

APPETISERS

COOMBESHEAD SOURDOUGH with kalamata olives and salt cod

brandade 6.95 | 778kcal MEXICAN CORN ON THE COB with feta, chili and lime 5.00 | 157kcal PADRON PEPPERS local, more hot than not! 5.95 | 164kcal

STARTERS

CELEBRATING UNSUNG SEAFOOD

We're championing the unsung fish and shellfish of the British Isles, prepared in classic dishes you know and love.

Discover something new...

CRISPY COCKLES

with miso mayonnaise 7.95 | 129kcal

MEGRIM SOLE WITH ROASTED PEPPER grilled Megrim Sole served with roasted red pepper, chili, garlic and oregano. 19.95 | 331kcal

*Subject to the seas



BEEF TARTARE

chopped top rump steak 19.95 | 206kcal

SMOKED SALMON

with walnut bread 16.50 | 318kcal

DEVILLED EGGS

with anchovies and baby gem lettuce 9.95 | 201kcal

PALOURDE CLAMS

with garlic, olive oil, coriander and chilli. 16.95 | 197kcal

HERITAGE TOMATO SALAD

with mozzarella 10.95 | 372kcal

LAMB SWEETBREADS

with lemon and tarragon sauce 12.95 | 311kcal

LUNCH SPECIALS

All 15.95

PRAWN ROLL

made to Jack's recipe. Cornish prawn served in a brioche roll 938kcal

STEAK FRITES

seasoned rump steak from Phillip Warren, Launceston 838kcal SALT COLEY STEW 841kcal LA MOUCLADE MUSSELS 1202kcal AUBERGINE CURRY
With chilli, tomato, kaffir
and lime
758kcal

MAINS

BUTTERNUT SQUASH RISOTTO

with sage and beurre noisette 19.95 | 487kcal

CORNISH HAKE

with spring onion mash 28.95 | 1229kcal

60z CHEESEBURGER

with chips, caramalised onion, cheese and salad 18.50 | 398kcal

PORK

with a cider butter sauce 24.95 | 1229kcal

WHOLE ROASTED BREAM

with fennel and Pernod 29.95 | 459kcal

HOME SMOKED CHICKEN BREAST

with carrot, ginger and chilli sambal 21.95 | 380kcal

PHILIP WARREN BUTCHERS – all our meat comes from Philip and Ian's skilled team in Launceston. As well as farming their own livestock they work with small farmers across Dartmoor, Bodmin Moor, and the grasslands of the Tamar Valley, specialising in native breeds to produce the very best Cornish meat.

BARBECUE GRILL

12 OZ FULL FACE RUMP STEAK

31.95 | 1229kcal

10OZ RIBEYE STEAK 38.95 | 1506kcal 8OZ FILLET STEAK

43.95 | 968kcal

add: Bearnaise sauce 576kcal | Bone marrow gravy 454kcal | Peppercorn sauce 196kcal 4.00 Our beef is from Philip Warren's Butchers, Launceston. Served with a cherry tomato, thyme, shallot and rocket salad and thin cut chips

SIDES

THIN CUT CHIPS 5.95 | 498kcal GRILLED HISPI CABBAGE

with olive oil and sea salt 6.50 | 174kcal

KALE

with confit garlic 6.50 197kcal BUTTERED POTATOES

5.95 | 378kcal

MIXED LEAF SALAD with white wine vinaigrette

5.95 | 367kcal

GLAZED CARROTS With star anise 6.50 | 185kcal

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