

Appetisers

Coombeshead Sourdough & Kalamata Olives 5.95 778kcal

Roasted Red Pepper and Tomato Soup

with basil and olive oil 7.50 675kcal

Walnut Crusted Goat's Cheese

with chilli beetroot and thyme 9.95

Fish and Shellfish Soup

with rouille, Parmesan and croutons 11.95 451kcal

Lemon Sole Goujons with tartare sauce 5.95 156kcal **Salt Cod Brandade**

with sourdough and olive tapenade 5.95 246kcal

Halloumi Saganaki

drizzled with honey, black sesame seeds and oregano 5.95 489kcal

Starters Co

La Mouclade

Rick's mussel dish, a famous recipe from La Rochelle of lightly spiced mussels in a creamy sauce 14.95 596kcal

Piri Piri Prawns

with toasted sourdough 14.95 487kcal

Crab Linguine

with garlic, parsley and chilli 14.95 365kcal

Smoked Salmon

with horseradish cream and buttered sourdough bread 15.95 742kcal

Grilled Scallops

with truffle butter 19.95 360kcal

Mains

Chicken Palliard

with watercress and red wine dressing 19.95 1188kcal

Hake alla Carlina

with gherkins, capers and parsley 26.95 830kcal

Sea Bass Fillets

with spinach and beurre blanc 28.95 914kcal

Chargrilled Tuna Steak

with roasted fennel, tomatoes and apple balsamic vinegar. Served pink in the middle 25.95 290kcal One Feeds Two - When you order the tuna steak, we provide a school meal for a child living in poverty. Good food - does good.

Whole Lemon Sole

with black olive butter and crispy basil 37 789kcal

Monkfish

with crushed new potatoes and watercress 39.95 1034kcal

Tronçon of Turbot

with a bone marrow gravy 45 820kcal

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.



Barbecue Grill ~



The beef is from Philip Warren's Butchers, Launceston. Seasoned with my own spice mix of peppercorns and chipotle chilli. Served with a cherry tomato, thyme, shallot and rocket salad and thin cut chips.

Full Face Rump Steak 29.95 1249kcal

Mackerel Salad

with fennel and sundried tomatoes 279kcal

Roasted Red Pepper and Tomato Soup

with basil and olive oil 675kcal

10oz Ribeye Steak 35.95 1051kcal

Lamb Cutlets 32.95 1726kcal

8oz Fillet Steak 42.50 998kcal

add: Bearnaise sauce 576kcal | Bone marrow gravy 454kcal | Peppercorn sauce 196kcal 3.95

Steak Frites Seasoned 8oz bavette steak, simply cooked in a hot griddle pan with a generous knob of butter, paired with salty fries, rocket salad and a 125ml Bordeaux Superieur or Gros Manseng Sauvignon Blanc 22.95 896kcal





Thin Cut Chips 5 498kcal | Buttered Potatoes 5 378kcal | Baby Gem Salad with shallots, cream and Cabernet Sauvignon vinaigrette 5.95 118kcal Savoy Cabbage with bacon and chives 5.95 4 10kcal | Kalettes with olive oil and sea salt 5.95 28 kcal | Tenderstem Broccoli with salsa verde 5.95 241kcal

Lunch Special

Set Lunch Menu - Available every day, 12 - 3pm

Two courses £21 | Three Courses £26

4oz Steak Frites

with thin cut chips and rocket salad 1060kcal **Lemon Sole Goujons**

with mixed leaf salad and tartare sauce 554kcal

Cheesecake

with mixed berry compote 283kcal

Sticky toffee pudding with clotted cream 1344kcal

Three Courses 17.50 | Available Monday to Friday, 12 - 3pm

LOCH DUART SALMON with passion fruit, lime, chilli and coriander

FRENCH BEEF BURGER topped with melted Camembert, thin cut chips and mayonnaise

LEMON SEMIFREDDO

Delight friends and family with a Rick Stein gift card, redeemable in all our restaurants, rooms, cookery school, shops and online.





Desserts

Chocolate Pavé

with peanut crumb and vanilla ice cream 8.95

Pistachio Panna Cotta

with pistachio double cream 8.95

Sticky Toffee Pudding

with Cornish clotted cream 8.95

Ice Creams and Sorbets 3 scoops

vanilla | chocolate | salted caramel | strawberry | lemon & lime | raspberry | mango 6.95

Affogato

vanilla ice cream with Frangelico liqueur and espresso 7.95

Selection of Cheeses

Ashlynn, Quicke's Cheddar and Stilton served with beetroot chutney and crackers 12.50

Dessert Wines

MOSCATO D'ASTI, MONCUCCO, DOCG, FONTANAFREDDA, ITALY, 2019

30.00 (37.5cl bottle)

MONBAZILLAC, CHATEAU RAMON, BORDEAUX, FRANCE 2018

8.00 (70ml glass) | 38.00 (75cl bottle)

LATE HARVEST TOKAJI KATINKA, PATRICIUS, HUNGARY 2018

15.30 (70ml glass) | 44.00 (37.5cl bottle)

SAUTERNES, CYPRÈS DE CLIMENS BARSAC, BORDEAUX, FRANCE 2014

12.00 (70ml glass) | 52.00 (37.5cl bottle)

PEDRO XIMENEZ, BELLA LUNA, SPAIN

7.50 (70ml glass) | 24.00 (37.5cl bottle)

QUINTA DE LA ROSA LBV 2016, PORTUGAL

7.70 (70ml glass) | 50.00 (50cl bottle)

QUINTA DE LA ROSA 10 YEAR OLD TAWNY, PORTUGAL

8.50 (70ml glass) | 59.00 (50cl bottle)

SAKE AKESHI TAU UMESHU, JAPAN, NV

7.50 (50ml glass) | 54.00 (50cl bottle)

Please ask for information on allergens.

A discretionary 12.5% service charge will be added to your bill.