

## APPETISERS & SHARING PLATES

I love starting lunch or dinner with a few plates for everyone to share.

**BREAD, OLIVES & BRANDADE** Coombeshead Farm sourdough, with brandade, a mixture of salted cod, mashed potato and olive oil 1057 kcal 8.00

**PERELLO GORDAL OLIVES** a cult favourite among olive cognoscenti 150 kcal 5.50

**PADRON PEPPERS A LA PLANCHA** locally grown and hot! With sea salt and olive oil 147 kcal 6.95

**HALLOUMI SAGANAKI** dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds 631 kcal 6.75

**DORSET OYSTERS** served on ice with cabernet sauvignon vinegar and shallot dressing 50 kcal 5.50

**PULPO A LA FERIA** warm octopus with Pimentón Picante and extra virgin olive oil 293 kcal 9.95

**GRILLED ROCKEFELLER OYSTERS** with spinach, watercress and Parmesan 120 kcal 6.00

**LANGOUSTINES ON ICE** from creel pots off the west coast of Scotland with mustard mayonnaise. Each 15.50

## STARTERS

**EXMOOR CAVIAR** with blinis and crème fraîche 10g. 63 kcal 39.50. We would recommend our Krug Grande Cuvée 58.00 (glass 125ml) or our unfiltered Belvedere frozen vodka Lake Bartezek 6.25 (25ml) to complement the caviar.

**MOUNT'S BAY SARDINES** with rock salt and lime 187 kcal 13.50

**FISH AND SHELLFISH SOUP** flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne served with rouille and Parmesan 370 kcal 14.95

**CHILLED SHELLFISH WITH AIOLI** prawns, clams, cockles and mussels with garlic mayonnaise 919 kcal 19.95

**RAGOÛT OF TURBOT AND SCALLOPS** with Vouvray and basil 570 kcal 22.50.

**STEAMED SCALLOPS** with soy, ginger and spring onions 43 kcal 22.95

**CORNISH CRAB** with a wakame, cucumber and dashi salad with wasabi mayonnaise 160 kcal 24.50

**SASHIMI OF SCALLOP, BASS, LOCH DUART SALMON AND YELLOWFIN TUNA** with wasabi, Japanese horseradish, pickled ginger and soy dipping sauce 185 kcal 28.50

**OYSTERS CHARENNAISE** a seemingly odd combination - freshly opened oysters with some 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 312 kcal 30.00

**A SMALL "FRUITS DE MER"** brown crab claws, mussels, whelks, scallops, oysters, razor clams, clams, cockles, winkles and langoustines 120 kcal 47.50

**HOT SHELLFISH** brown crab claws, razor clams, clams, scallops, oysters, mussels, whelks, cockles, winkles and langoustines with parsley, chilli, olive oil, garlic and lemon 1099 kcal 47.50

## MAINS

**FISH AND CHIPS** haddock deep-fried in dripping, served with chips, mushy peas, curry sauce and tartare sauce 1100 kcal 26.00 (One Feeds Two - When you enjoy this classic dish, we provide a school meal for a child in the developing world. Good food - does good.)

**HAKE PIPERADE** with peppers, Serrano ham, onion, garlic, tomato and an olive oil and lemon sabayon 500 kcal 34.00

**INDONESIAN SEAFOOD CURRY** with cod, sea bass and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli 700 kcal 41.95

**TRONÇON OF TURBOT WITH HOLLANDAISE SAUCE** turbot in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate 800 kcal 50.00

**CHARGRILLED MONKFISH** with romesco sauce and Padron pepper 370 kcal 42.95

**SEAFOOD GRATIN** cod and prawns in a white wine and cream sauce, an Emmental and breadcrumb topping. Served with garden peas 923 kcal 24.95

**PADSTOW LOBSTER** grilled or steamed lobster served with fines herbes. Served with buttered potatoes 1125 kcal

**WHOLE DOVER SOLE** meunière, fried and served with noisette butter or chargrilled with sea salt and lime 800 kcal 54.95

**PADSTOW LOBSTER THERMIDOR** a classic French dish of Padstow lobster cooked in a light cream and Noilly Prat sauce with fines herbes. Gratinated with plenty of Parmesan and served with thin cut chips 1477 kcal

**SINGAPORE CHILLI CRAB** stir-fried whole crab with garlic, ginger, chilli and coriander. Very much for those who love eating with their hands and getting gloriously messy! 1055 kcal 43.95

**THE "FRUITS DE MER"** half a lobster, crab, razor clams, clams, scallops, oysters, mussels, whelks, cockles, winkles and langoustines. Served on ice for one 650 kcal 85.00 Sharing for two 120.00

**CHARGRILLED 8oz RIB EYE** from Philip Warren, Launceston, served with thin cut chips and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette 1000 kcal 36.95

