



## APPETISERS & SHARING PLATES

I love starting lunch or dinner with a few plates for everyone to share.

**BREAD & OLIVES** Coombeshead Farm sourdough, with marinated kalamata olives. 4.50

**PICKLED ANCHOVIES** 4.95

**HALLOUMI SAGANAKI** dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds. 5.50

**PORTHILLY OYSTERS** shucked oysters served on ice with cabernet sauvignon vinegar and shallot dressing. 4.50

## STARTERS

**GRILLED SARDINES** with rock salt and lime. 9.95

**FRISÉE SALAD** with St Ewe poached egg, lardons, croutons and a mustard dressing. 12.95

**FISH AND SHELLFISH SOUP** with rouille and Parmesan flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne. 13.95

**FILLETS OF GURNARD** with mango, prawn and avocado salsa. 13.95

**SCALLOPS** with soy, ginger and spring onion. 18.95

**SMOKED SALMON** Rick's bespoke smoked salmon, served with horseradish cream. 14.50

**HOT SHELLFISH WITH PARSLEY, CHILLI, OLIVE OIL, GARLIC AND LEMON** brown crab, mussels, razor clam, scallop, oyster, clams, winkles, cockles & langoustine. 37.95

## MAINS

**RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS** with porcini mushrooms, sundried tomatoes and hazelnuts. 16.95

**FISH AND CHIPS** cod deep-fried in dripping, served with chips, mushy peas and tartare sauce. 21.95

**POACHED HALIBUT** in olive oil with warm cucumber and dill. 36.95

**INDONESIAN SEAFOOD CURRY** with cod, sea bass, and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 33.95

**8oz FILLET STEAK** from butcher Philip Warren, Launceston, served with sautéed potatoes and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette. 41.95

**WHOLE DOVER SOLE** either grilled with sea salt and lime or meunière with noisette butter, dusted with flour and fried in an oval pan. 45.00

**TRONÇON OF TURBOT WITH HOLLANDAISE SAUCE** turbot in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate. 45.00

**GRILLED PADSTOW LOBSTER** grilled lobster served with fines herbes. To some, picking the meat is too messy but to me it's a memorable feast. Served with buttered potatoes. Large 71.95

**THE "FRUITS DE MER"** half a lobster, crab, mussels, razor clam, scallops, clams, winkles, cockles, langoustines and oysters. Served on ice for one 65.00

**WHOLE BRILL FOR TWO** served with buttered potatoes and a lemon butter sauce. 90.00

## SIDES

**GARDEN SALAD** with fines herbes. 4.00

**THIN CUT CHIPS** 3.95

**RICE** spiced with cinnamon and cloves 3.50

**BUTTERED POTATOES** with parsley and mint 3.95

**GLAZED CARROTS** with star anise 4.00

**SPINACH** with nutmeg 4.50

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## THE SEAFOOD LUNCH MENU

Three courses 39.95 Monday - Friday, 12noon - 5pm

**MILD POTATO CURRY** topped with smoked haddock and a poached egg.

**FILLETS OF GURNARD** with mango, prawn and avocado salsa.

**DARNE OF HAKE** with confit onion, bay leaf and lemon.

**PONDICHERRY CURRY** a fragrant curry with sea bass from southern India. Served with basmati rice, raita, and mango chutney.

**ORANGE CRÈME BRULÉE** with orange marmalade.

**QUICKES CHEDDAR** with apple chutney, walnut honey and biscuits.

### Trerethern Farm

Most of the vegetables and salads on the menu come from Ronald and Ross Geach's farm just outside Padstow overlooking the estuary. Ross is an ex-chef of ours and we love talking all things veg.

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