

THE SEAFOOD RESTAURANT

LUNCH MENU

Three course 35.00

FIRST COURSE

HAM HOCK TERRINE with deconstructed piccalilli

MUSHROOM VELOUTÉ EN CROUTE

SEAFOOD QUENELLES with Nantua sauce and fleurons

MAIN COURSE

PANFRIED HAKE with buttered leeks and a mustard grain sauce
CHICKEN, LEEK AND CIDER GRATIN
DEEP FRIED EGG in a tomato and coconut curry

DESSERT

PARISIAN VANILLA FLAN with berry compote
LIGHT APPLE AND QUINCE TART with vanilla ice cream
STEAMED BUTTERSCOTCH PUDDING with butterscotch sauce
and crème anglaise

SIDES

THIN CUT CHIPS 392 kcal 5.95

SUMMER KALE with confit shallots 579 kcal 6.50

BROCCOLI with toasted almonds 165 kcal 7.95

GARDEN SALAD with fines herbes 132 kcal 5.95 TOMATO, SHALLOT AND BASIL SALAD 120 kcal 6.50 TEMPURA COURGETTE FLOWERS with sweet chili dipping sauce 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.