



# THE GOOD FOOD GUIDE

CORNWALL

2010

The best restaurants in the UK reviewed by

which?

# About The Good Food Guide

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*The Good Food Guide* is Britain's longest-running restaurant guide. Since 1951, it has cast a critical eye over cafés, pubs, bistros and restaurants throughout the UK.

Each year the Guide is completely rewritten and compiled from scratch. Our research list is based on the huge volume of feedback that we receive from readers (the list of contributors at the back of the book is testimony to this). This feedback, together with anonymous inspections, ensures that every entry is assessed afresh. We believe that the restaurants included in this Guide are the very best in the UK.

Although much has changed since Raymond Postgate founded *The Good Food Guide*, the ethos of the original book remains: we do not accept any sponsorship, advertising or free meals. It is because of this, and because the Guide will always be the voice of the consumer, not the catering industry, that *The Good Food Guide* remains the UK's most trusted, best-selling and best-loved restaurant bible.

Please send us your recommendations and feedback by visiting  
**[www.which.co.uk/gfgfeedback](http://www.which.co.uk/gfgfeedback)**

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# Scoring

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We should begin by saying that a score of 1 is actually a significant achievement. We reject many restaurants during the compilation of the Guide. Obviously, there are always subjective aspects to rating systems, but our inspectors are equipped with extensive scoring guidelines, so that restaurant bench-marking around the UK is accurate. We also take into account the reader feedback that we receive for each restaurant, so that any given review is based on several meals.

- 1/10 Capable cooking, with simple food combinations and clear flavours, but some inconsistencies.
- 2/10 Decent cooking, displaying good basic technical skills and interesting combinations and flavours. Occasional inconsistencies.
- 3/10 Good cooking, showing sound technical skills and using quality ingredients.
- 4/10 Dedicated, focused approach to cooking; good classical skills and high-quality ingredients.
- 5/10 Exact cooking techniques and a degree of ambition; showing balance and depth of flavour in dishes, while using quality ingredients.
- 6/10 Exemplary cooking skills, innovative ideas, impeccable ingredients and an element of excitement.
- 7/10 High level of ambition and individuality, attention to the smallest detail, accurate and vibrant dishes.
- 8/10 A kitchen cooking close to or at the top of its game – highly individual, showing faultless technique and impressive artistry in dishes that are perfectly balanced for flavour, combination and texture. There is little room for disappointment here.
- 9/10 This mark is for cooking that has reached a pinnacle of achievement, making it a hugely memorable experience for the diner.
- 10/10 It is extremely rare that a restaurant can achieve perfect dishes on a consistent basis. We have awarded this mark for the second time in two years.

# Symbols

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Restaurants that may be given main entry status are contacted ahead of publication and asked to provide key information about their opening hours and facilities. They are also invited to participate in the £5 voucher scheme. The symbols on these entries are therefore based on this feedback from restaurants, and are intended for quick, at-a-glance identification.

This year we have changed the criteria for the vegetarian symbol so that the symbol now indicates where more than three vegetarian main courses are available. The wine bottle symbol is an accolade assigned by the Guide's team, based on their judgement of the wine list available.



Accommodation is available.



It is possible to have three courses at the restaurant for less than £30.



There are more than three vegetarian main courses on the menu.



