

# THE SEAFOOD RESTAURANT

# LUNCH MENU

Three course 40.00

Enjoy a complimentary 125ml glass of Whispering Angel Rosé with this menu.

## FIRST COURSE

MOULES MARINIÈRE with shallots, white wine and parsley 425kcal

PEAR CARPACCIO with caramelised walnuts and dolcelatte cheese 335Kcal

CHICKEN LIVER PARFAIT and beetroot chutney 374Kcal

#### MAIN COURSE

CHALK STREAM TROUT with warm tartare sauce 989Kcal

8oz RUMP STEAK with chimichurri sauce 1922Kcal

SUMMER VEGETABLE RISOTTO 530Kcal

### DESSERT

PINEAPPLE TARTE TATIN with coconut sorbet 693Kcal
GRILLED PEACHES with lemon verbena ice cream 431Kcal
RASPEBERRY CRÈME BRÛLÉE 332Kcal

## 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.