



"We've never thought of our restaurants as temples of gastronomy, they're just places where the fish is fresh and the atmosphere alive and full of fun." RICK STEIN

WHITE PEACH AMERICANO a delicious, refreshing drink made with Hennessy VS, Suze, crème de pêche, London Essence peach and jasmine soda 9.95

ELDERFLOWER COLLINS this cocktail tastes summery and refreshing. Premium gin, lemon juice, Elderflower liqueur, Elderflower tonic water and a Fresh lemon slice. 12.00

CAMPARI SPRITZ "I make no secret of the fact that I'm a Campari soda super fan. Adding Prosecco, soda and a slice is my perfect pre-lunch palate sharpener. Light, bitter, bubbly and refreshing." Charlie 13.50

Appetisers

MARINATED KALAMATA OLIVES lemon, thyme, bay leaves, garlic and rosemary 4.50 302 kcal

SALT COD FISH CAKES from Houria Café. From Rick Stein's Food Stories, this recipe is kindly from Kim at Bristol-based Community Interest Company, Houria 5.50 381kcal

HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black and white sesame seeds and oregano 5.95 931 kcal

COOMBESHEAD SOURDOUGH salted butter 'We tend to bake our bread a bit darker because that is where the flavour is. It is a fine line between caramelised and burnt' Ben Glazer, Head Baker 6.75 1149 kcal

LANGOUSTINES on ice from the west coast of Scotland, mayonnaise 8.95 each 243 kcal

JAMÓN IBÉRICO DE BELLOTA 9.95 83 kcal

DORSET ROCK OYSTERS on ice 3 for 15.00 with either a red wine vinegar and shallot dressing or Pernod, tarragon and shallot dressing 64kcal per oyster

EXMOOR CAVIAR blinis and crème fraîche 10g 35.00 56 kcal

Starters

PEA AND POTATO SOUP with horseradish 8.50 462 kcal

VIETNAMESE CHICKEN SALAD with roasted peanuts, sesame seeds and a lime juice and chilli dressing 9.95 209 kcal

FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne, served with rouille and Parmesan and croûtons 13.50 451 kcal

WEST COUNTRY MUSSELS with poulette sauce 13.95 928 kcal

BURRATA with roasted tomatoes, anchovies, capers and basil 14.95 426 kcal

TWICE BAKED GOAT'S CHEESE AND THYME SOUFFLÉ 14.95 485 kcal

SALMON AND TUNA TARTARE smoked salmon, tuna and Loch Duart salmon with avocado, tomato and cayenne pepper 14.95 86 kcal

GRILLED PRAWNS with tomato, ouzo, chilli and feta 16.95 281 kcal

CHILLED SHELLFISH mussels, cockles, clams and prawns in a rich aioli and parsley sauce served with sourdough 16.95 893 kcal

SALAD OF SCALLOPS with green beans 22.95 171 kcal

JAMÓN IBÉRICO DE BELLOTA hand-carved with sourdough and sliced tomato 22.95 535 kcal

SASHIMI OF TUNA, LOCH DUART SALMON AND SCALLOP wasabi, mooli, pickled ginger and soy dipping sauce 22.95 138 kcal

OYSTERS CHARENNAISE freshly opened oysters with hot, spicy sausages. The idea is that you eat an oyster, take a bite of the sausage, then a good gulp of cold white wine like Muscadet. 5 oysters for 27.50 647 kcal

HOT SHELLFISH prawns, oysters, mussels, langoustines, clams, razor clams, scallops, crab claws, winkles, parsley, chilli, olive oil, garlic and lemon juice 45.00 1199 kcal

Mains

COD AND CHIPS mushy peas, tartare sauce and thick cut chips (**One Feeds Two** Every time you order fish and chips we donate a school meal to a child in poverty) 22.95 1266 kcal

HADDOCK FILLETS with spring onion, red pepper and lemon juice, dusted in flour 25.95 377 kcal

CRAB LINGUINE handpicked white crab meat, olive oil, chilli, garlic and parsley 26.95 709 kcal

CHAR-GRILLED SEA TROUT slightly smoked with a chive dressing and potato and tomato salads. From Rick Stein's Food Stories, I wrote this recipe after a successful nights fishing trip in Wales 26.95 931 kcal

HAKE EN PAPILOTE with oven roasted tomatoes and salpicon dressing 27.95 720 kcal

FILLETS OF SEA BASS crispy garlic, shallots, chilli, basil and cashew nuts with a hot sweet chilli sauce and pak choi 28.95 1115 kcal

INDONESIAN SEAFOOD CURRY with bream, cod and prawns. Served with basmati rice, a green bean and grated coconut salad 32.95 1489 kcal

ROAST TRONÇON OF TURBOT with bone marrow gravy, in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate 47.50 820 kcal

WHOLE DOVER SOLE either grilled with sea salt and lime or meunière with noisette butter, dusted with flour 50.00 1280 kcal

CORNISH LOBSTER THERMIDOR we used to sell lobster thermidor 25 years ago, but fashion changed. Now there's a renaissance of classic French seafood dishes. I've made it lighter and more fragrant and it's rather good 69.95 1746 kcal

FRUITS DE MER seafood in the French style, all left in the shell and served on ice. Lobster, langoustines, oysters, mussels, crab claws, prawns, razor clams, clams, scallops and winkles 85.00 1907 kcal

CHICKEN FRICASSÉE with morels 22.95 989 kcal

10oz RIBEYE STEAK from our butcher Philip Warren, Launceston. Tomato and shallot salad, thin cut chips and bone marrow gravy 38.95 1929 kcal

