



"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

NEGRONI is an Italian cocktail, made of one part gin, one part vermouth rosso and one part Campari, garnished with orange peel 9.95

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

ROCK OYSTERS on ice 4.50 each

PICKLED ANCHOVIES 5.00

LANGOUSTINE on ice from the west coast of Scotland, mustard mayonnaise 7.95 each

EXMOOR CORNISH CAVIAR blinis and crème fraîche 4g 9.95 / 10g 35.00

COOMBSHEAD SOURDOUGH salted butter and Kalamata olives. '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 3.95

MARINATED KALAMATA OLIVES lemon, thyme, bay leaves, garlic and rosemary 4.00

HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black and white sesame seeds and oregano 5.00

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

JAMÓN IBÉRICO DE BELLOTA 6.95

Starters

GRILLED SARDINES coarsely chopped green herbs 7.95

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

BLACK CUTTLEFISH RISOTTO a recipe I found in Croatia, "very black indeed" 9.95

LOCH DUART SALMON TATAKI cucumber, soy caramel and pickled rhubarb 10.95

FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic and cayenne, served with rouille, Parmesan and croutons 11.95

CRAB LINGUINE handpicked white crab meat, olive oil, chilli, garlic and parsley 13.95

WEST COUNTRY MUSSELS white wine sauce, chilli, garlic and ginger 13.95

RICK'S SMOKED SALMON horseradish cream 14.50

RAGOÛT OF TURBOT WITH SCALLOP in a Vouvray sauce with basil, celery, carrot, mushroom, and leek 14.50

BAKED SCALLOPS truffle butter, wild mushrooms, and chives 18.95

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 23.95

HOT SHELLFISH razor clams, prawns, mussels, scallops, oysters, langoustines, crab claws, clams, whelks, winkles, parsley, chilli, olive oil, garlic and lemon juice 34.95

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

Mains

COD AND CHIPS mushy peas, tartare sauce and thick cut chips 19.95

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 baby spinach 24.95

GRILLED HAKE orange, chilli and tomato sauce with saffron mash potato 24.95

INDONESIAN SEAFOOD CURRY sea bass, cod and prawns, basmati rice, a green bean and grated coconut salad 28.95

A LITTLE RAGOUT OF SEAFOOD linguine, clams, mussels, prawns 28.95

PAN-FRIED MONKFISH WITH GARLIC AND FENNEL the monkfish is flavoured with fennel herb and garlic, fried, then finished in the oven with some slow cooked garlic and fennel 37.95

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

GRILLED CORNISH LOBSTER thin cut chips and mixed leaves 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. Half a lobster, oysters, crab claws, clams, mussels, prawns, razor clams, scallops, whelks, winkles, and langoustines 85.00

10oz RIBEYE STEAK from Phillip Warren, Launceston. Baby gem salad, thin cut chips and béarnaise sauce 36.95

8oz FILLET STEAK from Phillip Warren, Launceston. Watercress salad, thin cut chips and peppercorn sauce 44.95

CHICKEN FRICASSEE morels and sautéed potatoes 21.95

VEGETABLE MAKHANAWALA CURRY basmati rice 15.95

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

Sides

PILAU RICE cinnamon, cloves and cardamom 3.50

THIN CUT CHIPS 3.95

GLAZED CARROTS star anise 4.00

TOMATO SHALLOT SALAD with basil 4.00

SAVOY CABBAGE confit shallots 4.00

BUTTERED GREEN BEANS 4.00

GARDEN SALAD fine herbs and sliced fennel 4.50

CRUSHED BABY POTATOES 4.95

TENDERSTEM BROCCOLI salsa verde 5.50

Rick Stein

COLD DRINKS

BELLINI	9.95
BLOODY MARY	10.50
RICK STEIN CHAMPAGNE	13.50

ELVIRA FRUIT COCKTAIL 4.85

GREEN SUPER SMOOTHIE	4.85
BANANA & STRAWBERRY SMOOTHIE	4.85
ORANGE JUICE	3.50
TOMATO JUICE	3.50
PINEAPPLE JUICE	3.50

BREAKFAST

FULL ENGLISH

Rick's breakfast sausage and bacon, St Ewe egg, Cornish black pudding, mushrooms, grilled tomato and Coombeshead sourdough 10.95

CRAB OMELETTE inspired by Jack Stein's travels in Sri Lanka	12.95
SMOKED SALMON and scrambled eggs	12.95
PORRIDGE with honey	4.50

EGGS:

BENEDICT poached eggs, bacon and hollandaise on a toasted muffin	8.95
ROYALE poached eggs, Rick's smoked salmon and hollandaise on a toasted muffin	9.95
FLORENTINE poached eggs, spinach and hollandaise on a toasted muffin	9.95
TWO EGGS ON TOAST poached, fried or scrambled	6.95

HOT DRINKS

ENGLISH BREAKFAST TEA	3.00	PEPPERMINT TEA	3.00
EARL GREY TEA	3.00	ORGANIC RED BUSH TEA	3.00
GREEN TEA	3.00	BREWED COFFEE with complimentary refills	3.00



Mini Stein menu

Starters

- TOMATO SOUP 3.95
- MOULES MARINIERE 4.95
- CUCUMBER AND CARROT DIPPING STICK WITH MARIE ROSE SAUCE 3.95

Mains

- TOMATO PASTA 6.95
- FISH AND CHIPS with peas and homemade tartar sauce 6.95
- 4oz RUMP STEAK with chips and salad 8.95

Desserts

- STICKY TOFFEE PUDDING with vanilla ice cream 4.00
- SELECTION OF ICE CREAMS 4.00
- CHOCOLATE BROWNIE with vanilla ice cream 4.00

Available for under 12s
Children are welcome to have dishes from our à la carte menu as a smaller portion where possible

