat white 3.50
TEA English breakfast, Earl Grey, Green Tea, Peppermint, Organic Red bush 3.00

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.