8oz FILLET STEAK from our butcher Phillip Warren, Launceston. Rocket Salad, thin cut chips and peppercorn sauce 45.95 1107 kcal

RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS sun-dried tomatoes, porcini mushrooms and hazelnuts 16.95 1051 kcal

MUSHROOM THYME TART 17.95 1041 kcal

Sides

TRUFFLE CHIPS truffle butter & parmesan 8.50 850 kcal

GLAZED CARROTS with star anise 5.50 185 kcal

COURGETTES with chives and sea salt 5.50 178kcal

TOMATO AND SHALLOT SALAD basil 5.50 120 kcal

SEAWEED ROAST POTATOES 5.95 240 kcal

GARDEN SALAD with fines herbes and sliced fennel 5.95 132kcal

SEASONAL CABBAGE confit shallots 6.50 693 kcal

TENDERSTEM BROCCOLI with salsa verde 6.95 188 kcal



Set Menu

Available Monday – Thursday 12noon – 3pm and 5pm – 6pm
and Friday 12noon – 3pm

Starters

CULLEN SKINK a warming, smoked haddock soup 421 kcal

GRILLED MACKEREL with tomatoes and tapenade 288 kcal

RADICCHIO, RED ONION AND GRUYERE TART 265 kcal

Mains

SMOKED HADDOCK FISHCAKES with soft boiled egg and mixed leaf salad 1131 kcal

CHICKEN, LEEK AND CIDER GRATIN 668 kcal

GOAN VEGETABLE CURRY with basmati rice 525 kcal

Sides

GLAZED CARROTS
star anise 5.50 185 kcal

TOMATO AND SHALLOT SALAD
basil 5.50 120kcal

THIN CUT CHIPS 5.50 1033 kcal

COURGETTES
chives and sea salt 5.50 178kcal

TENDERSTEM BROCCOLI
salsa verde 6.95 188 kcal

Desserts

APPLE AND RHUBARB CRUMBLE with Cornish clotted cream 620 Kcal

STEAMED GINGER PUDDING with crème Anglaise 329 kcal

LEMON SEMIFREDDO with berry compote 308 kcal

3 courses 29.95

MACKEREL SALAD
fennel, thyme, sun-dried tomatoes
and sherry vinegar 279 kcal

CHICKEN HOLSTEIN
sautéed potatoes,
anchovies, fried egg with lemon
and caper dressing
825 kcal

WALNUT TART
with clotted cream 613 kcal

3 courses 17.50

we are unable to substitute any of the dishes from our 17.50 set menu

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

DESSERTS

PASSION FRUIT PAVLOVA

with Chantilly cream 9.50 379 kcal

*Brachetto D'acqui, Contero, Piedmon, Italy (100ml) 6.80

LEMON POSSET

with a Viennese biscuit 9.50 453 kcal

*Monbazillac, Chateau Ramon, Bordeaux, France (100ml) 8.00

AFFOGATO

vanilla ice cream, espresso, and Frangelico (25ml) 9.50
624 kcal

STICKY TOFFEE PUDDING

ginger sauce and clotted cream 9.95 1056 kcal

* Miles, Madeira (70ml) 8.90

PARIS-BREST

a patisserie work of art, choux pastry and praline
flavoured cream 10.50 676 kcal *Sauternes, Cypres De
Climens, France (100ml) 16.50

HOT CHOCOLATE FONDANT

pistachio ice cream 12.50 592 kcal

* Late Harvest Tokaj Katinka, Patricius, Hungary 2021 (100ml) 15.30

ICE CREAMS AND SORBETS 3.50 per scoop 591 kcal

ice creams: chocolate, strawberry, vanilla, salted
caramel and coconut

sorbets: lemon, mango and raspberry

A SELECTION OF CHEESES

Mature cheddar, Brie, Roquefort, Epoisses and Ash
Lynn. Served with Peter's Yard crispbread, oat
biscuits and beetroot chutney 17.00 930 kcal

*Sommelier recommendation

DESSERT WINES

MONBAZILLAC, CHÂTEAU RAMON,
BORDEAUX, France 2019

Sweet and golden with notes of
candied orange, honey, saffron,
mango and apricots with a zesty,
elegant finish. Glass (100ml) 8.00,
Bottle (750ml) 38.00

LATE HARVEST TOKAJ KATINKA,
PATRICIUS, HUNGARY 2021

Lightly sweet, showing dried orange,
tobacco, and white chocolate on a
lightly spicy background. Glass (100ml)
15.30, Bottle (375ml) 49.00

SAUTERNES, CYPRÈS DE CLIMENS
BARSAC, BORDEAUX, FRANCE 2016

Aromatic nose with hints of vanilla
and aromas of candied yellow fruits,
apricot, and honey. Glass(100ml) 16.50,
Bottle (375ml) 58.00

PORT

LATE BOTTLED VINTAGE (LBV),
QUINTA DE LA ROSA, PORTUGAL
2015 Glass (70ml) 7.70

TAWNY PORT QUINTA DE LA ROSA
10-YEAR-OLD, PORTUGAL
Glass (70ml) 8.00

VINTAGE, QUINTA DE LA ROSA,
PORTUGAL 2005
Glass (70ml) 20.50

AFTER DINNER COCKTAILS

PASSION FRUIT MARTINI

Vodka, passion fruit purée, pineapple
juice and passion fruit syrup, served with
a shot of prosecco and garnished with
passion fruit 10.25

BRANDY ALEXANDER

VS Cognac, Crème de cacao,
double cream, garnished with a
grating of nutmeg 10.95

CHOCOLATE MARTINI

Belvedere vodka, crème de cacao,
chocolate syrup and topped with
double cream 12.00