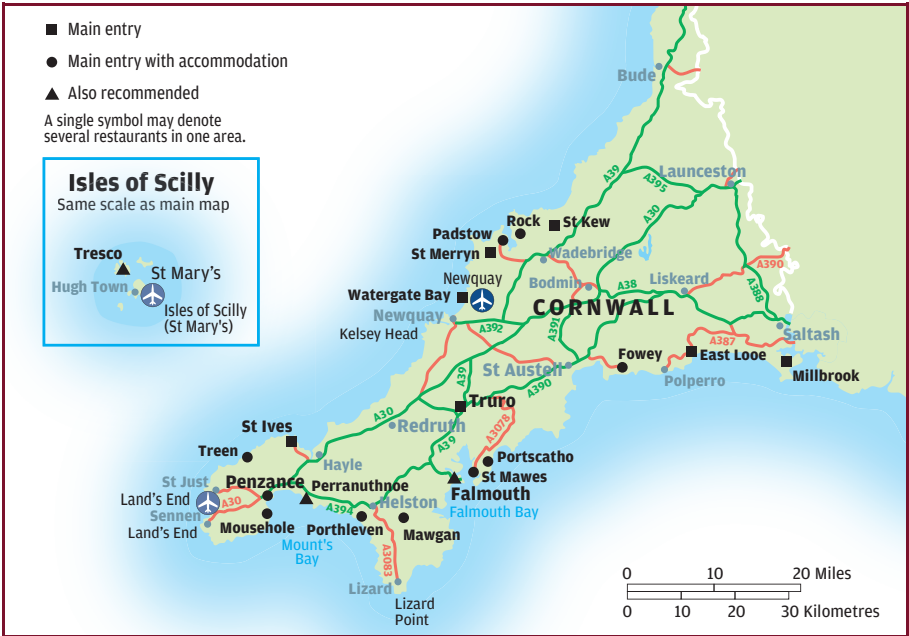
The restaurant is participating in The Good Food Guide 2010 £5 voucher scheme. Vouchers are available in printed editions of the Guide - to buy a copy go to [www.which.co.uk/gfgbook](http://www.which.co.uk/gfgbook)



The restaurant has a wine list that our inspector and wine expert have deemed to be exceptional.



The price indicated on each review represents the average price of a three-course dinner, excluding wine.



## East Looe

### Trawlers on the Quay

**Sea-fresh fish**

The Quay, East Looe, PL13 1AH

Tel no: (01503) 263593

[www.trawlersrestaurant.co.uk](http://www.trawlersrestaurant.co.uk)

**Seafood | £30**

**Cooking score: 3**

£5 OFF **V**

On a part of the Cornish coast that looks not unlike the Riviera on a good day, Trawlers really makes the most of its surroundings. Gloriously fresh seafood landed metres from the kitchen door is celebrated on the menus – and guests can often see the boats bringing in the day’s catch. It’s all served with infectious enthusiasm, in the shape of seafood gumbo, spicy crab cakes with sweet chilli sauce, and show-stopping main dishes such as whole lemon sole with capers and cucumber, or a trio of the day’s haul sauced with beurre blanc. A couple of meat dishes will cater for those who aren’t fish fans. Meals conclude with chocolate

nut brownie served with the local Treleven’s vanilla ice cream, or bread-and-butter pudding made with good Cornish dairy produce and raisins soaked in rum. The short wine list, which starts at £15, has a handful of wines from Cornwall’s successful Camel Valley vineyard, including the renowned sparkler.

**Chef/s:** Mark Napper. **Open:** Tue to Sat D 6 to 9.

**Closed:** Sun, Mon, 25 and 26 Dec. **Meals:** alc (main courses £7 to £19). **Service:** not inc. **Details:** Cards accepted. 40 seats. 12 seats outside. Separate bar. **Wheelchair access.** Music. Children allowed.

### Please send us your feedback

To register your opinion about any restaurant listed in the Guide, or a new restaurant that you wish to bring to our attention, please visit the web address at the bottom of the page. Your feedback informs the content of the book and will be used to compile next year’s reviews.

## Falmouth

### ALSO RECOMMENDED

#### ▲ The Three Mackerel

Swanpool Beach, Falmouth, TR11 5BG

Tel no: (01326) 311886

www.thethreemackerel.com

Modern European

Casual flexibility is the deal at this jauntily decorated hangout, which comes complete with a seductive beachside terrace overlooking Falmouth Bay. The kitchen caters for young and old, changes its menu daily and makes exemplary use of local ingredients for food with a Mediterranean accent. Light lunches and tapas give way to evening menus with plenty of zing – witness fillets of mackerel with couscous and ratatouille (£7.95) and chicken breast wrapped in Parma ham with saffron risotto (£16.95). Also check out the catch of the day. House wine is £12.95. Open all week.

