

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

LANGOUSTINES ON ICE from creel pots off the west coast of Scotland with mustard mayonnaise. Each 7.95

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

COURGETTE FLOWERS with sweet and sour dipping sauce. 6.50

PADRON PEPPERS A LA PLANCHA locally grown and hot! With sea salt and extra virgin olive oil. 5.00

PERELLO GORDAL OLIVES 4.00

SAILOR CREEK OYSTERS are closely monitored and sustainably caught in the Fal estuary. They are renowned for being the last oyster fishery in Europe to fish solely under sail and oar. Each 4.50

STARTERS

MOUNT'S BAY SARDINES with Isle of Wight tomato, thyme and garlic dressing. 9.95

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

CAMBODIAN CRISPY SMOKED MACKEREL SALAD apple, shallots, carrots, peanuts and chilli. 12.95

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

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

RAGOÛT OF TURBOT AND SCALLOP with Vouvray and basil. 16.95

LOBSTER RISOTTO from my book Secret France. Made with white wine, Cognac, tarragon, tomato. 24.95

SCALLOPS with soy, ginger and spring onions. 18.95

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

A SMALL "FRUITS DE MER" brown crab claws, mussels, oysters, razor clam, clams, whelks, winkles, cockles and langoustine. 39.95

HOT SHELLFISH WITH PARSLEY, CHILLI, OLIVE OIL, GARLIC AND LEMON brown crab claws, mussels, oysters, razor clams, clams, whelks, winkles, cockles and langoustines. 39.95

MAINS

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

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.

PASTA ALLA TRAPANESE linguine, almond, basil and pecorino pesto. 19.95

SEARED ESCALOPES OF SALMON with a warm olive oil, basil and caramelised vinegar dressing. 21.95

8oz RIB EYE from 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. 47.50

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

INDONESIAN SEAFOOD CURRY with cod, monkfish and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 39.00

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

PADSTOW LOBSTER THERMIDOR a classic French dish of lobster cooked in a light cream and Noilly Prat sauce with fines herbes. Gratinated with plenty of Parmesan and served with thin cut chips. Medium 69.95

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. Medium 66.95

WHOLE BRILL FOR 2 served with buttered potatoes and a lemon butter sauce. 90.00

THE "FRUITS DE MER" half a lobster, spider crab, mussels, oysters, razor clams, whelks, winkles, clams, cockles and langoustines. Served on ice for one 65.00 | Sharing 105.00

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 | **KALE** with confit shallot 5.50

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.