



"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.