## Fowey

### Restaurant Nathan Outlaw

Dazzling, fun food from a wizard

Marina Villa Hotel, Esplanade, Fowey, PL23 1HY

Tel no: (01726) 833315

www.nathanoutlaw.com

Modern British | £55

Cooking score: 8

£5 OFF    

Currently king of the hill in the West Country, Nathan Outlaw goes about his business in the highly desirable Marina Villa Hotel – a boutique gem just a pebble's throw from the gorgeous Fowey Estuary. As expected, the views are pretty special (try to bag one of the sought-after window seats in the sleek dining room), although they are comfortably eclipsed by the dazzling food on offer. Cured salmon with marinated beetroot risotto, horseradish and dill ('amazing colour'), is a signature starter that travels with Nathan wherever he chooses to hang up his apron, and it embodies his precise, calendar-friendly style. Clarity, vigorous flavours and a voracious appetite for

regional produce are the hallmarks here – although teasingly abrupt menu descriptions generally conceal more than they reveal. 'Squab pigeon – chocolate and spice – potato cake and figs' is an enticing prospect, likewise 'Pork belly – cuttlefish – fennel and clementine'. Every element of each dish impresses, whether it's the hazelnuts with beef rump and mushroom pearl barley or the mussels included in a dish of wreck fish, saffron, peppers and olives. This is scintillating, serious stuff, but it's also invested with a sense of fun – monkfish comes with rosemary dumplings and tomato ketchup, while cauliflower cheese and piccalilli could pop up as renegade gastropub companions for rose veal. Clever desserts such as peanut mousse with banana ice cream and espresso are also guaranteed to raise a cheeky smile, although it's back to the reassuring comfort zone for the likes of apple crumble with doughnut and ice cream. Elsewhere, don't miss the revelatory assortment of artisan British cheeses. This is a labour of love: your choice is brought to the table carefully arranged on a slate with appropriate chutneys, plus a mini menu listing each item according to its strength – 'a really personal touch'. The easy-going mood is reinforced by relaxed staff who strike just the right balance between formality and friendliness, and 'genuinely seem to love the food they are serving'. The wine list is a superior tome, helpfully categorised by style, with cherry-picked selections from across the winemaking world – and easy mark-ups to boot. Prices kick off at £20 (£7 a glass) and half-bottles abound. Nathan Outlaw recently reconnected with his old stamping ground on the north Cornish coast by opening a new restaurant in St Enodoc Hotel, Rock (see entry). **Chef/s:** Nathan Outlaw. **Open:** Thur to Sat L 12 to 1.30, Tue to Sat D 7 to 8.30 (open Mon in season). **Closed:** Sun, 2 weeks Jan. **Meals:** alc (main courses £24 to £28). Set L £30 (2 courses) to £34.50. Tasting menu £80 (7 courses). **Service:** 10%. **Details:** Cards accepted. 36 seats. 20 seats outside. Separate bar. No mobile phones. Music.

READERS RECOMMEND

**Sam's**

North American

20 Fore Street, Fowey, PL23 1AQ

Tel no: (01726) 832273

www.samsfowey.co.uk

'Great burger bar – it's all about the atmosphere'

**Helston**

READERS RECOMMEND

**The Nansloe Restaurant**

Modern British

Nanslow Manor, Meneage Road, Helston, TR13 0SB

Tel no: (01326) 558400

www.nansloe-manor.co.uk

'Helston would be a poorer place without this restaurant'

**Launceston**

READERS RECOMMEND

**La Bouche Creole**

Modern Creole

Dockacre Road, Launceston, PL15 8YY

Tel no: (01566) 779294

www.labouchecreole.co.uk

'Creole cooking from Louisiana-born chef'

**Mawgan**

**New Yard Restaurant**

A kitchen feeding off its location

Trelowarren Estate, Mawgan, TR12 6AF

Tel no: (01326) 221595

www.trelowarren.com

Modern British | £30

New chef

£5 OFF 

Set in one of the county's oldest privately owned estates, the New Yard capitalises brilliantly on its location with the kitchen able to source 90 per cent of what it uses from within a 15-mile radius. A real fire radiates comfort if the weather goes all Cornish on

you, and the menus have much to catch the eye. We learnt of the departure of Greg Laskey too late to send an inspector or receive any feedback. Olly Jackson is now in charge. It seems the lively emphasis on local produce will remain, in the form of pheasant from the estate, Falmouth Bay crab, local asparagus and a Cornish only cheeseboard. Wines start at £15.50.

