



“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

<b>RUM PUNCH</b> EL Rarer Rum, pineapple, passion fruit ginger, lime and bitters. The classy king of the summer. Smooth and bold with a Caribbean kick. 9.95	<b>BELLINI</b> refreshing and bubbly to take you into summer with prosecco, peach liqueur and purée. 10.25	<b>AVIATION NEGRONI</b> a twist on the classic negroni with Aviation gin, a hint of citrus, sweet vermouth and Campari 12.00
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Appetisers

<b>SPICED OCTOPUS</b> cinnamon, olive oil and parsley 7.95	<b>COOMBESHEAD SOURDOUGH</b> 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 5.95
<b>LANGOUSTINE</b> on ice from the west coast of Scotland, mayonnaise 8.95 each	<b>HALLOUMI SAGANAKI</b> dusted in semolina, fried in olive oil and drizzled with honey, black and white sesame seeds and oregano 5.95
<b>DORSET ROCK OYSTERS</b> on ice 3 for 15.00	<b>PADRON PEPPERS 'A LA PLANCHA'</b> extra virgin olive oil and sea salt, from Padstow kitchen garden, Trerethem farm, Cornwall 5.95
<b>EXMOOR CORNISH CAVIAR</b> blinis and crème fraîche 10g 35.00	
<b>JAMÓN IBÉRICO DE BELLOTA</b> 9.95	
<b>MARINATED KALAMATA OLIVES</b> lemon, thyme, bay leaves, garlic and rosemary 4.50	

Starters

<b>CRISPY SMOKED MACKEREL SALAD</b> apple, shallots, carrots, peanuts, Thai basil and chilli 9.95	<b>STEAMED SCALLOPS</b> ginger, soy sauce and spring onion 19.95
<b>FISH AND SHELLFISH SOUP</b> flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne, served with rouille and Parmesan and croutons 12.95	<b>SASHIMI OF TUNA, LOCH DUART SALMON AND SCALLOP</b> wasabi, mooli, pickled ginger and soy dipping sauce 21.95
<b>WEST COUNTRY MUSSELS</b> black beans, ginger, garlic and spring onion 12.95	<b>OYSTERS CHARENTEAISE</b> 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 26.95
<b>RICK’S SMOKED SALMON</b> horseradish cream 15.95	<b>HOT SHELLFISH</b> prawns, oyster, mussels, langoustine, clams, razor clams, scallops, crab claws, cockles, parsley, chilli, olive oil, garlic and lemon juice 45.00
<b>LOBSTER AND COD CHOWDER</b> Rick says, “I can’t resist slipping a chowder into each of my books – a simple, perfect, creamy soup”. This particularly special one includes chunks of sweet lobster meat, flaky pieces of cod & bacon – all brought to life with a gentle allium nudge of freshly chopped chives. All in all, a very pleasing starter indeed 15.95	<b>JAMÓN IBÉRICO DE BELLOTA</b> hand-carved with sourdough and sliced tomato 22.95
<b>DEEP FRIED COCONUT PRAWNS</b> a dish from the Yucatán peninsula, accompanied by a papaya dipping sauce 15.95	<b>BUTTERNUT SQUASH RISOTTO</b> sage beurre noisette 8.50
	<b>RAVIOLI OF CARAMELISED ONION AND FENNEL SEEDS</b> sun-dried tomatoes, porcini mushrooms and hazelnuts 9.95
	<b>SOFT POLENTA</b> with sautéed king oyster, girolles and porcini mushroom 12.95

