



## 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. 4.50 697 Kcal

### HALLOUMI SAGANAKI

dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds. 5.50 500 Kcal

### PORTHILLY OYSTER

shucked oyster served on ice with cabernet sauvignon vinegar and shallot dressing. 4.50 15 Kcal

PERELLO GORDAL OLIVES 4.00 298 Kcal

## STARTERS

### FRISÉE SALAD

with St Ewe poached egg, lardons, croutons and a mustard dressing. 12.95 488 Kcal

### CRISPY SMOKED MACKEREL SALAD

apple, shallots, carrots, peanuts and chilli. 12.95 279 Kcal

### MUSSELS MASALA

with coconut, ginger and green chillies from the backwaters of southern India. 14.95 257 Kcal

### FISH AND SHELLFISH SOUP

with rouille and Parmesan flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne. 13.95 451 Kcal

### RAGOUT OF TURBOT AND SCALLOP

with Vouvray and basil. 16.95 512 Kcal

### SMOKED SALMON

Rick's bespoke smoked salmon, served with horseradish cream. 14.50 487 Kcal

### 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. 23.95 303 Kcal

### LOBSTER RISOTTO

from my book Secret France. Made with white wine, Cognac, tarragon, tomato. 24.95 541 Kcal

### SCALLOPS

with soy, ginger and spring onion. 18.95 339 Kcal

### HOT SHELLFISH WITH PARSLEY, CHILLI, OLIVE OIL, GARLIC AND LEMON

brown crab, mussels, razor clam, scallop, oyster, winkles, whelks, clams, cockles and langoustine. 37.95 953 Kcal

## MAINS

### FISH AND CHIPS

hake deep-fried in dripping, served with chips, mushy peas and tartare sauce. 21.95 801 Kcal

### LINGUINE PORCINI

with cream, garlic, truffle oil. 19.95 575 Kcal

### SEARED ESCALOPE OF SALMON

with a warm olive oil, basil and caramelised vinegar dressing. 21.95 254 Kcal

### INDONESIAN SEAFOOD CURRY

with cod, bass and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 33.95 348 Kcal

### 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 1272 Kcal

### 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 1085 Kcal

### 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 1301 Kcal

### SINGAPORE CHILLI CRAB

stir-fried whole crab with garlic, ginger, chilli and coriander. Very much for those who love eating with their hands and getting gloriously messy! 40.00 1438 Kcal

### 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 61.95 741 Kcal

### THE "FRUITS DE MER"

half a lobster, spider crab, mussels, razor clam, winkles, langoustines, scallops, whelks, clams, cockles and oysters. Served on ice for one 65.00 509 Kcal sharing 90.00 822 Kcal

### WHOLE BRILL FOR 2

served with buttered potatoes and a lemon butter sauce. 90.00 963 Kcal

## SIDES

GARDEN SALAD with fines herbes. 4.00 132 Kcal

THIN CUT CHIPS 3.95 556 Kcal

RICE spiced with cinnamon and cloves 3.50 200 Kcal

BUTTERED POTATOES with parsley and mint 3.95 378 Kcal

KALE with confit shallot 5.50 152 Kcal

### 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.