



APPETISERS & SHARING PLATES I love starting lunch or dinner with a few plates for everyone to share.

BREAD, OLIVES & BRANDADE Coombeshead Farm sourdough, with marinated Kalamata olives and brandade, a mixture of salted cod, mashed potato and olive oil 778 kcal 6.95

JERSEY OYSTERS shucked oysters served on ice with cabernet sauvignon vinegar and shallot dressing 37 kcal 5.50

PERELLO GORDAL OLIVES a cult favourite among olive cognoscenti 298 kcal 4.95

HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds 489 kcal 5.95

JERSEY OYSTERS AND EXMOOR CAVIAR with beurre blanc and spinach 115 kcal 7.00

PULPO A LA FERIA sautéed octopus with paprika 31 kcal 7.95

LARGE RED ATLANTIC PRAWNS we recommend to split these in half and we provide a teaspoon for the tomalley in the head which is not to be missed! 89 kcal, Each 10.50

STARTERS

SALMON AND TUNA TARTARE smoked salmon, tuna and Loch Duart salmon with avocado, tomato and cayenne pepper. 87 kcal 14.95

CRISPY GRILLED MACKEREL with a mixed leaf salad and mustard dressing. 106 kcal 15.95

POTTED SHRIMP on a crumpet with a poached egg - inspired by Rick's visit to Morecambe in his new Food Stories series 510 kcal 14.95

GRILLED ST ENODOC ASPARAGUS with burrata, guanciale and hazelnuts. 297 kcal 18.95

SALT AND PEPPER SQUID with watercress, chilli and spring onion 23 kcal 19.95

RAGOÛT OF SAUTÉED TURBOT IN A WHITE MISO SAUCE with Serrano ham, spring vegetables, peas, courgettes, asparagus and pea shoots. 312 kcal 21.95

FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne served with rouille and Parmesan 451 kcal 14.95

TWICE BAKED POLMARKYN GOAT'S CHEESE SOUFFLÉ goat's cheese and thyme soufflé with lamb's lettuce 409 kcal 15.95

MOULES MARINIÈRE with shallots, white wine and parsley 425 kcal 15.95

GRAVLAX dill cured salmon with Danish crackerbread and horseradish cream 510 kcal 16.95

LIGHTLY SMOKED TROUT with a chive and extra virgin olive oil dressing, as seen on Rick Stein's Food Stories 604 kcal 17.95

JAMÓN IBÉRICO DE BELLOTA the best cured ham in the world from acorn fed black pigs, matured for at least three years. Great with our sourdough bread and fresh tomatoes. Fino sherry and Ibérico ham are perfect partners. One of those taste combinations where one seems to endlessly complement the other 535 kcal 22.95

WARM SALAD OF CORNISH WHITE CRAB MEAT with samphire, Wye valley asparagus and Parmesan. 147 Kcal 22.50

SEARED SCALLOPS with Pardina lentils, pimentón and persillade butter 106 kcal 22.95

OYSTERS CHARENTAISE 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 647 kcal 26.95

SASHIMI OF SCALLOP, BRILL, LOCH DUART SALMON AND YELLOWFIN TUNA with wasabi, Japanese horseradish, pickled ginger and soy dipping sauce 110 kcal 27.95

A SMALL "FRUITS DE MER" brown crab claws, oysters, mussels, cockles, scallops, razor clams, clams, whelks, winkles and langoustines 356 kcal 45.00

HOT SHELLFISH brown crab claws, razor clams, clams, oysters, scallops, mussels, cockles, whelks, winkles and langoustines with parsley, chilli, olive oil, garlic and lemon 1116 kcal 45.00

MAINS

FISH AND CHIPS hake deep-fried in dripping, served with chips, mushy peas and tartare sauce 1418 kcal 24.95
(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.)

ROASTED FILLET OF COD with a creamy, apple and dill velouté, with chopped raisins and dates 634 kcal 28.95

PAN-FRIED HAKE with clams, white asparagus, peas and parsley 680 kcal 29.95

INDONESIAN SEAFOOD CURRY with cod, monkfish and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli 348 kcal 41.95

CHALK STREAM TROUT pan-fried in olive oil with star anise and porcini mushroom sauce with mashed potato 412 kcal 26.95

SALT BAKED BLACK BREAM whole bream in a salt crust served with a fines herbes butter sauce. 725 kcal 35.95

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 352 kcal 48.95

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! 1029 kcal 43.95

PADSTOW LOBSTER grilled or steamed lobster served with fines herbes. To some, picking the meat is too messy but to me it's a memorable feast. Served with buttered potatoes 1768 kcal Small 64.95

ROASTED MONKFISH WITH GARLIC AND FENNEL the monkfish is flavoured with fennel herb and garlic, fried, then finished in the oven with some slow cooked garlic and fennel 437 kcal 42.95

WHOLE DOVER SOLE either grilled with sea salt and lime (1291 kcal) or meunière with noisette butter dusted with flour 1573 kcal 50.00

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. 1814 kcal Medium 69.95

THE "FRUITS DE MER" half a lobster, crab, razor clams, clams, scallops, oysters, mussels, cockles, whelks, winkles and langoustines. Served on ice for one 650 kcal 70.00 Sharing for two 110.00

8oz RIB EYE from Philip Warren, Launceston, served with thin cut chips and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette 1132 kcal 35.95

SHALLOT TARTE TATIN with goat's cheese and thyme 644 kcal 18.95

SIDES

RICE spiced with cinnamon and cloves 270 kcal 3.50

THIN CUT CHIPS 408 kcal 5.95

GLAZED CARROTS with star anise 187 kcal 6.50

BUTTERED POTATOES with parsley and mint 378 kcal 5.95

GARDEN SALAD with fines herbes 132 kcal 5.95

TENDERSTEM BROCCOLI with toasted almonds 165 kcal 6.95

GIFT CARDS

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



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.