



"We've never thought of our restaurants as temples of gastronomy, they're just places where the fish is fresh and the atmosphere alive and full of fun." RICK STEIN

SAIL AWAY a refreshing blend of fresh lime juice, melonade, homemade mint sugar syrup and vodka 8.50

PEAR AND WHITE TEA FIZZ delightfully autumnal, this blend of vodka, sake and white tea is a daring aperitif. 9.50

APEROL SPRITZ only one drink survives on the beaches of the Mediterranean and the slopes of the Alps. Light and refreshing with a bittersweet taste. 10.50

Appetisers

DORSET OYSTERS on ice 5.00 each

LANGOUSTINE on ice from the west coast of Scotland, mustard mayonnaise 8.95 each

EXMOOR CAVIAR blinis and crème fraîche 10g 35.00

JAMÓN IBÉRICO DE BELLOTA 7.95

MARINATED KALAMATA OLIVES lemon, thyme, bay leaves, garlic and rosemary 4.50

COOMBESHEAD SOURDOUGH salted butter 'We tend to bake our bread a bit darker because that is where the flavour is. It is a fine line between caramelised and burnt' Ben Glazer, Head Baker 5.95

HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black and white sesame seeds and oregano 5.95

Starters

GRILLED SARDINES coarsely chopped green herbs 8.95

CRISPY SMOKED MACKEREL SALAD apple, shallots, carrots, peanuts, Thai basil and chilli 9.95

WEST COUNTRY MUSSELS black beans, ginger, garlic and spring onion 12.50

FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne, served with rouille and Parmesan and croutons 12.95

BLACK CUTTLEFISH RISOTTO a recipe I found in Croatia, "very black indeed" 13.95

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

RICK'S SMOKED SALMON horseradish cream 15.95

BAKED SCALLOPS truffle butter, wild mushrooms, and chives 19.95

SASHIMI OF TUNA, SEA BASS, LOCH DUART SALMON AND SCALLOPS wasabi, mooli, pickled ginger and soy dipping sauce 21.95

OYSTERS CHARENNAISE freshly opened oysters with 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 5 oysters for 26.95, 3 oysters for 16.95

HOT SHELLFISH prawns, razor clams, scallops, mussels, oysters, crab claws, langoustines, whelks, winkles, parsley, chilli, olive oil, garlic, and lemon juice 45.00

JAMÓN IBÉRICO DE BELLOTA hand-carved with sourdough and tomatoes 20.95

CELERIAC SOUP celeriac crisps, thyme and olive oil 6.95

FRENCH ONION SOUP authentic and aromatic, Gruyère cheese and croûtons 10.95

Mains

Weekday Lunchtime Special - Available Monday to Friday 12noon - 3pm

SALMON FISH CAKES capers and lemon dressing 15.95

SEAFOOD GRATIN scallop, prawns and cod in a white wine and cream sauce, Emmental and breadcrumb topping served with caramelised apple 23.95

COD AND CHIPS mushy peas, tartare sauce and thick cut chips 21.95

One Feeds Two - Fish and chips just got even better. When you enjoy this classic, we provide a school meal for a child in the developing world. Good food - does good.

FILLETS OF SEA BASS beurre blanc sauce and spinach 25.95

GRILLED HAKE orange, chilli and tomato sauce with saffron mash potato 26.95

INDONESIAN SEAFOOD CURRY sea bass, cod and prawns, basmati rice, a green bean and grated coconut salad 29.95

LEMON SOLE VÉRONIQUE a classic dish with a creamy white wine sauce, grapes and fleurons 30.95

A LITTLE RAGOUT OF SEAFOOD linguine, clam meat, mussels, prawns 31.95

PAN-FRIED MONKFISH garlic and fennel 39.95

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 45.00

DOVER SOLE À LA MEUNIÈRE dusted with flour and fried in an oval pan with beurre noisette 47.50

GRILLED CORNISH LOBSTER thin cut chips and mixed leaves salad, whole medium 66.95

CORNISH 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, whole medium 69.95

FRUITS DE MER seafood in the French style, all left in the shell and served on ice. Half a lobster, oysters, crab claws, mussels, prawns, razor clams, clams, langoustines, scallops, whelks, winkles and cockles 85.00

CHICKEN FRICASSÉE morels and sautéed potatoes 21.95

10oz RIBEYE STEAK from Phillip Warren, Launceston. Baby gem salad, thin cut chips and béarnaise sauce 38.95

8oz FILLET STEAK from our butcher Phillip Warren, Launceston. Watercress salad, thin cut chips and peppercorn sauce 45.95

GOAN VEGETABLE CURRY coconut, coriander, tomato and chilli, Pilau rice, chapati and mango chutney 16.00