**SHALLOT TARTE TATIN** with goat's cheese and thyme 540 kcal 21.95

## SIDES

**THIN CUT CHIPS** 365 kcal 5.95

**AUTUMN KALE** with confit shallots 39 kcal 6.50

**BUTTERED POTATOES** with parsley and mint 167 kcal 5.95

**BROCCOLI** with toasted almonds 165 kcal 7.95

**GARDEN SALAD** with fines herbes 161 kcal 5.95

**TOMATO, SHALLOT AND BASIL SALAD** 100 kcal 6.50

**TEMPURA COURGETTE FLOWERS** 82 kcal 10.00

### 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.

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



## DESSERT MENU

**HOT CHOCOLATE FONDANT** 413 kcal  
with caramel sauce and vanilla ice cream 12.95

**CINNAMON CHURROS** 994 kcal  
with chocolate sauce 10.95

**PASSION FRUIT PAVLOVA** 337 kcal  
with passion fruit seeds and Chantilly cream 10.95

**VANILLA PANNA COTTA** 422 kcal  
with salted caramel pistachio cream 10.95

**LEMON TART** 498 kcal  
with yoghurt ice cream 10.95

**PAIN PERDU** 245 kcal  
with strawberry jelly, basil ice cream and basil crisp 10.50

**BAKED RICE PUDDING** 226 kcal  
with peach compote 10.95

**AFFOGATO** 624 kcal  
with Frangelico and an espresso 10.50

**ICE CREAMS AND SORBETS** 591 kcal  
vanilla, chocolate, strawberry, pistachio ice creams, and raspberry, strawberry, gooseberry, mango, lemon & lime sorbets 9.95

**A SELECTION OF CHEESES** 928 kcal  
served with crackers and beetroot chutney

**QUICKE'S CHEDDAR**  
matured for 14 months with a perfectly balanced, rich, long-lasting flavour.

**ASHLYNN**  
Ashlynn goat's cheese has a delicate appearance which belies a sultry complexity.

**FINN**  
Finn is made with unpasteurised milk and the addition of double cream to give a rich luxurious texture. Surprisingly firm and lactic when young.

**TÊTE DE MOINE**

Tete de Moine is Swiss cheese made with unpasteurised milk, sliced on a girolle slicer for a melt in the mouth texture.

**ROQUEFORT**  
This Roquefort has a wonderful balance between salt, spice and cream.  
18.00

## DESSERT WINES, PORT & MADEIRA

**MOSCATO D'ASTI MONCUCCO 2021, ITALY**  
100ml 7.00 | Bottle 32.00

**BRACHETTO D'ACQUI, CONTERO, PIEDMONT, ITALY 2022**  
Glass 100ml 6.80, 750ml Bottle 43.00

**CHATEAU RAMON, MONBAZILLAC 2019, FRANCE**  
100ml 8.00 | 750ml Bottle 38.00

**GEWURZTRAMINER VENDANGES TARDIVES, TRIMBACH, 2018, FRANCE**  
100ml 19.50 | 375ml Bottle 70.00

**PATRICIUS TOKAJ, KATINKA 2021, HUNGARY**  
100ml 15.50 | 375ml Bottle 49.00

**MADEIRA LEACOCK, SAINT JOHN, PORTUGAL**  
70ml 8.90 | 750ml Bottle 42.00

**QUINTA DE LA ROSA LATE BOTTLED VINTAGE 2016**  
70ml 8.00 | 500ml Bottle 52.00

**QUINTA DE LA ROSA 10 YO TAWNY, PORTUGAL**  
70ml 8.00 | 500ml Bottle 52.00

**QUINTA DE LA ROSA VINTAGE PORT 2009, PORTUGAL**  
70ml 20.50 | 750ml Bottle 140.00

**MORRIS RUTHERGLEN CLASSIC MUSCAT, NV, VICTORIA, AUSTRALIA**  
100ml 14.00 | 500ml Bottle 69.00

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# CHILDREN'S MENU

## STARTERS

**Bruschetta** with mozzarella cheese, tomato and basil 661 kcal **6.95**

**Thai fish cakes** with dipping sauce 134 kcal **7.95**

**Deep fried tiger prawns** and mayonnaise 333 kcal **7.95**

## MAINS

**Mac' n' cheese** with chargrilled garlic bread 378 kcal **7.00**

**Battered or grilled fish of the day** with chips and garden peas 475 kcal **11.00**

**4oz rump steak** with French fries and a mixed leaf salad 1198 kcal **14.00**

**Fried squid** with French fries, salad, tomatoes and mayonnaise 1291 kcal **17.50**

**Moules frites** cooked with butter and onions served with French fries 1160 kcal **12.95**

*Children can also enjoy a half portion of most dishes on our a la carte menu,  
please ask our team.*

### **Try your first taste of shellfish on us.**

Let us know if you would like to try your first taster of any of the shellfish items on our menu, it's on us.

## DESSERTS

**Sticky toffee pudding** 515 kcal **4.00**

**Berries & cream** **4.00**

**Chocolate brownie** 596 kcal **4.00**

**Selection of ice creams and sorbets:**

Pistachio, Vanilla, Chocolate, Strawberry and Mango Sorbet 394 kcal **4.00**

Please ask for any allergen information.