



Sample menus

Try our White Peach Americano – a delicious, refreshing drink made with Hennessy VS, Suze, Rin Quin Quin, peach aperitif wine, London Essence peach and jasmin soda 8.95

Appetisers

COOMBESHEAD SOURDOUGH served with salted butter and marinated Kalamata olives. We tend to bake our bread a bit dark because that's where the flavour is. It's a fine line between caramelised and burnt 3.95 Add brandade 4.50

MARINATED KALAMATA OLIVES with sundried tomato and bay leaves 3.00

SALT COD BRANDADE with black olive tapenade 3.50

HALLOUMI SAGANAKI honey, oregano and sesame seeds 4.95

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

BROWNSEA ISLAND PACIFIC OYSTERS ON ICE 3.95 each

Starters

MACKEREL with fennel seeds and sun dried tomatoes 7.95

WEST COUNTRY MUSSELS with cider and spring onions 9.95

BLACK CUTTLEFISH RISOTTO a recipe I found in Croatia, “very black indeed” 9.95

CRAB LINGUINE hand picked crab meat, olive oil, chilli, garlic and parsley 9.95

FISH AND SHELLFISH SOUP with rouille, Parmesan and croûtons flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne 10.95

SCHEZWAN SQUID served with a watercress, cucumber and beansprout salad and a sesame and soy dressing 10.95

RICK'S SMOKED SALMON with horseradish cream 13.50

RAGOÛT OF TURBOT WITH SCALLOP in a Vouvray sauce with basil, celeriac, carrot, mushroom and leek 13.50

DEEP-FRIED COCONUT PRAWNS a dish from the Yucatán peninsula, accompanied by a hot and spicy papaya and habanero chilli sauce 13.95

CORNISH CRAB WAKAME with cucumber salad and wasabi mayonnaise 16.95

BAKED SCALLOPS IN THE SHELL with chorizo 17.95

SASHIMI OF SEA BASS, TUNA, SALMON AND SCALLOP wasabi, mooli, pickled ginger and soy dipping sauce 18.95

OYSTERS CHARENTEAISE freshly opened oysters with 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

OYSTER SELECTION OF BROWNSEA ISLAND PACIFIC AND PORTHILLY OYSTERS ON ICE six for 19.95, dozen for 37.00

SORREL, PEA AND LETTUCE SOUP with croûtons 6.95

Mains

FISH AND CHIPS cod from sustainable stocks deep-fried, served with chips, mushy peas and tartare sauce 17.95

INDONESIAN SEAFOOD CURRY with hake, cod and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli 27.95

FILLETS OF LEMON SOLE with chargrilled baby leeks and soft boiled egg, Parmesan and Dijon mustard dressing 29.00

ROASTED MONKFISH TAIL with crushed potatoes, watercress and a balsamic and lemon oil dressing 29.95

PAN FRIED HAKE with west country mussels, asparagus, peas and parsley 23.95

DOVER SOLE À LA MEUNIÈRE dusted with flour and fried in an oval pan with beurre noisette 39.95

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 39.95

CORNISH LOBSTER grilled, whole or half lobster subject to the seas. Served with thin cut chips and watercress salad. Half large 54.95

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. Half Large 57.95

10oz RIBEYE STEAK from butcher Phillip Warren, Launceston, served with watercress salad and thin cut chips 33.95

8oz FILLET STEAK from butcher Phillip Warren, Launceston, served with a watercress salad and thin cut chips 39.95

{STEAK SAUCE Béarnaise, peppercorn or bone marrow gravy 3.00}

RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS with sun-dried tomatoes and pumpkin seeds 16.95

SRI LANKAN CASHEW NUT CURRY lightly spiced Sri Lankan curry with coconut milk, served with basmati rice 15.95

Sides

PILAU RICE 3.50

BUTTERED POTATOES with parsley and mint 3.95

THIN CUT CHIPS 3.95

GLAZED CARROTS with star anise 4.00

GRATIN DAUPHINOIS 5.00

SEASONAL CABBAGE with chives 4.00

TOMATO SHALLOT SALAD with basil 4.00

GARDEN SALAD with fine herbes 4.00

BUTTERED GREEN BEANS 4.00

BROCCOLI with salsa verde 5.50



Set Lunch Menu

Available 12noon to 3pm Monday to Friday

Starters

SMOKED MACKEREL PÂTÉ
with mixed leaves and melba toast

PENANG ROAD LAKSA
with seabass, pineapple, chilli and mint

ORECCHIETTE PASTA WITH CHILLI
with cavolo nero

Mains

PONDICHERRY COD CURRY
a fresh and fragrant coconut curry from Southern India served with rice

DUCK RAGOUT WITH TAGLIATELLE

LENTIL, BEETROOT AND GOAT'S CHEESE SALAD
with pear and walnut dressing

Desserts

MOUSSE AU CHOCOLATE
with Chantilly cream and amaretti biscuits

CRÈME BRÛLÉE
with mixed berry compote

MEXICAN RICE PUDDING
with honeycomb

3 courses £27.95

Sides

BUTTERED POTATOES
with parsley and mint 3.95

GLAZED CARROTS
with star anise 4.00

GARDEN SALAD
with fine herbs 4.50

TENDERSTEM BROCCOLI
with salsa verde 5.50

Please ask us for allergen information. A discretionary service charge of 12.5% will be added to your bill.
We are accepting card payments only at this time.



Mini Stein's

Starters

TOMATO SOUP 3.95

MOULES MARINIERE 4.95

CUCUMBER AND CARROT DIPPING STICKS 3.95

Mains

TOMATO PASTA
with basil and pesto 6.95

FISH AND CHIPS
with green peas and homemade tartar sauce 6.95

4oz RUMP STEAK
with chips and salad 8.95

Desserts

CHOCOLATE BROWNIE
with clotted cream 4.00

STICKY TOFFEE PUDDING
with clotted cream 4.00

FISH JELLY
with vanilla ice cream 4.00

Available for under 12s
Children are welcome to have dishes from our à la carte
menu as a smaller portion where possible



Breakfast

Served Saturday and Sunday 9am – 11am

Juices 3.50

ORANGE
TOMATO
PINEAPPLE

Smoothies 4.85

SEASONAL SUPER JUICE
BANANA AND BLUEBERRY
MANGO LASSI

Full English

Tywardreath sausage and bacon, egg, mushrooms grilled tomato and toast 10.95

Eggs

TWO EGGS ON TOAST poached, fried or scrambled. 6.95

EGGS BENEDICT 8.95

EGGS FLORENTINE /EGGS ROYALE 9.95

EGGS ROYALE LARGE 12.95

Fruit and grains

PORRIDGE 4.50

BIRCHER MUESLI WITH BANANA 4.95

ORANGE, GRAPEFRUIT AND POMEGRANATE 4.50

Light breakfast

KIPPERS, POACHED OR GRILLED 10.50

SMOKED SALMON AND SCRAMBLED EGGS 12.95

AVOCADO ON TOASTED SOURDOUGH WITH TOMATO AND BASIL 8.95

FISH OF THE DAY 9.50

Hot drinks

COFFEE Espresso, Double espresso, Americano, Macchiato, Cappuccino, Café Latte, Flat white 3.50

TEA English breakfast, Earl Grey, Green Tea, Peppermint, Organic Redbush 3.00

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