

Appetisers

- HALLOUMI SAGANAKI dusted in semolina, fried in olive oil and drizzled with honey, black sesame seeds and oregano 4.50
- SALT COD BRANDADE with toasted bread 4.50
- PADRON PEPPERS with extra virgin olive oil and sea salt 5.00
- SOURDOUGH served with salted butter and marinated Kalamata olives 4.50

Starters

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| <p>PASTA ALLA PESTO TRAPANESE with almond, basil and pecorino pesto 7.95</p> <p>CRAB LINGUINE handpicked white crab meat, olive oil, chilli, garlic and parsley 9.95</p> <p>CRISP SMOKED MACKEREL SALAD with sliced shallots, carrot, kohlrabi, basil, peanuts and bird's eye chillies 8.95</p> <p>FISH AND SHELLFISH SOUP with rouille, Parmesan and croutons flavoured with tomato, saffron, garlic, red peppers, fennel and a pinch of cayenne 9.95</p> <p>WEST COUNTRY MUSSELS with chilli, garlic, tomato and parsley 10.95</p> <p>SALT AND PEPPER PRAWNS served with cucumber, spinach and a soy and sesame dressing 12.95</p> | <p>SASHIMI OF SCALLOP, LOCH DUART SALMON, SEA BASS AND YELLOWFIN TUNA with wasabi – Japanese horseradish, pickled ginger and soy dipping sauce 17.95</p> <p>GRILLED SCALLOPS in the half shell with hazelnut and coriander butter 16.95</p> <p>OYSTERS CHARENNAISE a seemingly odd combination - freshly opened oysters with some 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 19.95</p> <p>OYSTERS SELECTION shucked oysters served on ice with cabernet sauvignon vinegar and shallots 19.95</p> |
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Mains

- FISH AND CHIPS prime cod from sustainable stocks deep-fried in dripping, served with thick cut chips, mushy peas and tartare sauce 17.95
- GRILLED FILLET OF 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 27.95
- 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! 29.95
- 8oz FILLET STEAK from butcher Philip Warren, Launceston, served with rocket and thin cut chips 33.95
- WILD SEA BASS chargrilled fillets of wild sea bass with a tomato, butter and vanilla vinaigrette 32.95
- ROAST TRONCON OF HALIBUT served with hollandaise sauce 39.95
- WHOLE DOVER SOLE either chargrilled with sea salt and lime or 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 medium 49.95 | large 54.95
- 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. Served with thin cut chips medium 52.95 | large 57.95
- CONFIT TOMATO AND AUBERGINE TARTE TATIN a wonderful vegetarian dish from Secret France 12.95

Sides

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| <p>GARDEN SALAD with fines herbes 4.00</p> <p>PETIT POIS A LA FRANCOISE 4.00</p> <p>THIN CUT CHIPS 3.50</p> | <p>BUTTERED POTATOES 3.50</p> <p>SEASONAL CABBAGE 4.00</p> <p>BÉARNAISE SAUCE 3.00</p> |
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