**Chef/s:** Olly Jackson. **Open:** all week L 12 to 2 (2.30 Sun), Mon to Sat D 7 to 9.30. **Closed:** Mon from mid Sept to Whitsun. **Meals:** alc (main courses £13 to £17). Set L £15.95. Set D £23.50 (3 courses). Sun L £16.95. **Service:** not inc. **Details:** Cards accepted. 50 seats. 20 seats outside. Wheelchair access. Music. Children allowed. Car parking.

**Millbrook**

NEW ENTRY

**The View**

Local food in a stunning cliff setting

Treninnow Cliff Road, Millbrook, PL10 1JY

Tel no: (01752) 822345

www.theview-restaurant.co.uk

British | £28

Cooking score: 2

£5 OFF 

Set into the cliff, up high where the paragliders soar, this timber-clad restaurant offers a spectacular view of Whitsand Bay. Hours can be spent on the terrace in summer and it's easy to imagine feeling weather-beaten but cosy inside during the winter months. The daily changing menu focuses on local produce, with nearly all the fresh seafood caught in Looe Harbour. At inspection, dabs and razor clams with lemon and garlic butter shone, as did roast turbot teamed with Cornish crab and roast shallot. Make the most of desserts including hot dark chocolate mousse with crème fraîche or rhubarb and gingerbread crumble before making the trek to the beach below. House wine from £13.95.

**Chef/s:** Matt Corner. **Open:** Wed to Sun L 12 to 2 (and bank hol Mon), D 7 to 9. **Closed:** Mon, Tue, Feb. **Meals:** alc (main courses £10 to £18). **Service:** not inc. **Details:** Cards accepted. 40 seats. 24 seats outside. Music. Children allowed. Car parking.

## Mousehole

### 2 Fore Street

**An honest bistro with harbour views**

2 Fore Street, Mousehole, TR19 6PF

Tel no: (01736) 731164

[www.2forestreet.co.uk](http://www.2forestreet.co.uk)

**Modern British | £26**

**Cooking score: 2**



The double-fronted restaurant sits close to the harbourside, where the uplifting views stretch across Mounts Bay all the way to the Lizard on clear days. At the back there is a secluded garden area for eating. Joe Wardell's passion for fish together with the warm service make this a powerfully attractive place, and there's a touch of grandeur in dishes such as whole wild sea bass in fennel and ginger, or a plentiful fish stew with tomato, saffron and chilli. Start with local sardines with rosemary and garlic or crab florentine, and round things off with one of the homely puddings such as plum and almond crumble with vanilla ice cream. Wines start at £13.75.

**Chef/s:** Joe Wardell. **Open:** all week L 12 to 2.30, D 6 to 9.30. **Closed:** 4 Jan to 10 Feb. **Meals:** alc (main courses £13 to £17). **Service:** not inc. **Details:** Cards accepted. 36 seats. 20 seats outside. Wheelchair access. Music. Children allowed.

## Padstow

### Custard

**Divine diner**

1st Floor, 1a The Strand, Padstow, PL28 8BS

Tel no: (0870) 1700740

[www.custarddiner.com](http://www.custarddiner.com)

**Modern British | £25**

**Cooking score: 2**



On the first floor of a historic building in the heart of Padstow, Custard fulfils its function as a contemporary eating house (polished wood floorboards and tables) with a quirky, eclectic feel (chandeliers, a Wurlitzer jukebox). The menu caters for all-comers, opening with breakfast and moving on to lunch of Welsh

rarebit, griddled ham and fried eggs or smoked haddock and prawn fish pie. At dinner a grander touch brings on crab rarebit with celery and fennel 'ketchup', and main courses such as spiced pork belly, greens, pickled apple and crackling. There's a great deal of comfort among desserts, which have delivered baked egg custard and lemon posset. Service is particularly welcoming to families, and the fairly priced, global wine list starts at £17.50.

**Chef/s:** Daniel Gedge. **Open:** Wed to Mon L 12 to 2.30, D 7 to 9.30. **Closed:** Tue (except summer), 25 and 26 Dec, 1 May, 2 weeks Nov. **Meals:** alc (main courses £11 to £14). Sun L £15.50. **Service:** not inc. **Details:** Cards accepted. 65 seats. Air-con. Music. Children allowed.

