



SAMPLE

APPETISERS & SHARING PLATES

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

BREAD, OLIVES AND TARAMASALATA Coombeshead Farm sourdough with olives 769 kcal 8.50

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

DON BOCARTE CANTABRIAN ANCHOVIES in extra virgin olive oil, from the small fishing village of Santoña 38 kcal 10.00

SESAME PRAWN TOAST with sweet and sour dipping sauce 212 kcal 12.00

CORNISH PULPO A LA FERIA warm octopus with Pimentón Picante and extra virgin olive oil 490 kcal 11.00

JAMON IBERICO DE BELLOTA the best cured ham in the world from acorn fed black pigs, matured for at least three years 284 kcal 24.50

OYSTERS

Raw 49 kcal 6.50 | Tempura 214 kcal 6.50 | Rockefeller 167 kcal 6.50 | Charentaise 234 kcal 7.00
Louët-Feisser | Porlock Bay

CAVIAR

Cornish Salted Baerii 63 kcal 45.00
served with blinis and crème fraîche

STARTERS

"Should you wish to share some starters we can present them so you can all help yourself."

FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne, served with rouille, Parmesan and croûtons 504 kcal 15.50

LOCH DUART SALMON RILLETTE with pickled cucumber, dill and crème fraîche 243 kcal 16.50

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

GRILLED SCALLOPS with soy and ginger dressing 106 kcal 25.00

DECONSTRUCTED PRAWN COCKTAIL tiger prawns with a classic Marie Rose sauce, lettuce and cucumber 386 kcal 25.00

THE RAW BAR

SALMON AND TUNA TARTARE

smoked salmon, tuna and Loch Duart salmon with avocado, tomato and cayenne pepper
139 kcal 18.00

SEARED YELLOWFIN TUNA

with guacamole and a soy and lemongrass dressing
293 kcal 19.95

SASHIMI OF SCALLOPS, SEA BASS, YELLOWFIN TUNA AND SALMON

with wasabi, mooli, pickled ginger and soy dipping sauce 247 kcal 29.00

SHELLFISH

SINGAPORE CHILLI CRAB

stir-fried whole crab with garlic, ginger, chilli and coriander. Very much for those who love eating with their hands and getting gloriously messy!
1055 kcal 49.50

THE "FRUITS DE MER"

lobster, crab, oysters, razor clams, scallops, mussels, langoustines, whelks and winkles. Served on ice

Small 636 kcal 50.00 (Exclude lobster)

Large 980 kcal 90.00 (Half lobster)

Sharing for two 1070 kcal 130.00 (Whole lobster)

HOT SHELLFISH

brown crab, oyster, razor clams, scallops, mussels, langoustines, whelks and winkles with parsley, chilli, olive oil, garlic and lemon 1097 kcal 50.00

GRILLED LANGOUSTINES

with a Pernod and tarragon dressing, from creel pots off the west coast of Scotland
247 kcal 10.00 (each)

WHOLE BOILED PADSTOW CRAB

with mayonnaise 239 kcal 45.00

MAINS

MARKET FISH ON THE BONE from day boats landing at Newlyn harbour, market price

FISH AND CHIPS hake deep-fried in dripping, served with chips, mushy peas, curry sauce and tartare sauce 1635 kcal 27.50

PAN FRIED WILD BASS with sautéed spinach and beurre blanc sauce 1209 kcal 42.00

INDONESIAN SEAFOOD CURRY with monkfish, sea bass and prawns served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli 1441 kcal 44.00

TURBOT HOLLANDAISE turbot in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate 1141 kcal 58.00

WHOLE DOVER SOLE meunière, fried and served with noisette butter or chargrilled with sea salt and lime 1556/1280 kcal 64.00

CHARGRILLED 14oz SIRLOIN STEAK ON THE BONE from Philip Warren Launceston, served with thin cut chips and a salad of cos lettuce, shallots, cream with cabernet sauvignon vinaigrette 1545 kcal 52.00

1.5 KG SALT BAKED BASS FOR TWO whole sea bass covered in a salt crust served with a fines herbes butter sauce 3684 kcal Sharing for two 130.00

SHALLOT TARTE TATIN goats cheese and thyme 680 kcal 21.95

LOBSTER

Market Price

LOBSTER THERMIDOR

a classic French dish of Padstow lobster cooked in a light cream and Noilly Prat sauce with fines herbes, gratinated with Parmesan and served with thin cut chips 1681 kcal

PADSTOW LOBSTER

steamed with salad and mayonnaise, grilled served with fines herbes and buttered potatoes 1278 kcal 1125 kcal

SIDES

THIN CUT CHIPS 579 kcal 6.50

BUTTERED POTATOES with parsley and mint 380 kcal 6.50

SAUTÉED SPINACH with nutmeg 115 kcal 7.00

KALE with confit shallot 242 kcal 6.50

GARDEN SALAD with fines herbes 56 kcal 6.50

GREEN BEANS with garlic and fried breadcrumbs 185 kcal 7.00

TEMPURA COURGETTE FLOWER with sweet chilli dipping sauce 146 kcal 10.00

Please ask for any allergen information.

Please ask a member of the team if you would like a tour of the kitchen at the end of your meal.
A discretionary charge of 12.5% will be added to your bill. Adults need around 2000 kcal a day.