

Rick Stein

GUINNESS Draught Pint 6.75	NEGRONI Gin, Red Vermouth, Campari 12.95	MARGARITA Tequilla, Cointreau and Lime Juice 14.50
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APPETISERS

- PADRON PEPPERS with olive oil and sea salt (357 kcal) 6.00
HALLOUMI SAGANAKI fried in olive oil, sprinkled with black sesame seeds and oregano, drizzled with honey (631 kcal) 6.75
BREAD AND OLIVES Coombeshead sourdough, with marinated kalamata olives (840 kcal) 6.95
JAMÓN IBÉRICO DE BELLOTA (93 kcal) 10.95
DORSET OYSTERS from Brownsea Island served on ice, with shallot and red wine vinegar dressing (143 kcal 1x) three/six 13.50/27
EXMOOR CAVIAR with blinis and crème fraiche 10g (56 kcal) 39.50

STARTERS

- GRILLED SARDINES with beef tomatoes, tapenade and crispy basil (388 kcal) 9.95
FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic, red peppers and a pinch of cayenne served with rouille, croutons and Parmesan (370 kcal) 13.95
MOULES MARINIÈRE with sourdough bread (791kcal) 14.95
CRAB LINGUINE with chilli, garlic and parsley (410 kcal) 16.00
SMOKED SALMON with horseradish cream (713 kcal) 16.50
GARLIC PRAWNS with soft polenta (583 kcal) 16.95
SEARED TUNA GUACAMOLE with spring onion, chilli, and soy dressing (85 kcal) 18.00
SCALLOPS with ginger, soy, coriander (138 kcal) 22.95
SASHIMI OF SCALLOP, TUNA AND SALMON with pickled ginger, wasabi and soy dipping sauce (185 kcal) 24.00
DEVILLED KIDNEYS with chestnut mushrooms and toasted sourdough (690 kcal) 10.50
GOATS' CHEESE AND THYME SOUFFLÉ (493 kcal) 15.95

MAINS

- FISH AND CHIPS cod deep-fried, with chips, mushy peas, and tartare sauce (1100 kcal) 23.95
(One Feeds Two) Every time you order fish and chips, we donate a school meal to a child in poverty
LINGUINE ALLE VONGOLE with chilli, garlic, and parsley (654 kcal) 21.95
GRILLED SEA BASS with beurre blanc and spinach (879 kcal) 28.95
GRILLED HAKE with spring onion mash and soy butter (468 kcal) 27.95
MEGRIM SOLE JOINVILLE with brown shrimps, mushrooms and beurre noisette (541 kcal) 29.95
INDONESIAN SEAFOOD CURRY with cod, sea bream, and prawns with pilau rice and a green bean, grated coconut salad (700 kcal) 33.50
TRONÇON OF TURBOT WITH HOLLANDAISE turbot in the English Style, simple and probably a nicer way of eating with this wonderful fish than anything more elaborated (800 kcal) 50.00
DOVER SOLE A LA MEUNIÈRE dusted with flour and fried in an oval pan, served with beurre noisette (1564 kcal) 54.95
8OZ RIBEYE STEAK from Philip Warren Butchers, Launceston, with thin cut chips and a salad of baby gem lettuce, shallots and cream with Cabernet Sauvignon vinaigrette (1103 kcal) 36.95
SRI LANKAN CASHEW NUT CURRY with basmati rice (1343 kcal) 15.95

HEAD CHEF'S SPECIAL OF THE MONTH:

SINGAPORE CHILLI CRAB One of Rick's signature dishes at The Seafood Restaurant in Padstow, this stir-fried whole crab with garlic, ginger, chilli and coriander is very much for those who love eating with their hands and getting gloriously messy (1073 kcal) 44.50

SIDES

- MINTED NEW POTATOES (177 kcal) 5.95
GARDEN SALAD (161 kcal) 5.95
THIN CHIPS (365 kcal) 5.95
TOMATO AND SHALLOT SALAD (132 kcal) 5.95
SPICED RED CABBAGE (115 kcal) 5.95
BUTTERED GREEN BEANS (182 kcal) 6.50

Adults need around 2000 kcal a day

Please ask for information allergens. A discretionary service charge of 12.5% will be added to your bill.