



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
HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds. 5.50
LANGOUSTINE ON ICE from creel pots off the west coast of Scotland with mustard mayonnaise. Each 7.95
PORTHILLY OYSTERS shucked oysters served on ice with cabernet sauvignon vinegar and shallot dressing. 4.50

STARTERS

- FRISEE SALAD** with St Ewe poached egg, lardons, croutons and a mustard dressing. 12.95
MACKEREL SALAD with sundried tomatoes, fennel seeds and sherry vinegar. 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
ST ENODOC ASPARAGUS this asparagus comes from the other side of the estuary at Trebetherick, it is the first pick of the season and is the best you will ever taste. Served with an extra virgin olive oil and Parmesan. 15.00
SMOKED SALMON Rick's bespoke smoked salmon, served with horseradish cream. 14.50
OYSTERS CHARENNAISE a seemingly odd combination - freshly opened oysters with some 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
LOBSTER RISOTTO from my book Secret France. Made with white wine, Cognac, tarragon, tomato. 24.95
SCALLOPS with soy, ginger and spring onion. 18.95
HOT SHELLFISH WITH PARSLEY, CHILLI, OLIVE OIL, GARLIC AND LEMON brown crab, mussels, razor clam, scallop, oyster, winkles, whelks and 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
DARNE OF HAKE with confit onion, bay leaf and lemon. 24.95
LINGUINE PORCINI with cream, garlic, truffle oil. 19.95
SEARED ESCALOPE OF SALMON with a warm olive oil, basil and caramelised vinegar dressing. 21.95
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 RIB EYE from butcher Philip Warren, Launceston, served with thin chips and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette. 33.95
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. Small 66.95
THE "FRUITS DE MER" half a lobster, crab, mussels, razor clam, scallops, winkles, langoustines, whelks and oysters. Served on ice for one 65.00
WHOLE BRILL FOR 2 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

THE SEAFOOD LUNCH MENU

Three courses 39.95, available 12 noon - 5pm until 30th May.

STARTERS

- MACKEREL SALAD** with sundried tomatoes, fennel seeds and sherry vinegar.
RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS with porcini mushrooms, sundried tomatoes and hazelnuts.

MAINS

- PONDICHERRY CURRY** a fragrant curry with sea bass from southern India. Served with basmati rice, raita, and mango chutney.
STEAK FRITES 8oz rump steak seasoned with Rick's peppermix served with thin cut chips.

DESSERTS

- ORANGE CRÈME BRULÉE** with orange marmalade.
PEANUT BUTTER AND CHOCOLATE CHEESECAKE with salted caramel & a vanilla ice cream.

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.