



Sample Menu

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 1100 kcal 8.00

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

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

DON BOCARTE CANTABRIAN ANCHOVIES in extra virgin olive oil, from the small fishing village of Santoña 39 kcal 9.95

JAMON IBERICO DE BELLOTA the best cured ham in the world from acorn fed black pigs, matured for at least three years 293 kcal 22.95

OYSTERS

Raw 5 | Tempura 6 | Rockefeller 6
Dorset Brownsea | Jersey

CAVIAR

Served with blinis and crème fraiche
Cornish Salted Baerii 39.50

STARTERS

"Should you wish to share some starters we can present them so you can all help yourself."

MOUNT'S BAY SARDINES with rock salt and lime 187 kcal 13.95

SMOKED HADDOCK with a mild potato curry topped with a poached egg 235 kcal 15.95

SCALLOPS with wild garlic butter 222 kcal 22.95

PALOURDE CLAMS with coriander, garlic and white wine 320 kcal 17.95

SEARED YELLOWFIN TUNA with guacamole and a soy and lemongrass dressing 293 kcal 19.95

FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne, served with rouille, Parmesan and croutons 451 kcal 13.95

BIGOLI IN CASSOPIPA a mixed seafood pasta of prawns, scallops, mussels and squid with a Byzantine spice mix 760 kcal 23.95

BLACK RISOTTO WITH CUTTLEFISH a favourite recipe from my "Venice to Istanbul" book. Actually, from Croatia and very black indeed! 405 kcal 16.95

CAMBODIAN CRISPY SMOKED MACKEREL SALAD apple, shallots, carrots, peanuts, Thai basil and chilli 450 kcal 12.95

MUSSELS in XO sauce with coriander, chilli and spring onion 919 kcal 15.95

THE RAW BAR

SASHIMI OF SCALLOPS, BASS, SALMON AND
YELLOWFIN TUNA

with wasabi, Japanese horseradish, pickled ginger
and soy dipping sauce 185 kcal 28.95

SEA BASS CEVICHE

chilli, pomegrante and coriander 185 kcal 16.95

SALMON AND TUNA TARTARE

smoked salmon, tuna and Loch Duart salmon with
avocado, tomato and cayenne pepper 208 kcal 15.95

SHELLFISH

LANGOUSTINES ON ICE

from creel pots off the west coast of Scotland with
mustard mayonnaise 239 kcal 15.50 each

THE "FRUITS DE MER"

half a lobster, crab, razor clams, clams, scallops,
oysters, mussels, whelks, winkles and langoustines.

HOT SHELLFISH

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

Served on ice Small 49.00 (Exclude Lobster)
Large 85.00 Sharing for two 120.00

WHOLE CRAB

with mayonnaise 239 kcal 35.00

MAINS

MARKET FISH ON THE BONE from day boats landing at Newlyn Harbour Market price

FISH AND CHIPS hake deep-fried in dripping, served with chips, mushy peas, curry sauce and tartare sauce 1100 kcal 26.00

THORNBACK RAY WING with a caper and parsley noisette butter 1127 kcal 26.00

GRILLED WILD SEA BASS with sauteed spinach and a beurre blanc sauce 953 kcal 41.00

BOURRIDE a Mediterranean fish stew with aioli. There's something so welcoming about a warm, creamy, fish stew with glimpses of mussels in their shells, bright green parsley, the pink of prawns and the gleaming white of the fresh hake 1194 kcal 33.95

INDONESIAN SEAFOOD CURRY with hake, sea bream 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

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

WHOLE DOVER SOLE meunière, pan-fried and served with noisette butter 800 kcal 50.00

1.5 KG SALT BAKED BASS FOR TWO whole sea bass covered in a salt crust served with a fines herbes butter sauce. 1390 kcal Sharing for two 80.00

CHARGRILLED 8oz RIB EYE STEAK 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

LOBSTER

GOAN LOBSTER

"A favourite of mine, the spice doesn't overwhelm."
Served with cucumber and lime salad
968 kcal

LOBSTER THERMIDOR

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

GRILLED PADSTOW LOBSTER

served with fines herbes and buttered potatoes
1125 kcal

SIDES

THIN CUT CHIPS 365 kcal 5.95

BUTTERED POTATOES with parsley and mint 167 kcal 5.95

FRESH GARDEN PEAS AND BROAD BEANS with Parmesan 378 kcal 7.95

STEAMED TENDERSTEM BROCCOLI with salsa verde 165 kcal 7.95

CRISP LETTUCE SALAD with egg, anchovy, crouton and creamy dressing
161 kcal 5.95

GARDEN SALAD with fines herbes 161 kcal 5.95

GREEN BEANS with garlic and fried breadcrumbs 185 kcal 6.50



DESSERT MENU

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

VANILLA CRÈME BRÛLÉE 422 kcal 10.95

PROFITEROLES 465 kcal
with crème diplomate and chocolate ganache 10.95

TREACLE TART 498 kcal
with Cornish clotted cream 10.95

BAKED RICE PUDDING 226 kcal
with berry compote 10.95

AFFOGATO 624 kcal
with Frangelico and an espresso 10.50

BREAD AND BUTTER PUDDING 497 kcal
with pouring cream 10.95

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

A SELECTION OF CHEESES 928 kcal
served with crackers and beetroot chutney 18.00

QUICKE'S CHEDDAR
matured for 24 months with a rich, long-lasting flavour.

ASHLYNN
Ashlynn goats 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.

AFTER DINNER COCKTAILS

ORANGE BRÛLÉE
A creamy and indulgent cocktail of Amaretto Saliza, Grand Marnier, Hennessy VS, DBL Cream and Chocolate bitters, garnished with candied orange peel 15.00

HAZELNUT & CARAMEL COOLER
A refreshing nutty mix of Axia Greek Spirit, Frangelico, Cherry Liqueur, Caramel Syrup, Coconut cream 15.00

WHITE CHOCOLATE OLD FASHIONED
A velvety rich version of a classic. Eminent 3yo Cuban rum infused with white chocolate, Quinta De La Rosa White port, orange bitters, mint oil 14.50

DESSERT WINES, PORT & MADEIRA

MOSCATO D'ASTI MONCUCCO 2022, ITALY
100ml 7.00 | Bottle 35.00

BRACHETTO D'ACQUI, CONTERO, PIEDMONT, ITALY 2023
100ml 7.00, 750ml Bottle 45.00

CHATEAU RAMON, MONBAZILLAC 2020, FRANCE
100ml 8.50 | 750ml Bottle 40.00

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

CHATEAU DELMOND, SAUTERNES 2022, FRANCE
100ml 16.50 | 375ml Bottle 53.00

PATRICIUS TOKAJ, KATINKA 2021, HUNGARY
100ml 15.50 | 375ml Bottle 50.00

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

QUINTA DE LA ROSA LATE BOTTLED VINTAGE 2018
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 70.00

Please ask for any allergen information. Adults need around 2000 kcal a day
A discretionary charge of 12.5% will be added to your bill.
Please ask a member of the team if you would like a tour of the kitchen after your meal.

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**

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