

## 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.