

## FISH & CHIPS

WHITING 15.95 623 kcal

HAKE 16.50 690 kcal

HADDOCK 17.95 690 kcal

SCAMPI 17.95 690 kcal

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.



## SHARING PLATTER

SHARE & COMPARE 35 1924 kcal

A hearty tasting platter of battered cod, haddock 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.**

WHITING 15.95 339 kcal

Soft and slightly flaky with a mild, subtly sweet flavour.

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 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.**

### THAI GREEN AUBERGINE CURRY

13.95 506 kcal

With coconut, chilli, lemongrass, garlic and ginger.

#### **Add:**

Chicken 2 120 kcal | Prawns 2 148 kcal

### CASHEW NUT CURRY

13.95 906 kcal

With coconut, coriander and chilli.

### 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 2 75 kcal

## 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

CHIP BUTTY 5.50 607 kcal

MIXED LEAF SALAD 4 20 kcal

HALLOUMI SAGANAKI 7.95 1003 kcal

Drizzled with honey, black sesame seeds and oregano.

### SALT AND

PEPPER PRAWNS 10.95 360 kcal

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

### SALT AND

PEPPER SQUID 10.95 118 kcal

Fresh squid pan-fried with Rick's salt and pepper mix, chillies, spring onion, spinach 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.

