COOMBESHEAD SOURDOUGH and kalamata olives & salt cod brandade 6.95 | 778kcal

BEEF CHEEK CROQUETTES 6.95 98kcal

CORN RIBS with aioli 5.00 | 157kcal

PORK SCRATCHINGS 4.95 | 164kcal

STARTERS

BEEF CARPACCIO

with mustard dressing, Parmesan & rocket 16.95 | 206kcal

GRILLED OCTOPUS

with smoked pimentón 15.95 | 157kcal

CALAMARI

with aioli 14.95 | 201kcal

WHITEBAIT

with aioli 8.50 | 372kcal

SCOTCH EGG

with a mixed green salad and piccalilli 14.95 | 318kcal

CAESAR SALAD

starter 9.95 388kcal | main 16.95 add chicken 3

LAMB SWEETBREAD

with lemon tarragon sauce 12.95 | 206kcal

MAINS

HOME SMOKED CHICKEN BREAST with carrot, ginger and chilli sambal 21.95 | 380kcal

TOMAHAWK

with bone marrow gremolata – perfect for sharing. Served with bone marrow gravy, peppercorn sauce and bearnaise sauce 95.95 | 4771kcal

LOCAL GRILLED CATCH OF THE DAY

grilled whole bream with Pernod and fennel mayonnaise 29.95 | 459kcal

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.

BARBECUE GRILL-

FULL FACE RUMP STEAK

31.95 | 1229kcal

HANGER STEAK

with red wine and shallot 31.95 | 1229kcal

10OZ RIBEYE STEAK

38.95 | 944kcal

8OZ FILLET STEAK

43.95 | 968kcal

add: Bearnaise sauce 576kcal | Bone marrow gravy 454kcal | Peppercorn sauce 196kcal 3.95 The beef is from Philip Warren's Butchers, Launceston. Served with a cherry tomato, thyme, shallot and rocket salad and thin cut chips

LUNCH SPECIALS

MUSSELS and fries 19.95 | 1188kcal

STEAK SANDWICH and fries 19.50 | 596kcal

BURGER

and fries 18.50 | 1171kcal

SIDES

THIN CUT CHIPS 5.95 | 498kcal

DAUPHINOISE POTATOES with garlic and cream 6.50 | 275kcal

GRILLED HISPI CABBAGE with olive oil and sea salt 6.50 | 174kcal **BUTTERED POTATOES**

5.95 | 378kcal

SET LUNCH MENU

THREE COURSES 17.50 Available Monday to Friday, 12 - 3pm

MACKEREL SALAD with sun-dried tomatoes 279kcal

CHICKEN HOLSTEIN with a fried egg and Beurre Noisette

761kcal

CHEESECAKE with berry compote 481kcal

