



APPETISERS & SHARING PLATES

I love starting lunch or dinner with a few plates for everyone to share.

BREAD, OLIVES & BRANDADE Coombeshead Farm sourdough, with brandade, a mixture of salted cod, mashed potato and olive oil 1100 kcal 8.00

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

PADRON PEPPERS A LA PLANCHA locally grown and hot! With sea salt and olive oil. 6.95

DON BOCARTE CANTABRIAN ANCHOVIES in extra virgin olive oil, from the small fishing village of Santoña 39 kcal 9.95

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

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

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

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

STARTERS

EXMOOR CAVIAR with blinis and crème fraîche 10g. 56 kcal 39.50. We would recommend our Krug Grande Cuvée 58.00 (glass 125ml) or our unfiltered Belvedere frozen vodka Lake Bartezek 6.25 (25ml) to complement the caviar.

MOUNT'S BAY SARDINES with rock salt and lime 245 kcal 13.50

BEETROOT CURED SALMON with cucumber and apple pickle 307 kcal 16.95

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

ISLE OF WIGHT HERITAGE TOMATO SALAD with burrata and pesto 255 kcal 17.95

HOT POTATO SALAD with smoked mackerel and dandelion leaves 646 kcal 17.95

CHILLED SHELLFISH WITH AIOLI prawns, clams, cockles and mussels with garlic mayonnaise 990 kcal 19.95

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

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

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

CORNISH CRAB with a wakame, cucumber and dashi salad with wasabi mayonnaise 206 kcal 24.50

MONKFISH AND PRAWN SALAD with fennel and a sherry vinegar and dill dressing 201 Kcal 25.95

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

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

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

HOT SHELLFISH brown crab claws, razor clams, clams, scallops, oysters, 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.)

BLONDE RAY FROM CADGWITH on the Lizard Peninsula, served with a caper beurre noisette 1130 kcal 32.95

HAKE PIPERADE with peppers, Serrano ham, onion, garlic, tomato and an olive oil and lemon sabayon 743 kcal 34.00

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

INDONESIAN SEAFOOD CURRY with cod, monkfish 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. Served with buttered potatoes 1768 kcal

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

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 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

SIDES

THIN CUT CHIPS 392 kcal 5.95

SUMMER KALE with confit shallots 579 kcal 6.50

COURGETTE FRITTI 232 kcal 6.50

TEMPURA COURGETTE FLOWERS with sweet chili dipping sauce 82 kcal 10.00

GARDEN SALAD with fines herbes 132 kcal 5.95

TOMATO, SHALLOT AND BASIL SALAD 120 kcal 6.50

BROCCOLI with toasted almonds 165 kcal 7.95

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.

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

CINNAMON CHURROS 994 kcal
with chocolate sauce 10.95

PASSION FRUIT PAVLOVA 337 kcal
with passion fruit seeds and Chantilly cream 10.95

VANILLA PANNA COTTA 422 kcal
with salted caramel pistachio cream 10.95

LEMON TART 498 kcal
with yoghurt ice cream 10.95

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

BAKED RICE PUDDING 226 kcal
with peach compote 10.95

AFFOGATO 624 kcal
with Frangelico and an espresso 10.50

ICE CREAMS AND SORBETS 591 kcal
vanilla, chocolate, strawberry, pistachio ice creams, and raspberry, strawberry, gooseberry, mango, lemon & 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

Tete de Moine is 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, 2018, FRANCE
100ml 19.50 | 375ml Bottle 70.00

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 8.00 | 500ml Bottle 52.00

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

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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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