



TRY OUR WINE FLIGHT

A wine flight is an introduction to wine tasting to sample different varietals, regions and wineries, presented to you at your table. 30.00

Appetisers

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

SALT COD BRANDADE black olive tapenade 3.50

COLCHESTER OYSTERS ON ICE 4.50 each

COOMBESHEAD SOURDOUGH salted butter and kalamata olives 3.95
Add brandade 4.50

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

LANGOUSTINES on ice from creel pots of the west coast of Scotland with mustard mayonnaise 7.95 each

Starters

SARDINES pumpkin seed and gremolata oil 7.95

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

FISH AND SHELLFISH SOUP rouille, parmesan 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

RUSSIAN SALAD hand picked white crab meat 16.95

STEAMED SCALLOPS soy and ginger coriander 17.95

SASHIMI OF TUNA, SEA BASS, LOCH DUART SALMON AND SCALLOP wasabi, 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, langoustine, prawns, scallop, crab claw, cockles, clams, parsley, chilli, olive oil, garlic and lemon juice 34.95

CELERIAC SOUP celeriac crisps, thyme and olive oil 6.95

Mains

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

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

INDONESIAN SEAFOOD CURRY hake, cod and prawns basmati rice and a green bean and grated coconut salad, crispy fried shallots, garlic and chilli 27.95

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 half large grilled with thin cut chips and mixed leaves salad 61.95

CORNISH LOBSTER THERMIDOR half large, 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 64.95

FRUITS DE MER half a lobster, crab claws, langoustine, prawns, mussels, scallops, whelks, cockles and clams 85.00

CHICKEN FRICASSÉE morels and sautéed potatoes 19.95

10oz RIBEYE STEAK from butcher Phillip Warren, Launceston, baby gem salad and thin cut chips 33.95

8oz FILLET STEAK from butcher Phillip Warren, Launceston, water cress and thin chips 39.95

{STEAK SAUCE Bearnaise or bone marrow gravy 3.00}

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

SEASONAL CABBAGE confit shallots 4.00

GLAZED CARROTS star anise 4.00

KALETTES with confit shallots 4.00

GARDEN SALAD fine herbes 4.50



Set Lunch Menu

Available 12noon to 3pm Monday to Friday

Starters

CELERIAC SOUP celeriac crisps, thyme and olive oil

SARDINES pumkin seed and gremolata oil

COARSE PORK TERRINE beetroot chutney

Mains

FISH CAKES cod fish cakes with salad and mustard dressing

DUCK COTTAGE PIE from Rick's Secret France Book

MAPLE ROASTED AUBERGINE with pumpkin purée and charred tenderstem

Desserts

CHOCOLATE PAVE

PANNA COTTA poached pears

STICKY TOFFEE PUDDING clotted cream

3 courses £27.95

Sides

BUTTERED POTATOES
parsley and mint
3.95

GLAZED CARROTS
star anise 4.00

GARDEN SALAD
fine herbs
4.50



SAMPLE MENU

COLD DRINKS

BELLINI	9.95
BLOODY MARY	10.50
RICK STEIN CHAMPAGNE	13.50

SEASONAL SUPER JUICE	4.85
MANGO LASSI SMOOTHIE	4.85
ORANGE JUICE	3.50
TOMATO JUICE	3.50
PINEAPPLE JUICE	3.50
MANGO JUICE	3.50

ELVIRA FRUIT COCKTAIL	4.85
BANANA & STRAWBERRY SMOOTHIE	4.85

BREAKFAST

FULL ENGLISH

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

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
CRAB OMELETTE inspired by Jack Stein's travels in Sri Lanka	12.50
KIPPERS poached or grilled	10.50
BIRCHER MUESLI with banana and cinnamon	4.00

EGGS:

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

TEA

ENGLISH BREAKFAST	3.00
EARL GREY	3.00
GREEN TEA	3.00
PEPPERMINT	3.00
ORGANIC RED BUSH	3.00

COFFEE

BREWED COFFEE	3.00
ESPRESSO	3.50
AMERICANO	3.50
CAPPUCCINO	3.50
CAFÉ LATTE	3.50
FLAT WHITE	3.50