

MARINATED OLIVES 4.50 302 kcal

HALLOUMI SAGANAKI drizzled with honey, black sesame seeds and oregano 6.75 931 kcal

PADRON PEPPERS sea salt and extra virgin olive oil 5.00 113 kcal

LEMON SOLE GOUJONS with tartare sauce 6.95 211kcal

SOURDOUGH BREAD Coombeshead Farm sourdough and marinated Kalamata olives 6.95 1252 kcal

STARTERS

THAI FISH CAKES with a sweet and sour cucumber dipping sauce and Thai vegetable salad with peanuts and chilli 10.50 134kcal

CRAB LINGUINE handpicked white crab meat, olive oil, concasse tomato, chilli, garlic, and parsley 14.95 210 kcal

SALT AND PEPPER PRAWNS served with cucumber, spinach and a soy and sesame dressing 15.95 531 kcal

GRILLED SCALLOPS with hazelnut and coriander butter 19.95 296 kcal

VIETNAMESE POACHED CHICKEN SALAD peanuts, chilli, mint, and coriander 9.95 283 kcal

PASTA WITH ALMOND, BASIL AND PECORINO cherry tomatoes and green pesto 9.95

BATTERED MACKEREL FILLETS with pico de gallo, mayonnaise and hot sauce. 9.95

SUMMER OF SHELLFISH

XO MUSSELS one of Rick's favourite spicy Chinese seafood dishes 16.95 164 kcal

MAINS

FISH CHILLI BURGER brioche bun, chilli chutney, mustard mayonnaise and thin cut chips 18.95 492 kcal

PRAWN MOLEE with coconut curry leaves, ginger and tomato 23.95 492 kcal

CHANA MASALA chickpea curry. Served with fragrant rice and coriander 16.95 492 kcal

GRILLED HAKE LAKSA with egg noodles, beansprouts, spring onion and coriander, and a Malaysian shrimp paste, chilli, and makrut lime sambal 23.95

PONDICHERRY COD CURRY a fragrant curry from southern India served with basmati rice 22.95 821 kcal

One Feeds Two - When you enjoy this café classic, we provide a school meal for a child living in poverty. Good food - does good.

DUCK NOODLE BROTH crispy chilli, garlic, ginger, spring onions, beansprouts and coriander 18.95

CHARGRILLED RUMP STEAK 10oz rump steak from Philip Warren butcher in Launceston. Served with rocket and thin cut chips 28.00 1328kcal

Peppercorn Sauce 3.95 552 kcal

SUMMER OF SHELLFISH

CORNISH MANGALORE MASALA LOBSTER chilli, ginger, garlic and tamarind, served with thin cut chips 39.95 1710kcal



During the summer Cornish lobsters are bountiful and deserve to be celebrated, so until 1st September we're offering lobster in Mangalore masala with thin cut chips for a very special price – including a £1 donation to support the wonderful work of the National Lobster Hatchery.

SIDES

THIN CUT CHIPS 4.95 1033 kcal

ASIAN COLESLAW cabbage, carrot, mint and coriander with lime and fish sauce dressing 4.95 111 kcal

POPADOMS 2.20 1325 kcal

TOMATO AND SHALLOT SALAD 4.95

CHARGRILLED HISPI CABBAGE with mirin and soy sauce 5.50 353 kcal

CHAPATIS 2.50 1325 kcal

GIFT CARDS

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



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