

THE SEAFOOD RESTAURANT LUNCH MENU

Three course 30

FIRST COURSE

COD AND LOBSTER CHOWDER

MAIN COURSE

GRILLED HAKE

with savoy cabbage, bacon and a Chalky's Bite sauce

DESSERT

APPLE AND FRANGIPANE BAND

with caramel sauce

SIDES

GARDEN SALAD with fines herbes. 5.50
THIN CUT CHIPS 5.50
RICE spiced with cinnamon and cloves. 3.50
BUTTERNUT SQUASH with basil and chilli oil. 5

BUTTERED POTATOES with parsley and mint, 5.50

GLAZED CARROTS with star anise. 6.50 BROCCOLI with toasted almonds. 6.95

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.