

## APPETISERS & SHARING PLATES

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

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

**BREAD & OLIVES** sourdough, salted butter and marinated Kalamata olives with sun-dried tomatoes and basil. 4.50

## STARTERS

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

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

**CRAB LINGUINE** handpicked white crab meat, olive oil, chilli, garlic and parsley. 13.95

**MUSSELS** Westcountry mussels with chilli, garlic, tomato and parsley. 13.95

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

**SASHIMI OF SCALLOP, LOCH DUART SALMON, SEA BASS AND YELLOWFIN TUNA** with wasabi, Japanese horseradish, pickled ginger and soy dipping sauce. 18.00

**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

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

**LANGOUSTINES** grilled langoustines with Pernod and olive oil dressing. 26.95

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

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

**PASTA ALLA PESTO TRAPANESE** with almond, basil and pecorino pesto. 7.95

## MAINS

**FISH AND CHIPS** prime cod from sustainable stocks deep-fried in dripping, served with thick cut chips, mushy peas and tartare sauce. 19.95

**SEAFOOD GRATIN** prawns, mussels and haddock 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

**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

**8oz FILLET STEAK** from butcher Philip Warren, Launceston, served with rocket and thin cut chips. 33.95 | Béarnaise sauce 3.00

**CHARGRILLED FILLETS OF WILD SEA BASS** with a tomato, butter and vanilla vinaigrette. Served with Cornish potatoes. 34.95

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

**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. Medium 52.95 | Large 57.95

**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 minted Cornish potatoes. Medium 49.95 | Large 54.95

**THE "FRUITS DE MER"** half a lobster, crab, mussels, whelks, clams, cockles, winkles, langoustines, scallops, oysters, and razor clams to share 85.00

**CONFIT TOMATO AND AUBERGINE TARTE TATIN** a wonderful vegetarian dish from Secret France. 14.95

## SIDES

**GARDEN SALAD** with fines herbes. 4.00

**PETIT POIS A LA FRANÇOISE** 4.00

**THIN CUT CHIPS** 3.50

**PADRON PEPPERS** 5.00

**COURGETTE FLOWERS** 5.00

**BUTTERED POTATOES** 3.50

**SEASONAL CABBAGE** 4.00

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.