## Paul Ainsworth at No. 6

**Affordable, accomplished food**

6 Middle Street, Padstow, PL28 8AP

Tel no: (01841) 532093

[www.number6inpadstow.co.uk](http://www.number6inpadstow.co.uk)

**Modern British | £30**

**Cooking score: 6**



Paul Ainsworth now owns the restaurant in which he has cooked for four years. He's changed the style of operation by simplifying the menu, making the carte more affordable and introducing 'bargain lunches'. A 'big improvement' appears to be the consensus. The restaurant (especially service) and the consistency of the cooking needs to settle down a little, but you can eat dishes of a very high standard at prices that won't break the bank. There is superb bread – four different flavoured rolls – and starters of scallops with maple-glazed chicken wings and a 'swipe of celeriac' or mussels with pearl barley in a vegetable broth. Fine main course dishes have included pork belly with a 'beautifully made' black pudding sausage roll, apple compote and crackling, served, at one meal, with a copper pot of purple sprouting broccoli on the side; mackerel atop a broth of cockles, chorizo and chickpeas has also impressed. The sweets – more erratic – are fashionable: slices of Alphonse mango with pistachio ice cream and

madeleines, and chocolate moelleux with peanut butter ice cream. The confident wine list promises plenty of scope for experimentation, whatever your budget. Fine South Africans and Kiwis hold their own alongside the great and good from France. Ten house recommendations begin with vin de pays d'Oc at £14 (£3.75 a glass).

**Chef/s:** Paul Ainsworth and John Walton. **Open:** Tue to Sat L 12 to 2.30, D 6 to 10. **Closed:** Sun (except L in summer), Mon, 19 to 26 Dec, 4 to 25 Jan.

**Meals:** alc (main courses £13 to £20). Set L £10 (2 courses) to £13.50. **Service:** not inc. **Details:** Cards accepted. 42 seats. No mobile phones. Wheelchair access. Music. Children allowed.

## Rick Stein's Café

**No-nonsense, cheerful fishy eatery**

10 Middle Street, Padstow, PL28 8AP

Tel no: (01841) 532700

www.rickstein.com

**Seafood**

**Cooking score: 2**



The Café in the centre of Steintown aims to be just that, a no-nonsense, cheerfully bustling venue with tables packed cheek-by-jowl, informal service and a menu that runs from breakfast to dinner. Fish is the abiding theme, with mussels in chilli, tomato and parsley to start, followed by sea bass with Pernod and fennel mayonnaise. A light seasoning of Asian themes brings on Vietnamese pho soup with prawns and rice noodles, or lamb and spinach karahi for main. Finish with lemon tart and clotted cream. The short wine list opens at £15 for a South African rosé.

**Chef/s:** David Sharland and Ross Geach. **Open:** all week L 12 to 3, D 6.30 to 9.30. **Closed:** 25 and 26 Dec, 1 May. **Meals:** alc (main courses £10 to £17). Set D £21.50. **Service:** not inc. **Details:** Cards accepted. 36 seats. 10 seats outside. Music. Children allowed.

## St Petroc's Bistro

**Long-standing fixture of the Rick Stein empire**

New Street, Padstow, PL28 8EL

Tel no: (01841) 532700

www.rickstein.com

**European | £32**

**Cooking score: 2**



Colourful modern art, bare tables and a courtyard and garden for summer days set the tone in another of Rick Stein's Padstow eateries, this one named after the sixth-century Celtic saint. A menu of classic and modern bistro dishes takes in devilled kidneys with wild mushrooms, grilled red mullet with sauce vierge, and mains such as Parisian-style bavette steak with bordelaise sauce and a cheese salad. Padstow's marine bounty is always on hand, perhaps in the form of a whole grilled lemon sole with brown shrimps and mushrooms. Simple desserts include Paris Brest and passion fruit pavlova. The short wine list opens at £16.50 (£4.25 a glass), and includes the celebrated sparkling wines of Cornwall's Camel Valley vineyard.

