



Sample menu

BOOK NOW

BREAD AND OLIVES
sourdough served with salted butter and marinated Kalamata olives. 4.50

STARTERS

- GRILLED MOUNTS BAY SARDINES with a tomato, garlic and thyme dressing. 6.95
- THAI FISH CAKES sweet and sour cucumber dipping sauce. 7.95
- FISH AND SHELLFISH SOUP with rouille, Parmesan and croutons flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne. 9.95
- MOULES MARINIÈRE cream, garlic and parsley. Funnily enough, I haven’t done a recipe for moules marinière for ages – not since my first book. 9.95
- SALT AND PEPPER PRAWNS served with cucumber, spinach and a soy and sesame dressing. 12.95
- SCALLOPS hazelnut and coriander butter. 15.95
- OYSTERS CHARENNAISE a seemingly odd combination - freshly opened oysters with hot, spicy sausages. The idea is that you eat an oyster, take a bite of the sausage, then a good gulp of cold white wine like Muscadet. 12.95
- OYSTERS six served on ice with cabernet sauvignon shallot vinegar dressing. 19.95
- TOMATO TAPENADE SOUP 5.95

MAINS

- DEVILLED MACKEREL whole devilled mackerel with a tomato, onion and mint salad. 10.95
- SMOKED HADDOCK FISH CAKE soft boiled egg and a mustard sauce. 14.95
- CASHEW NUT CURRY lightly spiced Sri Lankan curry with coconut milk, served with basmati rice. 15.95
- RAVIOLI TOMATO porcini mushrooms, sun dried tomatoes and hazelnuts. 15.95
- FISH AND CHIPS battered prime cod from sustainable stocks served with chips, mushy peas and tartare sauce. 17.95
- GRILLED HAKE with spring onion mash and soy butter sauce. 19.95
- INDONESIAN SEAFOOD CURRY with sea bass, cod and prawns. Served with pilau rice and a green bean and grated coconut salad with crisp fried shallots, garlic and chilli. 26.95
- 10oz RIBEYE STEAK from butcher Philip Warren, Launceston, with thin cut chips, lettuce, shallots and cabernet sauvignon vinegar. 29.95
- ROASTED TRONCON OF HALIBUT “the halibut is seasoned with my own pepper mix”, served with hollandaise sayce. 39.95
- WHOLE DOVER SOLE meunière with noisette butter, dusted with flour and fried in an oval pan. 39.95
- PADSTOW LOBSTER GRILLED split and grilled served in the shell with a shellfish reduction flavoured with parsley, chervil, chives and tarragon or steamed with mayonnaise. To some picking the meat is too messy but to me it’s a memorable feast. Served with minted Cornish potatoes and sautéed courgettes with extra virgin olive oil and chives. small 44.95 | medium 49.95
- LOBSTER THERMIDOR we used to sell lobster thermidor 20 years ago, but fashion changed. Now there’s a renaissance of classic French seafood dishes. I’ve made it lighter and more fragrant and it’s rather good. small 37.95 | medium 52.95

SIDES

- GARDEN SALAD with fines herbes. 4.00
- SEASONAL CABBAGE 4.00
- GREEN BEAN SALAD 4.00
- THIN CUT CHIPS 3.50
- BUTTERED POTATOES 3.50
- BÉARNAISE SAUCE 3.00

SET MENU

SALAD OF POACHED EGG
frisée, croutons and a Dijon mustard dressing

GRILLED MACKEREL SALAD
sun-dried tomatoes, fennel seeds and a sherry vinegar dressing.

COURSE PORK & HERB TERRINE
with toasted sourdough and beetroot chutney

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HAKE ALLA CARLINA
a Venetian recipe of a hake fillet with a sauce of tomatoes and capers

PASTA ALLA PESTO TRAPANESE
almond, basil and pecorino pasta.

PONDICHERRY COD CURRY
A fragrant cod curry from southern India served with basmati rice.

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LEMON TART
clotted cream

STICKY TOFFEE PUDDING
vanilla ice cream

SELECTION OF ICE CREAMS
AND SORBETS

2 COURSES £20.95 / 3 COURSES £25.95

Our set menu is available for lunch and dinner Sunday – Wednesday, and for lunch and early evening until 6:30pm Thursday – Saturday.