



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

EXMOOR CAVIAR Cornish salted Baerii served with blinis and crème fraîche 10g 56 kcal 39.50

BREAD, OLIVES & BRANDADE Coombeshead Farm sourdough, with marinated Kalamata olives and brandade, a mixture of salted cod, mashed potato and olive oil 778 kcal 8.00

PERELLO GORDAL OLIVES a cult favourite among olive cognoscenti 298 kcal 5.50

HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey and black sesame seeds 489 kcal 6.75

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

GRILLED ROCKEFELLER OYSTERS with spinach, watercress and Parmesan 143 kcal 6.00

PULPO A LA FERIA warm octopus with Pimentón Picante and extra virgin olive oil 473 kcal 9.95

## STARTERS

BEETROOT CURED SALMON with cucumber and apple pickle 307 kcal 16.95

SALMON AND TUNA TARTARE smoked salmon, tuna and Loch Duart salmon with avocado, tomato and cayenne pepper 208 kcal 14.95

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

RAGOÛT OF SAUTEED TURBOT IN A WHITE MISO SAUCE with Serrano ham, spring vegetables, peas, courgettes, asparagus and pea shoots 312 kcal 22.50

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

MOULES MARINIÈRE with shallots, white wine and parsley 425 kcal 16.95

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

SALT AND PEPPER SQUID with watercress, chilli and spring onion 345 kcal 19.95

WARM SALAD OF CORNISH WHITE CRAB MEAT with samphire, Wye valley asparagus and Parmesan 147 Kcal 22.95

GRILLED SCALLOPS with soy, ginger and spring onions 253 kcal 22.95

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

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 647 kcal 30.00

SASHIMI OF SCALLOP, BASS, LOCH DUART SALMON AND YELLOWFIN TUNA with wasabi, Japanese horseradish, pickled ginger and soy dipping sauce 110 kcal 28.50

A SMALL "FRUITS DE MER" brown crab claws, oysters, mussels, scallops, razor clams, clams, whelks, cockles, winkles and langoustines 356 kcal 47.50

HOT SHELLFISH brown crab claws, razor clams, clams, oysters, scallops, mussels, whelks, cockles, winkles and langoustines with parsley, chilli, olive oil, garlic and lemon 1218 kcal 47.50

## MAINS

FISH AND CHIPS haddock deep-fried in dripping, served with chips, mushy peas, curry sauce and tartare sauce 2464 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.)

PAN-FRIED HAKE with clams, asparagus, peas and parsley 543 kcal 34.00

CHARGRILLED STONE BASS with tomato, butter and vanilla vinaigrette. 1223 kcal 37.95

INDONESIAN SEAFOOD CURRY with cod, seabass and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli 1451 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 900 kcal 50.00

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 67.50

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 1522 kcal 42.95

WHOLE DOVER SOLE meunière, fried and served with noisette butter 1573 kcal, or chargrilled with sea salt and lime 1291 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 1291 kcal 69.95

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 1300 kcal 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 1132 kcal 36.95

SHALLOT TARTE TATIN with goat's cheese and thyme 644 kcal 21.95

## SIDE

THIN CUT CHIPS 392 kcal 5.95

GLAZED CARROTS with star anise 187 kcal 6.95

TEMPURA COURGETTE FLOWERS with sweet chilli dipping sauce 82 kcal 10.00

BROCCOLI with toasted almonds 165 kcal 7.95

BUTTERED POTATOES with parsley and mint 378 kcal 5.95

GARDEN SALAD with fines herbes 132 kcal 5.95

COURGETTE FRITTI 232 kcal 6.50

TOMATO, SHALLOT AND BASIL SALAD 120 kcal 6.50

### 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

**PRALINE CHOUX Á LA CRÈME** 318 kcal  
with chocolate sauce and praline paste 12.50

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

**VANILLA PANNA COTTA** 422 kcal  
with stewed rhubarb 10.95

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

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

**ICE CREAMS AND SORBETS** 591 kcal  
vanilla, chocolate, strawberry, pistachio ice creams, and raspberry, strawberry, mango and lemon and 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**  
Tête de Moine is a 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, 2017, FRANCE**  
100ml 19.50 | 375ml Bottle 70.00

**CYPRÉS DE CLIMENS, BARSAC 2016, GRAND VIN DE SAUTERNES, FRANCE**  
100ml 16.50 | 375ml Bottle 58.00

**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 7.70

**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

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

# 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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