

FISH & CHIPS

"The heart of a British seafood restaurant should be great fish and chips. When done properly with excellent fish cooked in a crisp batter in beef dripping plus thick chips which have never been near a freezer, it is one of the greatest dishes of the world." - Rick

MARKET FISH	12
Lesser known species, changes every day	
HAKE 1261 kcal	16
LEMON SOLE 1266 kcal	17
HADDOCK 1145 kcal	19
COD 1279 kcal	21

Gluten free?

We have a batter available with no gluten containing ingredients, please ask our team

GRILLED FISH

All served with potato salad and mixed leaf salad

MARKET FISH	12
HAKE 604 kcal	16
LEMON SOLE 718 kcal	17
HADDOCK 630 kcal	19
COD 715 kcal	21

SUMMER SPECIAL

DRESSED CORNISH CRAB 71 kcal	26
Potato salad, mixed leaf salad and mayonnaise	

ON THE SIDE OR TO SHARE

HALLOUMI SAGANAKI 497 kcal	7
Drizzled with honey	
CORNISH PORK SAUSAGES 465 kcal	8
Battered or unbattered	
SALT & PEPPER PRAWNS 324 kcal	10
BATTERED SCALLOPS 350 kcal	12
SCAMPI 649 kcal	6 12

ADD CHIPS 578 kcal 3.95

SHARING PLATTER

SHARE & COMPARE 2805 kcal	35
A sharing platter of four different battered fish species to try, served with chips, mushy peas, curry sauce and Rick's signature tartare sauce.	

BURGERS & ROLLS

All served with chips

HALLOUMI BURGER 995 kcal	14
Chipotle chilli relish	

PO' BOY 1366 kcal	15
Panko crumbed prawns deep fried	



JACK STEIN'S FISH
FINGER SANDWICH 1139 kcal

SINGAPORE CHILLI
CRAB BURGER 969 kcal

CHICKEN SCHNITZEL 1132 kcal	16
With anchovy, fried egg and salsa verde	

THE FISTRAL BURGER 780 kcal	16
With melted Cornish brie and caramelised onion	

THE BIG FISTRAL BURGER 859 kcal	20
Our classic Fistral burger, double the size	

LOBSTER ROLL 834 kcal	19
Fresh Cornish lobster with miso mayonnaise	

ASIAN

VIETNAMESE POACHED CHICKEN SALAD 339 kcal	12
Peanuts, chilli, mint and coriander	

CHEF WAN'S RICE NOODLE & PRAWN SALAD 514 kcal	14
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PAD THAI NOODLES 918 kcal	14
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 646 kcal	15
An Indonesian inspired dish of egg fried rice, barbecued chicken, prawns, lime and sugar	

CURRY

THAI GREEN AUBERGINE (V) 189 kcal	12
With coconut, chilli, lemongrass, garlic and ginger	
Add: Chicken 120 kcal 2 Prawns 148 kcal 2	

PONDICHERRY FISH 739 kcal	13
A fragrant curry from southern India	

GOAN CHICKEN 645 kcal	14
With coconut, coriander, tomato and chilli	

BEEF VINDALOO 913 kcal	15
Traditional recipe from Goa using beef shin	

Add:	
Mango Chutney 75 kcal	2
Lime Pickle 70 kcal	2
Poppadoms 36 kcal	2
Chapati 120 kcal	2

MUSSELS

All served with bread

CHILLI, GARLIC & PARSLEY 846 kcal	14
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MOULES MARINIÈRE 922 kcal	15
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YELLOW KROEUNG 388 kcal	15
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MASALA 345 kcal	16
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SIDES

BREAD ROLL 102 kcal	1.50
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CHIPS 743 kcal	3.95
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ONION RINGS 203 kcal	4
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MIXED LEAF SALAD 212 kcal	4
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POTATO SALAD 387 kcal	4
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CHIP BUTTY 744 kcal	5.50
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CHEESY CHIPS 998 kcal	6.50
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SAUCES made in Padstow

TARTARE 251 kcal	1.50
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GRAVY 61 kcal	1.50
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MAYONNAISE 369 kcal	1.50
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AIOI 406 kcal	1.50
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MUSHY PEAS 25 kcal	2.50
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GOAN CURRY 63 kcal	2.50
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Ask for scraps on us

(V) Vegetarian (VG) Vegan

(GF) No gluten containing ingredients

DESSERTS

all 5.95

All our morish desserts are made in Padstow to Rick's own recipes. Served in individual jars they can be eaten in or taken away.

SALTED CARAMEL CHEESECAKE 400 kcal

MISSISSIPPI MUD PIE 300 kcal

MANGO & PASSION FRUIT
CHEESECAKE 400 kcal

WHITE CHOCOLATE &
RASPBERRY FOOL 160kcal

HOT DRINKS

EARL GREY TEA 3

ENGLISH BREAKFAST TEA 3.25

AMERICANO 3.50

FLAT WHITE 3.50

LATTE / CAPPUCCINO 3.50

ESPRESSO DOUBLE 3.50

HOT CHOCOLATE 3.50

Add:

Whipped cream and marshmallows 1

Caramel or vanilla syrup 0.50 each

BOOZY HOT CHOCOLATES

all 7.50

Served with whipped cream and marshmallows
Choose from: Dead Man's Fingers spiced rum,
Cointreau or Jameson whiskey.

TRELEAVENS CORNISH ICE CREAM

1 SCOOP 273 kcal 3

2 SCOOPS 546 kcal 4.50

Award winning luxury Cornish ice cream:

There's always room for Cornwall's finest ice cream and sorbets, made using dairy from local farms and the highest quality ingredients.

BUBBLEGUM

CHOCOLATE

MANGO SORBET (VG)

MILLIONAIRE SHORTBREAD

MINT CHOC CHIP

RHUBARB CRUMBLE & CLOTTED CREAM

SALTED CARAMEL

STRAWBERRY & CREAM

VANILLA

WHITE CHOCOLATE & RASPBERRY

Add:

Fudge stick 0.75 | Chocolate flake 0.75 each

GIBSON'S OF LOOE
DOGGY ICE CREAM 3

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