Mains

<b>COD AND CHIPS</b> mushy peas, tartare sauce and thick cut chips 22.95 One Feeds Two - fish and chips just got even better. When you enjoy this classic, we provide a school meal for a child in the developing world. Good food does good.	
<b>CRAB LINGUINE</b> handpicked white crab meat, olive oil, chilli, garlic and parsley 24.95	
<b>FILLETS OF SEA BASS</b> beurre blanc sauce and spinach 25.95	
<b>HAKE ALLA CARLINA</b> a Venetian recipe using capers and gherkins in a tomato sauce 26.95	
<b>INDONESIAN SEAFOOD CURRY</b> bream, cod and prawns, basmati rice, a green bean and grated coconut salad 30.95	
<b>ESCALOPES OF HALIBUT</b> dill, carrots and celery 36.95	
<b>ROAST TRONÇON OF TURBOT WITH HOLLANDAISE SAUCE</b> in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate 45.00	
<b>DOVER SOLE À LA MEUNIÈRE</b> dusted with flour and fried in an oval pan with beurre noisette 47.50	
<b>GRILLED CORNISH LOBSTER</b> thin cut chips and mixed leaf salad, whole medium 52.95	
<b>CORNISH LOBSTER THERMIDOR</b> 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, half large 55.95	
<b>FRUITS DE MER</b> seafood in the French style, all left in the shell and served on ice. Lobster, langoustine, oysters, crab claws, prawns, mussels, razor clams, clams, scallops and cockles 85.00	
<b>ANTHONY ZHAO'S RED BRAISED PORK</b> Chinese red braised pork belly in rich, sticky, savoury sweet sauce with basmati rice and pak choi 21.95	
<b>10oz RIBEYE STEAK</b> from our butcher Phillip Warren, Launceston. Baby gem salad, thin cut chips and béarnaise sauce 38.95	
<b>8oz FILLET STEAK</b> from our butcher Phillip Warren, Launceston. Watercress salad, thin cut chips and peppercorn sauce 45.95	
<b>TOMATO, AUBERGINE AND TAMARIND STEW</b> sourdough bread 15.95	
<b>VEGETABLE MAKHANWALA CURRY</b> basmati rice and chapati 17.95	

Sides

<b>THIN CUT CHIPS</b> 5.00	<b>TENDERSTEM BROCCOLI</b> toasted almonds 6.95	<b>CRUSHED BABY POTATOES</b> watercress and balsamic 5.95
<b>TOMATO SHALLOT SALAD</b> basil 5.00	<b>GARDEN SALAD</b> fines herbs and sliced fennel 5.95	<b>GLAZED CARROTS</b> star anise 5.95
<b>CAVOLO NERO</b> confit shallots 5.95		



## Set Menu

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

### Starters

**MOULES MARINIÈRE** white wine, shallots and parsley

**SMOKED MACKEREL PÂTE** sourdough bread

**ROASTED RED PEPPER AND TOMATO SOUP**

### Mains

**PONDICHERRY HAKE CURRY**

**BARBECUED CHICKEN SUMAC** aubergine purée and pomegranate molasses

**TOMATO, AUBERGINE AND TAMARIND STEW** sourdough bread

### Sides

**GLAZED CARROTS** star anise 5.95

**CRUSHED BABY POTATOES** watercress  
and balsamic 5.95

**THIN CUT CHIPS** 5.00

**TOMATO SHALLOT SALAD** basil 5.00

**CAVOLO NERO** confit shallots 5.95

**TENDERSTEM BROCCOLI** toasted  
almonds 6.95

### Desserts

**STICKY TOFFEE PUDDING** clotted cream

**PANNA COTTA** red berries

**PINEAPPLE TARTE TATIN** coconut ice cream

2 courses 26.95

3 courses 29.95

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



## DESSERTS

### PARIS-BREST

a patisserie work of art, choux pastry and praline flavoured cream 9.95

\*Sauternes, Cypres De Climens, France (100ml) 16.50

### PASSION FRUIT PAVLOVA

chantilly cream 8.95

\*Gewurztraminer, Trimbach, Alsace (100ml) 19.50

### CHOCOLATE MOUSSE

caramelised macadamia nuts and banana 8.95

\*Tawny Port Quinta De La Rosa 10-year-old, Portugal (70ml) 8.00

### STICKY TOFFEE PUDDING

clotted cream 9.50

\* Miles, Madeira (70ml) 8.90

### AFFOGATO

ice cream, espresso, and Amaretto (25ml) 8.95

### BERRIES PANNA COTTA 8.95

\*Brachetto D'acqui, Contero, Piedmont, Italy 2022 (100ml) 6.80

### HOT CHOCOLATE FONDANT

pistachio ice cream 10.95

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

### ICE CREAMS AND SORBETS 3 scoops 6.95

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

Sorbets: lemon, mango and raspberry

### A SELECTION OF CHEESES

Mature cheddar, Brie, Ashlynn, Roquefort and Epoisses.

Served with Peter's Yard crispbread, oat biscuits and beetroot chutney 17.00

\* Sommelier recommendations

## 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, CYPRES 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

### CHOCOLATE MARTINI

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

### PASSION FRUIT MARTINI

Vodka, passionfruit puree, pineapple juice and passionfruit 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