

Appetisers

Halloumi Saganaki

drizzled with honey, black sesame seeds and oregano 5.95

Coombeshead Sourdough

& Kalamata Olives 5.95

Lemon Sole Goujons

with tartare sauce 5.95



Starters

Roasted red pepper and tomato soup

with basil and olive oil 7.50

Moules Marinière

with cream, white wine and shallot 11.50

Fish and Shellfish Soup

with rouille, Parmesan and croutons 11.95

Piri Piri Prawns

with toasted sourdough 14.95

Smoked Salmon

with horseradish cream and buttered walnut bread 15.95

Crab Salad

with rocket, lemon and basil 16.95

Grilled Scallops

with hazelnut butter and coriander 19.95

Mains

6oz French Burger

with camembert and caramelised onion, served in a brioche bun 18.50

Chicken Palliard

with watercress and a red wine dressing 19.95

Whole Bream

with fennel mayonnaise and mixed leaf salad 26.95

Chargrilled Tuna Steak

with roasted fennel, tomatoes and apple balsamic vinegar. Served pink in the middle 25.95

One Feeds Two - When you order the tuna steak, we provide a school meal for a child living in poverty. Good food - does good.

Hake alla Carlina

with gherkins, capers and parsley 26.95

Whole Lemon Sole

With black olive butter and crispy basil 37.00

Monkfish

with crushed new potatoes and watercress 39.95

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 Com



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.

12oz Full Face Rump Steak 29.95

Lamb Cutlets 32.95

10oz Ribeye Steak 35.95

add: Bearnaise sauce | Bordelaise sauce | Peppercorn sauce 3.95 each



Sides Com

Thin Cut Chips 5 | Buttered Potatoes 5 | Baby Gem Salad with shallots, cream and Cabernet Sauvignon vinaigrette 5.95

Savoy Cabbage with bacon and chives 5.95 | Cavolo Nero with confit garlic 5.95 | Tenderstem Broccoli with toasted almonds 5

Set Lunch

Two Courses for £21 | Three Courses for £26 | Available every day, 12 - 3pm

Mackerel Salad

with sun dried tomatoes

Coarse Pork and Herb Terrine

with beetroot chutney and toasted sourdough

4oz Steak Frites

with thin cut chips and rocket salad

Lemon Sole Goujons

with mixed leaf salad and tartare sauce

Cheesecake

with mixed berry compote

Sticky toffee pudding

with Cornish clotted cream



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



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.