**Chef/s:** Paul Harwood and David Sharland. **Open:** all week L 12 to 2, D 6.30 to 9.30. **Closed:** 25 and 26 Dec, 1 May. **Meals:** alc (main courses £12 to £20). Set L £17.50. **Service:** not inc. **Details:** Cards accepted. 75 seats. 20 seats outside. Separate bar. Wheelchair access. Music. Children allowed.

## The Seafood Restaurant

**Rick Stein's seafood show**

Riverside, Padstow, PL28 8BY

Tel no: (01841) 532700

www.rickstein.com

**Seafood | £55**

**Cooking score: 4**



Flagship and nerve-centre of the Rick Stein phenomenon ('empire' is too small a word), the Seafood Restaurant is a large, cheerfully bustling, sometimes slightly chaotic space. There's a dramatic seafood bar in the centre, where you can see the brigade assembling the famous platters, and the extensive menu

specialises in what's been landed in the immediate vicinity. However, one or two items have made a longer journey – langoustines from western Scotland, say. Many dishes are the kind of unmuddled preparations people love, as in fish soup with rouille and turbot with hollandaise. More involved offerings often meet with quizzical responses, though they deepen the repertoire (as in Indonesian seafood curry with monkfish, squid and prawns). But reports of offhand, rushed or sloppy service do seem to tarnish the experience uncomfortably often. An expansive, expensive wine list (from £17) of impeccable quality has good names in every corner of the globe to which it ventures; choice by the glass, from £4.25, is wide.

**Chef/s:** Stephane Delourme and David Sharland.  
**Open:** all week L 12 to 2.30, D 7 to 10 (6.30 Fri to Sun). **Closed:** 25 and 26 Dec, 1 May. **Meals:** alc (main courses £18 to £44). Set L £28.50. Tasting menu £65 (6 courses). **Service:** not inc.  
**Details:** Cards accepted. 120 seats. Air-con. Separate bar. No music. Wheelchair access.

## Penzance

### The Bay

**A breath of fresh sea air**

Hotel Penzance, Britons Hill, Penzance, TR18 3AE

Tel no: (01736) 366890

www.bay-penzance.co.uk

**Modern British | £29**

**Cooking score: 3**

£5 OFF   £30 OFF 

Not only is The Bay a working gallery which exhibits the work of local artists, it also has a fine dining area, which on clement days opens out on to a decked terrace with seductive views of Mounts Bay, and over the rooftops towards Penzance harbour. Not surprisingly in this setting, fish and seafood feature strongly, with a gamut that ranges from a starter salad of skate and smoked salmon with pickled cucumber and capers, to mains such as baked pollack with fennel purée in an orange and cardamom reduction, or the show-stopping whole grilled lobster served thermidor or with herb and garlic butter.

There's a nice sense of inventiveness running through the menus too, which might result in roast wood pigeon with fine beans, Parma ham, black pudding and a creamy sauce of ceps. Finish with almond pudding and saffron ice cream or Cornish cheeses. Wines start at £14.75 (£4 a glass).

**Chef/s:** Ben Reeve. **Open:** Mon to Fri and Sun L 12 to 2, all week D 6 to 9.30. **Meals:** Set L £11.50 (2 courses) to £15. Set D £23 (2 courses) to £28.50. Sun L £15. **Service:** not inc. **Details:** Cards accepted. 40 seats. 10 seats outside. Air-con. Separate bar. No mobile phones. Wheelchair access. Music. Children allowed. Car parking.

### Harris's

**Risk-free local favourite**

46 New Street, Penzance, TR18 2LZ

Tel no: (01736) 364408

www.harrisrestaurant.co.uk

**Modern European | £33**

**Cooking score: 2**

£5 OFF

Aim for the Humphrey Davy statue in the centre of Penzance if you're trying to find this cosy pink-hued restaurant which is tucked away down a cobbled side street. Roger and Anne Harris have been serving the town for more than 35 years, and are well aware that their loyal customers come here for risk-free, old-wave dishes based on supplies of Cornish produce. Seafood always shows up well on the daily menu, with anything from roast monkfish with wild mushroom risotto to grilled Dover sole with chive butter on offer. Other possibilities might include venison with beetroot and glazed pear. Desserts keep it simple with treacle tart or summer pudding. House wine is £14.95.

