

APPETISERS & SHARING PLATES

I love starting lunch or dinner with a few plates for everyone to share.

BREAD & OLIVES Coombeshead Farm sourdough, and marinated kalamata olives. 4.50

PADRON PEPPERS A LA PLANCHA with sea salt extra virgin olive oil. 5.00

HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds. 4.50

DORSET OYSTERS shucked oysters served on ice with cabernet sauvignon vinegar and shallot dressing. 3.50

STARTERS

FISH AND SHELLFISH SOUP with rouille and parmesan flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne. 12.95

CRISP SMOKED MACKEREL SALAD with sliced shallots, carrot, apple, basil, peanuts and bird's eye chillies. 12.95

LA MOUCLADE mussels with onions, creme fraiche, saffron and curry spices. 13.95

GRILLED SCALLOPS IN THE HALF SHELL with a hazelnut and coriander butter. 16.95

CORNISH CRAB with a wakame, cucumber and dashi salad with wasabi mayonnaise. 17.00

SASHIMI OF SCALLOP, SEA BASS, TUNA AND LOCH DUART SALMON with wasabi, Japanese horseradish, pickled ginger and soy dipping sauce. 17.95

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. 19.95

DORSET OYSTERS six shucked oysters served on ice with cabernet sauvignon vinegar and shallot dressing. 21.95

HOT SHELLFISH WITH PARSLEY, CHILLI, OLIVE OIL, GARLIC AND LEMON JUICE mussels, clams, razor clam, brown crab, scallop, whelks, winkles, langoustine and an oyster. 34.95

A SMALL "FRUITS DE MER" mussels, clams, razor clam, brown crab, whelks, scallop, winkles, langoustine and an oyster. 39.95

BUTTERNUT SQUASH SOUP pumpkin seeds and thyme 9.95

MAINS

FISH AND CHIPS hake deep-fried in dripping, served with chips, mushy peas and tartare sauce. 19.95

SEAFOOD GRATIN prawns, mussels and cod in a white wine and cream sauce, Emmental and breadcrumb topping and served with caramelised apples. 22.95

INDONESIAN SEAFOOD CURRY with sea bass, cod, and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 32.95

8oz FILLET STEAK from butcher Philip Warren, Launceston, served with sautéed potatoes and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette. 33.95

LOBSTER RISOTTO from my newest book Secret France. Made with white wine, cognac, tarragon, tomato. 34.00

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! 34.95

ROAST MONKFISH WITH SERRANO HAM AND SAUERKRAUT we thinly slice the serrano ham and wrap a fillet of monkfish with it. 35.00

BRAISED FILLET OF BRILL with black truffle, slivers of potato, mushrooms and truffle oil. 36.00

THE FLAVOURS OF BOUILLABAISSE I've eaten many a Bouillabaisse in Marseille but I wanted something light, well flavoured and fragrant. It's not a classic, just how I like it, with gurnard, monkfish, langoustine, mussels, haricot beans and fennel. 38.00

WHOLE DOVER SOLE either grilled with sea salt and lime or meunière with noisette butter, dusted with flour and fried in an oval pan. 41.95

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. 42.95

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. Half extra large 42.95

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 49.95

THE "FRUITS DE MER" half a lobster, crab, mussels, clams, razor clam, scallops, winkles, whelks, langoustines and oysters. Served on ice for one 60.00

WHOLE BRILL FOR 2 Served with buttered potatoes and a lemon butter sauce. 70.00

RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS with porcini and king oyster mushrooms, sundried tomatoes and hazelnuts. 15.00

SIDES

GARDEN SALAD with fines herbes. 4.00

BROCCOLI with toasted almonds 4.50

THIN CUT CHIPS 3.50

BUTTERNUT SQUASH with chilli oil and basil 4.00

BUTTERED POTATOES with parsley and mint 3.50

SEASONAL CABBAGE with confit shallot 3.50

PADRON PEPPERS A LA PLANCHA with sea salt extra virgin olive oil 5.00

JANSSON'S TEMPTATION a Swedish potato and anchovy gratin 5.00

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.

