

## FISH & CHIPS

COD regular 17.95 690 kcal

### Supporting the charity One Feeds Two

Every time you order cod and chips we donate a school meal to a child in poverty.



WHITING 15.95 623 kcal

HAKE 16.50 690 kcal

HADDOCK 17.95 690 kcal

SCAMPI 17.95 690 kcal

## SHARING PLATTER

SHARE & COMPARE 35 1924 kcal

A hearty tasting platter of battered cod, haddock, sea bass and our catch of the day with chips, mushy peas, curry sauce, and Rick's signature tartare sauce.

## GRILLED FISH

All served with chips or spinach and watercress salad.

HAKE 16.50 341 kcal

"A favourite white fish of mine with soft flakes and a full flavour." - Rick

HADDOCK 17.95 342 kcal

Slightly sweet flavour, delicate flaky texture.

COD 17.95 343 kcal

A medium sweet flavour with pearly white firm flakes.

## SAUCES

Sauces made by our chefs to Rick's recipes. 2.00 each

TARTARE SAUCE 250 kcal

MAYONNAISE 180 kcal

AIOLI 300 kcal

CHIPOTLE MAYONNAISE 275 kcal

GRAVY 37 kcal

GOAN CURRY SAUCE 2.00 52 kcal

## BURGERS

All our burgers come in a glazed brioche bun with gem lettuce, tomato, red onion, mayo and chipotle chilli relish. Served with chips.

FISH CHILLI BURGER 14.00 668 kcal

HALLOUMI BURGER 14.00 526 kcal

BEEF BURGER 14.00 838 kcal

Add: Bacon 108 kcal | Cheese 110 kcal

Onion Rings 126 kcal 1.00 (each)

## CORNISH PORK SAUSAGES

13.95 Battered 758 kcal | Unbattered 567 kcal

Two sausages flavoured with coriander, ginger and pimento pepper. Available battered or unbattered. Served with chips.

## ASIAN

PAD THAI NOODLES 14.00 838 kcal

A delicate balance of chicken and prawns with soft noodles, the crunch of peanuts and beansprouts and flavours of sweet, salt, hot and sour.

NASI GORENG 14.50 653 kcal

An Indonesian inspired dish of egg fried rice, barbecued chicken, prawns, lime and sugar.

## CURRY

All our curries are served with basmati rice and crispy onion and chilli garnish.

VEGETABLE PONDICHERRY CURRY (VG) 13.95 322 kcal

With green beans, cauliflower, peas, potatoes and cashew nuts.

GOAN CHICKEN CURRY

14.95 467 kcal

With coconut, coriander, tomato and chilli.

MEEN KULAMBU COD CURRY

15.95 750 kcal

A fragrant curry from southern India.

### Add:

Poppadoms 2.20 36 kcal | Chapati 2.50 120 kcal

Lime Pickle 2 70 kcal | Mango Chutney 75 kcal

2.00 (each)

## SIDES

MUSHY PEAS 2.00 25 kcal

CHIPS 3.95 578 kcal

CHEESY CHIPS 6.50 990 kcal

ONION RINGS 4.00 548 kcal

BREAD ROLL 1.50 102 kcal

SAUSAGE 4.75

battered or unbattered 1119 kcal | 951 kcal

SPINACH AND WATERCRESS SALAD 4.00 74 kcal

CHIP BUTTY 5.50 607 kcal

SALT AND

PEPPER PRAWNS 10.95 531 kcal

With a cucumber and spinach salad, and a soy and sesame dressing.

BATTERED SCALLOPS 10.95 531 kcal

With a soy and sweet chilli dressing.

## DESSERTS all 5.95

SALTED CARAMEL CHEESECAKE 400 kcal

MISSISSIPPI MUD PIE 300 kcal

MANGO AND PASSION FRUIT CHEESECAKE 400 kcal

WHITE CHOCOLATE AND RASPBERRY FOOL 160 kcal

TRELEAVENS CORNISH ICE CREAM

Ask for today's choices.

One scoop 3.00 273 kcal | Two scoops 4.50 546 kcal



\*(V) Vegetarian

\*(VG) Vegan

Delight friends and family with a Rick Stein gift card, redeemable in all our restaurants, rooms, cookery school, shops and online.

