

**APPETISERS & SHARING PLATES**

"I love starting lunch or dinner with a few plates for everyone to share."

SOURDOUGH with salted butter 1020 kcal 7.50

HALLOUMI SAGANAKI dusted in semolina. Fried in olive oil and drizzled with honey, black and white sesame seeds 631 kcal 7.50

PULPO A FEIRA hot octopus with Pimentón Picante and extra virgin olive oil 293 kcal 11

TEMPURA COURGETTE FLOWER sweet and sour dipping sauce 52 kcal 8.50

PADRÓN PEPPERS 'A LA PLANCHA' from our Padstow kitchen garden, with extra virgin olive oil and sea salt 157 kcal 8

MARINATED KALAMATA OLIVES lemon, thyme, bay leaves, garlic and rosemary 302 kcal 4.50

**JERSEY OYSTERS**

Raw 50 kcal 6.50 | Tempura 213 kcal 6.50 | Rockefeller 120 kcal 6.50 | Charentaise 312 kcal 7

**CAVIAR**

Cornish Salted Baerii 63 kcal 45 | Oscietra 54 kcal 50 | Beluga 56 kcal 65  
Served with blinis and crème fraîche

**STARTERS**

"Should you wish to share some starters we can present them so you can all help yourself."

CRISPY SMOKED MACKEREL SALAD with apple, shallots, carrots, peanuts, coriander and chilli 503 kcal 13.50

FISH AND SHELLFISH SOUP flavoured with tomato, saffron, garlic, red peppers and fennel, served with rouille, Parmesan and croutons 451 kcal 15.50

TWICE BAKED GOAT'S CHEESE AND THYME SOUFFLÉ 520 kcal 16.50

SMOKED HADDOCK with a mild potato curry topped with a poached egg 235 kcal 15.95

MUSSELS WITH YELLOW KROEUNG 239 kcal 16.50

DEEP FRIED COCONUT PRAWNS a dish from the Yucatán peninsula accompanied by a papaya dipping sauce 402 kcal 18

SCALLOPS with truffle butter, croûtons and chives 180 kcal 25

**THE RAW BAR**
**SASHIMI OF SCALLOPS, BASS, SALMON AND**
**YELLOWFIN TUNA**

with wasabi, Japanese horseradish, pickled ginger and soy dipping sauce 185 kcal 29

**SEA BASS CEVICHE**

chili, tomato and coriander 185 kcal 18.50

**SALMON AND TUNA TARTARE**

smoked salmon, tuna and Loch Duart salmon with avocado, tomato and cayenne pepper 208 kcal 18

**SHELLFISH**
**THE "FRUITS DE MER"**

lobster, crab, razor clams, clams, cockles, crevettes, scallops, winkles, oysters and mussels.

Served on ice

Small 481 kcal 50 (Exclude lobster)

Large 797 kcal 90 (Half lobster)

Sharing for two 1070 kcal 130 (Whole lobster)

**HOT SHELLFISH**

brown crab claws, razor clams, clams, cockles, crevettes, scallops, winkles, oysters, mussels and with parsley, chili, olive oil, garlic and lemon 1099 kcal 50

**MAINS**

MARKET FISH ON THE BONE from day boats landing at Newlyn harbour, market price

FISH AND CHIPS mushy peas, curry sauce, tartare sauce and thick cut chips (One Feeds Two Every time you order fish and chips, we donate a school meal to a child in poverty)  
1432 kcal 27.50

FANCY FISH AND CHIPS monkfish with caviar, mushy peas, curry sauce, tartare sauce, thick cut chips and a glass of Veuve Clicquot Champagne 35

FILLETS OF SEA BASS with beurre blanc and spinach 953 kcal 36.50

CRAB LINGUINE handpicked white crab meat, olive oil, chilli, garlic and parsley 621 kcal 29.50

INDONESIAN SEAFOOD CURRY with basmati rice and a green bean and grated coconut salad 1424 kcal 38

PAN FRIED SEA BREAM with butterbeans, fennel, egg and aioli 528 kcal 38

TURBOT HOLLANDAISE turbot in the English style, simple and probably a nicer way of eating this wonderful fish than anything more elaborate 1104 kcal 58

LOBSTER RISOTTO with fennel 866 kcal 39.95

RACK OF WELSH LAMB with fondant potatoes, salsa verde and tenderstem broccoli 1190 kcal 39.95

8oz RUMP STEAK from our butcher Phillip Warren, Launceston. Served with thyme, garlic, rosemary, roasted tomatoes, roasted field mushrooms, thick cut chips and peppercorn sauce 1786 kcal 32

RISOTTO PRIMAVERA 649 kcal 18

**SUNDAY ROAST SPECIALS**

Served with Yorkshire pudding, roast potatoes, carrots and parsnips, cauliflower cheese, kale and cabbage

**ROAST SIRLOIN OF BEEF**

29.50

**HALF ROAST CHICKEN**

22

**LOBSTER**
**GOAN LOBSTER**

"a favourite of mine, the spice doesn't overwhelm."  
served with cucumber and lime salad 968 kcal 64.95

**LOBSTER THERMIDOR**

a classic French dish of Padstow lobster cooked in a light cream and Noilly Prat sauce with fines herbes. Gratinated with Parmesan and served with thick cut chips

1477 kcal 64.95

**GRILLED PADSTOW LOBSTER**

served with fines herbes and buttered potatoes  
1125 kcal 61.95

**SIDES**

THIN CUT CHIPS 790 kcal 6.50

SAUTÉED POTATOES with salsa verde 323 kcal 6.50

BUTTERED NEW POTATOES 381 kcal 6.50

RICE with cinnamon, cloves and cardamom 213 kcal 4

CARROTS with tarragon and butter 123 kcal 7

GARDEN SALAD with fines herbes and sliced fennel 121 kcal 6.50

KALE with confit garlic and fennel seeds 686 kcal 7