



"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

RUM PUNCH EL Rarer Rum, pineapple, passionfruit, ginger, lime and Bitters. The classy king of the summer. Smooth and bold with a Caribbean kick 8.95

SPICED NEGRONI a classic negroni with gin, sweet vermouth, Campari, red wine, herbal liqueur and sloe gin. 10.50

OLD FASHIONED a seasonal twist on the classic Old Fashioned. Bourbon, Pedro Ximenez liqueur, muscovado sugar syrup, angostura bitters and walnut bitter 10.95

Appetisers

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

JERSEY ROCK OYSTERS on ice 3 for 15.00

EXMOOR CORNISH 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

WEST COUNTRY MUSSELS black beans, ginger, garlic and spring onion 12.95

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

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

RICK'S SMOKED SALMON horseradish cream 15.95

CORNISH CRAB WAKAME cucumber salad, wasabi mayonnaise and bonito flakes 18.50

BAKED SCALLOPS truffle butter, wild mushroom and chives 19.95

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

OYSTERS CHARENTAISE 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

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

JAMÓN IBÉRICO DE BELLOTA hand-carved with sourdough and sliced tomato 20.95

TOMATO SOUP tapenade, basil and olive oil 7.50

Mains

COD AND CHIPS mushy peas, tartare sauce and thick cut chips 22.95

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 26.95

INDONESIAN SEAFOOD CURRY bream, 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 SEAFOOD PASTA mussels, prawns, squid cockles and clams 31.95

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 leaf salad, half large 61.95

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. Half large 64.95

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

ANTHONY ZHAO'S RED BRAISED PORK Chinese red braised pork belly in rich, sticky, savoury sweet sauce with basmati rice and pak choi 21.95

10oz RIBEYE STEAK from our butcher 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 and mango chutney 17.95

Sides

THIN CUT CHIPS 5.00

GLAZED CARROTS star anise 5.95

TENDERSTEM BROCCOLI toasted almonds 5.95

GARDEN SALAD fines herbes and sliced fennel 5.95

CRUSHED BABY POTATOES watercress and balsamic 5.95

TOMATO SHALLOT SALAD basil 5.00

Pink Stein

DESSERTS

GOLDEN SYRUP SPONGE

crème anglaise 8.95

* Late Harvest Tokaj Katinka (100ml) 15.30

PASSION FRUIT PAVLOVA

Chantilly cream 8.95

* Gewurztraminer Vendanges Tardives (100ml) 19.50

PISTACHIO PANNA COTTA

the pistachio brittle is irresistible 8.95

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

HOT CHOCOLATE FONDANT

honeycomb and salted caramel ice cream 9.95

* Sauternes, France (100ml) 16.50

AFFOGATO

ice cream, espresso, and Frangelico (25ml) 8.95

ICE CREAMS AND SORBETS 3 scoops 6.95

Ice creams: vanilla, chocolate, strawberry, coconut and salted caramel

Sorbets: mango, raspberry and lemon

A SELECTION OF CHEESES

Mature cheddar, Brie, Ashlynn, Roquefort and Epoisses. Served with Peter's Yard crispbread, oat biscuits and beetroot chutney 17.00

* Sommelier recommendations

AFTER DINNER COCKTAILS

CHOCOLATE ORANGE MARTINI

Orange vodka, Crème de cacao, coffee liqueur, cold brew coffee, demerara syrup, spiced chocolate bitters and sea salt 13.50

PASSION FRUIT MARTINI

Vodka, passionfruit puree, pineapple juice and passionfruit syrup, served with a shot of prosecco and garnished with passionfruit 9.95

BRANDY ALEXANDER

VS Cognac, Crème de cacao, double cream, garnished with a grating of nutmeg 10.50

PORT

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

HOT DRINKS

ESPRESSO BASED COFFEE

Cappuccino | Latte
Flat White 4.00 | Americano
Espresso 3.50

LIQUEUR COFFEE

Jameson | Baileys | Amaretto
Saliza | Cointreau | Tosolini
Espresso 8.00

BIRCHALL LOOSE LEAF TEA

English Breakfast | Earl Grey
Jade Green Tips | Peppermint
Decaf 3.75