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

VEGETABLE MAKHANWALA CURRY basmati rice and chapati 17.95

Sides

THIN CUT CHIPS 5.00

TOMATO SHALLOT SALAD with basil 5.00

GLAZED CARROTS star anise 5.95

TENDERSTEM BROCCOLI salsa verde 5.95

MIXED KALES confit shallots 5.95

GARDEN SALAD fines herbs and sliced fennel 5.95

CRUSHED BABY POTATOES watercress and balsamic 5.95



Desserts

GOLDEN SYRUP SPONGE 8.95

crème anglaise

Sommelier recommendation Late Harvest Tokaj Katinka (100ml) 15.30

PASSION FRUIT PAVLOVA 8.95

chantilly cream

Sommelier recommendation Gewurztraminer Vendanges Tardives (100ml) 19.50

PISTACHIO PANNA COTTA 8.95

Sommelier recommendation Moscato Bianco, Moncucco D'Asti (100ml) 6.70

PEANUT BUTTER CHEESECAKE 8.95

salted caramel sauce and toffee popcorn

Sommelier recommendation Tawny port quinta de la rosa, Portugal (70 ml) 8.00

STICKY TOFFEE PUDDING 9.50

clotted cream

Sommelier recommendation Miles, Madeira (70ml) 8.90

AFFOGATO 8.95

ice cream, espresso, and Frangelico (25ml)

HOT CHOCOLATE FONDANT 9.95

honeycomb and salted caramel ice cream

(Please allow approximately 15min cooking time)

Sommelier recommendation Sauternes, France (100ml) 16.50

ICE CREAMS AND SORBETS 3 scoops 6.95

Ice creams: chocolate, coconut, salted caramel and strawberry

Sorbets: mango, strawberry, lemon

A SELECTION OF CHEESES 17.00

Mature cheddar, Brie, Ashlynn, Roquefort, Epoisses

served with Peter's Yard crispbread, oat biscuits and beetroot chutney

**LATE BOTTLED VINTAGE (LBV),
QUINTA DE
LA ROSA, PORTUGAL 2015
Glass (70ml) 7.70**

**TAWNY PORT QUINTA DE LA
ROSA 10-YEAR-OLD,
PORTUGAL
Glass (70ml) 8.00**

**VINTAGE, QUINTA DE LA ROSA,
PORTUGAL 2005
Glass (70ml) 20.50**

Chocolate Martini 12.00

Belvedere Vodka, Crème de cacao, chocolate
syrup and topped with double cream

Passionfruit Martini 9.95

Vodka, passionfruit puree, pineapple juice and
passionfruit syrup, served with a shot of
prosecco and garnished with passionfruit

Brandy Alexander 10.50

VS Cognac, Crème de cacao, double cream,
garnished with a grating of nutmeg

HOT BEVERAGES

ESPRESSO BASED COFFEE A BLEND OF 50% BRAZILIAN & 50% COLOMBIAN. Cappuccino/ Latte/
Flat White/ Americano **3.50**

LIQUEUR COFFEE Jameson/ Baileys/ Amaretto Saliza/ Cointreau/ Tosolini Espresso **7.50**

BIRCHALL ESTATE LOOSE LEAF TEA English Breakfast/ Earl Grey/ Jade Green Tips/ Peppermint/ Decaf **3.00**

Please ask us for allergen information.



Set Menu

Available 12noon to 3pm Monday to Friday
and 5pm to 6pm Monday to Thursday

Starters

GRILLED SARDINES tomato, garlic and thyme dressing

THAI FISH CAKES carrots, shallots, peanuts and a sweet and sour dipping sauce

CELERIAC SOUP celeriac crips, thyme and olive oil

Mains

PAN FRIED FILLET OF HAKE beer, bacon and cabbage

DUCK RAGÙ tagliatelle

GOAN VEGETABLE CURRY pilau rice and chapati

Sides

MIXED KALES confit shallots 5.95
TOMATO SHALLOT SALAD basil 5.00

GLAZED CARROTS star anise 5.95
CRUSHED BABY POTATOES watercress
and balsamic 5.95

THIN CUT CHIPS 5.00
TENDERSTEM BROCCOLI salsa verde
5.50

Desserts

PASSION FRUIT PAVLOVA chantilly cream

STICKY TOFFEE PUDDING clotted cream

PANNA COTTA poached pears

3 courses 29.95

HOT BEVERAGES

BREWED COFFEE Los Altos Blend. Complimentary refills. **3.00**

ESPRESSO BASED COFFEE Cappuccino / Latte / Flat White / Americano **3.50**

BIRCHALL ESTATE LOOSE LEAF TEA English Breakfast / Earl Grey / Jade Green Tips / Triple Mint / Decaf **3.00**

Please ask us for allergen information.
A discretionary service charge of 12.5% will be added to your bill.