



APPETISERS

BANG-BANG CAULIFLOWER with crispy coating, sweet and sour sauce	49 kcal	5
PADRON PEPPERS 'A LA PANCHA' from Padstow Kitchen Garden	357 kcal	5
OYSTER with shallot vinaigrette and lemon	49 kcal	5
BREAD AND BUTTER sourdough revolution	778 kcal	6
PRAWN TEMPURA with Nam Jim dipping sauce	379 kcal	6

STARTERS

TOULOUSE SAUSAGE with tomato, shallots and a mustard dressing	342 kcal	8
TEMPURA COURGETTE FLOWER with sweet and sour dipping sauce	154 kcal	9
FRISÉE SALAD with egg, bacon and croutons	563 kcal	9
DEVILLED KIDNEYS on sourdough	576 kcal	10
FISH AND SHELLFISH SOUP served with rouille, croutons and Parmesan	451 kcal	12
MOULES MARINIÈRE with sourdough	1536 kcal	15
SALT AND PEPPER PRAWNS with cucumber, spinach and soy and sesame dressing	491 kcal	15
SCALLOPS IN THE HALF SHELL with hazelnut butter	406 kcal	18

MAINS

GOAN VEGETABLE CURRY	524 kcal	16
SMOKED HADDOCK FISH CAKE with soft boiled egg	483 kcal	19
GRILLED COLEY with spring onion mash and soy butter sauce	532 kcal	22
FISH AND CHIPS haddock deep-fried, with chips, mushy peas, and tartare sauce	1487 kcal	22
BAVETTE STEAK from Philip Warren Butchers, Cornwall served with chimichurri and skin on chips	1250 kcal	25
CRAB LINGUINE handpicked white Cornish crab meat, olive oil, chilli, garlic and parsley	791 kcal	26
WHOLE PLAICE with roasted red peppers, oregano, garlic and chilli	775 kcal	28
INDONESIAN SEAFOOD CURRY coley, bream, and prawns with basmati rice and a green bean and grated coconut salad	1376 kcal	32
FILLETS OF SEA BASS with beurre blanc and spinach	1256 kcal	34

SIDES

PETIT POIS à la Française	187 kcal	4
COURGETTE with chilli and garlic	39 kcal	5
THIN CUT CHIPS	790 kcal	5
GARDEN SALAD with house dressing	215 kcal	5
KALE with confit shallot	131 kcal	6
SAVOY CABBAGE with bacon and chives	280 kcal	6

DAILY LUNCH SPECIALS

ALL 16.95

- LOBSTER ROLL 1133 kcal
- STEAK FRITES 981 kcal
- MOULES FRITES 1490 kcal
- LAMB KARAHI 733 kcal

FIXED-PRICE MENU

2 COURSES 19.75 | 3 COURSES 23.95

- FRISÉE SALAD with egg, bacon and croutons 563 kcal
- GRILLED COLEY with spring onion mash and soy butter sauce 532 kcal
- VANILLA CRÈME BRÛLÉE 320 kcal

Available Wednesday to Friday, 12pm – 3pm and 5pm – 9pm

DESSERTS

VANILLA CRÈME BRULEE	320 kcal	7
CHOCOLATE SUNKEN CAKE with Cornish clotted cream	698 kcal	8
APPLE TARTE TATIN served with Cornish vanilla ice cream	628 kcal	9
PAVLOVA with rhubarb jam	605 kcal	9

CHEESE

A SELECTION OF CHEESES with biscuits	631 kcal	13
--------------------------------------	----------	----

ICE CREAM & SORBET

SELECTION OF CORNISH ICE CREAMS AND SORBETS 3 scoops	706 kcal	7.50
--	----------	------

Please ask for information on allergens. | Adults need around 2000 kcals a day.
A discretionary 12.5% service charge will be added to your bill.