



"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

**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

**BLUE BAY** cocktail of the month, a refreshing serve of coconut rum, pineapple juice, lemon, lime and a splash of blue curaçao  
10.95

**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

## 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** 20g blinis and crème fraîche 45.00

**JAMÓN IBÉRICO DE BELLOTA** 6.95

**COOMBESHEAD 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

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

**COURGETTE FLOWERS** soy dipping sauce 5.95

## 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

**WEST COUNTRY MUSSELS** black beans, ginger, garlic and spring onion 10.95

**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

**RICK'S SMOKED SALMON** horseradish cream 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

**HOT SHELLFISH** razor clams, mussels, prawns, scallops, oyster, langoustine, clams, crab claw, cockles, whelks, winkles, parsley, chilli, olive oil, garlic and lemon juice 34.95

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

**BURRATA** pesto and tomato jam 9.95

## Mains

**COD AND CHIPS** mushy peas, tartare sauce and Pont Neuf 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

**SIMON HOPKINSON'S HAKE** thinned mayonnaise, cannellini beans and capers 26.95

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

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

**LEMON SOLE VÉRONIQUE** a classic dish with a creamy white wine sauce, grapes and fleurons 29.00

**OCTOPUS** mash potato and red wine jus 34.95

**ROASTED MONKFISH TAIL** romesco sauce and padron peppers 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 66.95

**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 69.95/64.95

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

**CHICKEN FRICASSEE** morels and sautéed potatoes 21.95

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

**TOMATO, AUBERGINE AND TAMARIND STEW** basmati rice 15.95

**PRIMAVERA RISOTTO** peas, courgette, beans and mint 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

**TENDERSTEM BROCCOLI** salsa verde 5.50

**GARDEN SALAD** fine herbs and sliced fennel 4.50

**CRUSHED NEW POTATOES** watercress, olive oil, and balsamic 4.95



## Set Lunch Menu

Available 12noon to 3pm Monday to Friday

### Starters

**PAU BHAJI** sourdough bread 651 Kcal

**PIRI PIRI SARDINES** tomatoes, red onion and black olives 97 kcal

**SMOKED SALMON PÂTÉ** mixed leaves and sourdough 164 Kcal

### Mains

**SALMON FISH CAKES** capers and lemon dressing 111 Kcal

**SMOKED HADDOCK** Dugléré sauce 750 Kcal

**TOMATO, AUBERGINE AND TAMARIND STEW** basmati rice 653 Kcal

### Desserts

**APPLE TARTE TATIN** vanilla ice cream 887 Kcal

**PISTACHIO PANNA COTTA** 1156 Kcal

**PASSION FRUIT PAVLOVA** 414 Kcal

3 courses £27.95

### Sides

**RICE** cinnamon, cloves and  
cardamon 3.50 200 Kcal

**GLAZED CARROTS**  
star anise 4.00 175 Kcal

**BUTTERED GREEN BEANS** 4.00  
182 Kcal

**THIN CUT CHIPS** 3.95 556 Kcal

**BUTTERED NEW POTATOES**  
parsley and mint 3.95 378 Kcal

**GARDEN SALAD** fine herbes 4.50  
132 Kcal

Please ask us for allergen information. Adults need around 2000 Kcal a day.  
A discretionary service charge of 12.5% will be added to your bill.