

Today's Wines, Mitch's Selection

These wines are all drinking very well and are my current favourites from the list, if you would like to see our full cellar list and our rare vintages please let us know

White

Custoza - Monte del Fra - 2018
125ml £5.00 375ml £13.00 Bottle £25.00

Plyto - Lyrarakis - 2018
125ml £6.50 375ml £18.00 Bottle £35.00

Derthona - Claudio Mariotti - 2016
125ml £9.50 375ml £26.00 Bottle £50.00

Rose

Seahorse Rose

125ml £6.00 375ml £18.00 Bottle £35.00

Red

Cotes du Rhone - Acantalys - 2017
125ml £4.50 375ml £13.00 Bottle £25.00

Rioja Joven - Alcaudon - 2017
125ml £6.00 375ml £16.00 Bottle £30.00

El Terroir - Domaine Lupier - 2013
125ml £9.50 375ml £28.00 Bottle £55.00

Local's Menu

Three courses for £20.00

Available lunchtime and early evening until 7pm

To Start

Fried Dabs with aioli & smoked paprika

Topside of Tuscan beef marinated in Chianti wine with fennel remoulade

Main Courses

Whole Lemon Sole 'cooked a la plancha' with seaweed butter

Red Mullet cooked on the bone with olive oil & lemon

All Served with Courgette fritti

Desserts

Affogato espresso, vanilla ice cream served with a shot of espresso

Fleur de maquis with membrillo

A pasteurised ewe's milk cheese with a firm consistency, covered in rosemary & thyme that has a melt in the mouth texture & nutty flavour.

Menu of Wednesday 11th September 2019

Today's Aperitif

Manzanilla Sherry £6.50

Today's Antipasti

Seppia fritti, local Cuttlefish fried crisp with lemon £4.95

To Start

Scallops roasted in the shell with white port & garlic £14.50

A mix of local seafood on soft polenta £11.00

Burrata from Puglia with grilled peaches, mint & pine nuts £10.00

Carpaccio of red prawns with olive oil & celery £14.00

Palourde clams with cannellini beans & violet artichokes £12.00

Steamed River Fal Prawns with lemon & mayonnaise £12.00

Cured Brill with fennel, apple & tarragon £11.00

A salad of Dartmouth Crab, brown shrimps & mayonnaise £14.00

Pasta

Paparadelle with braised cuttlefish in ink sauce £11.00

Today's Seafood

From the Charcoal Oven

Whole Dover Sole with rosemary & olive oil £42.00

Steak of Monkfish with pepperonata £32.00

From the Plancha

Fillet of Hake with ajo blanco, grapes & tarragon £25.00

John Dory cooked on the bone with ajada, garlic & sweet vinegar £26.00

Specialities of the House

Tranche of Turbot with Girolles, confit garlic & thyme £38.00

Larger Fish to share

Tranche of Brill, for two persons £18.00 per person
cooked "a la plancha" with ajada, garlic & sweet vinegar

Today's Meat

Veal Milanese with butter, sage & lemon £26.00

Salt aged Glenarm Estate Beef roasted over the charcoal

Prime Beef Rib, carved off the bone for 1 person £40.00
whole for 2 persons 1000g £40.00 per person

Side Orders

Courgette fritti £4.00

Insalata pomodoro, San Marzano tomato with Cantabrian Anchovy & capers £5.00

Fennel & saffron escabeche £4.00

Grilled radicchio & courgette salad with ricotta salata £4.00

Seahorse chips £5.00

Green beans braised with shallots & Datterini tomatoes £4.00

The Seahorse at home

Some nice things from the restaurant for home

Wild fennel & sea salt nibbles £4.00

Anchoiade (100g) £6.00

Our Olive oil from Tuscany £25.00

Agridulce vinegar £15.00

Our book, The Restaurant & its recipes £25.00

Joe's Gin, per bottle £40.00

We cannot guarantee the absence of traces of nuts or other allergens. Please advise a member of staff you have any particular allergy or other dietary requirements.