LUNCH MENU

Three courses 39.95

FIRST COURSES

VIENNESE SARDINE SALAD pickled sardine with apple, red onion and boiled egg in a sour cream and caper dressing.

MUSSELS with black beans, garlic and ginger.

JERUSALEM ARTICHOKE SOUP with croutons, parmesan and chives.

RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS with porcini mushrooms, sundried tomatoes and hazelnuts.

MAIN COURSES

GRILLED FILLET OF HAKE with sauce verte and butter beans.

FRIED WHOLE PLAICE with rainbow chard, potatoes and a parsley butter sauce.

CHARGRILLED MACKEREL with a radish, clementine and herb salad.

STEAK FRITES 8oz rump steak seasoned with Rick's peppermix served with thin cut chips.

DESSERTS

RASPBERRY CRÈME BRULÉE

STICKY TOFFEE PUDDING with vanilla ice cream.

PEANUT BUTTER AND CHOCOLATE CHEESECAKE with salted caramel and popcorn.

CROXTON STILTON with walnuts and honey.

ACCOMPANIMENTS

GARDEN SALAD with fines herbes. 4.00

SEASONAL CABBAGE with confit shallot 4.00

BROCCOLI with toasted almonds 4.00

BUTTERNUT SQUASH with chilli oil and basil 4.00

THIN CUT CHIPS 3.50

BUTTERED POTATOES with parsley and mint 3.00

Trerethern Farm

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DESSERT MENU

RASPBERRY CRÈME BRÛLÉE 8.95

APPLE TARTE TATIN

With Cornish clotted cream 8.95

PEANUT BUTTER AND CHOCOLATE CHEESECAKE

With salted caramel and popcorn 8.95

HOT CHOCOLATE FONDANT

With crystalised macademia and coffee ice cream 9.95

PANNACOTTA with poached pear. 8.95

ICE CREAMS AND SORBETS

Vanilla, chocolate, strawberry and pistachio ice creams, and raspberry, strawberry, and mango sorbet. 7.95

AFFOGATO

Vanilla ice cream with hazelnut liqueur Frangelico and hot espresso poured over 8.95

A SELECTION OF CHEESES

served with onion chutney

MELUSINE

A goats cheese from the Poitou/Charentes region of the Loire Valley; soft, creamy and slightly sweet with a flakey centre.

CORNISH KERN

This has something of the texture and flavour of Comté to it. Made at the Lynher Valley dairy that also makes Cornish Yarg, matured for 16 months giving it an intense Gruyère like flavour.

BRIE

Île de France brie. Known for its fine natural white rind, smooth tender body and fresh nutty flavour.

SOLSTICE

Guernsey cow's milk cheese from Somerset washed in Somerset cider brandy making it pungent with a lovely gold hue.

CROXTON MANOR STILTON

From the village of Long Clawson in Leicestershire, a great balance between crumbly texture and tangy flavour.

3 for 9.95 or 5 for 13.95

DESSERT WINES, PORT & SWEET SAKE

DOMAINE DE GRANGE NEUVE 2016 MONBAZILLAC, SOUTH WEST, France

100ml £7.50 | Half Bottle £35

BRACHETTO D'ACQUI 2018 CONTERO, PIEDMONTE, Italy

100ml £5.75 | 750ml Bottle £40

LATE HARVEST TOKAJI KATINKA, PATRICIUS, 2018, Hungary

375ml Bottle £41

SAUTERNES-BARSAC, CYPRÈS DE CIMENS 2014, France

375ml Bottle £50

AKASHI-TAI SHIRAUME UMESHU PLUM INFUSED SAKE, Japan

50ml £5.25

QUINTA DE LA ROSA 2014 LBV

70ml 6.50

QUINTA DE LA ROSA VINTAGE PORT 2005, Portugal

70ml £11.50

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