**Chef/s:** Roger Harris. **Open:** Tue to Sat L 12 to 2, Mon to Sat D 7 to 9.30. **Closed:** Sun, 25 and 26 Dec, 3 weeks winter. **Meals:** alc (main courses £11 to £26). **Service:** 10% (optional). **Details:** Cards accepted. 40 seats. Separate bar. No mobile phones. Music. Children allowed.

## Perranuthnoe

### ALSO RECOMMENDED

#### ▲ Victoria Inn

Perranuthnoe, TR20 9NP

Tel no: (01736) 710309

[www.victoriainn-penzance.co.uk](http://www.victoriainn-penzance.co.uk)

**Gastropub**

Just up from the beach and coast path, Stewart and Anna Eddy's striking pink-washed village inn beckons with Sharp's Doom Bar on tap and some cracking pub food prepared from local seasonal ingredients. The typically Cornish, stone-walled bar is the setting for seafood and shellfish potage (£6.95), ribeye steak with real chips (£14.95), St Buryan pork belly with chorizo and haricot bean stew, black pudding and rosemary sauce, and rhubarb and ginger crumble (£5). House wine £11.50. Closed Sun D.

## Porthleven

### Kota

**Exciting fusion pizzazz**

Harbour Head, Porthleven, TR13 9JA

Tel no: (01326) 562407

[www.kotarestaurant.co.uk](http://www.kotarestaurant.co.uk)

**Fusion | £27**

**Cooking score: 2**

£5 OFF  £30

Chef/co-owner Jude Kereama has Maori blood in his veins and has brought some exciting fusion pizzazz to this 300-year-old cornmill by Porthleven harbour. Far Eastern influences collide with flavours from elsewhere, and local fish naturally plays a starring role ('kota' is the Maori word for seafood). Falmouth Bay oysters could appear in tempura batter with wasabi tartare sauce, grilled lemon sole comes with soy and ginger dressing, and wild sea bass is partnered by crab ravioli and sauce vierge. Elsewhere, duck is given the full Asian treatment, and pheasant pie is served with braised cavolo nero. Desserts stay in more familiar territory for the likes of poached pear with chocolate pannacotta. House wine is £12.95.

**Chef/s:** Jude Kereama. **Open:** Fri and Sat L 12 to 2, Mon to Sat D 5.30 to 9 (9.30 Fri and Sat). Open Sun on bank hol weekends and Mothering Sun. **Closed:** Sun, Mon and Tue in low season, 1 Jan to first week Feb. **Meals:** alc (main courses £12 to £19).

**Service:** not inc. **Details:** Cards accepted. 38 seats. Separate bar. No mobile phones. Wheelchair access. Music. Children allowed.

## Portscatho

### Driftwood

**Seascapes and seasonal food**

Rosevine, Portscatho, TR2 5EW

Tel no: (01872) 580644

[www.driftwoodhotel.co.uk](http://www.driftwoodhotel.co.uk)

**Modern European | £40**

**Cooking score: 5**



Perched high above the sea with a panoramic view over the water, the setting is beautiful. Inside, a colour scheme of muted neutrals sets a simple tone, and the huge expanse of glass in the dining room makes the most of the light and the view. Chris Eden's ambitions are high, and they are generally met. One summer visitor was pleased by a 'very light, well put together dish' of scallops with black pudding purée and cider apple and sweetcorn and saluted the 'excellent flavours' of chicken with sage, apricot and wild mushroom consommé, but felt an amuse-bouche of a shot glass of pomegranate and grappa jelly with lemon foam would have worked better as a pre-dessert. Others have commented on 'well-designed dishes' that are 'packed with interest in finely judged portions' – perhaps loin of venison with red cabbage, pear mostarda, pumpkin and purple sprouting broccoli or red mullet served with squid bolognese, spaghetti, onion purée and baby artichokes. Summertime desserts include assiette of strawberries – cheesecake, soufflé and sorbet. Service is on the ball and house wine is £16. **Chef/s:** Chris Eden. **Open:** all week D only 7 to 9. **Closed:** Mid Dec to early Feb. **Meals:** Set D £40. Tasting menu £55. **Service:** not inc. **Details:** Cards accepted. 34 seats. Separate bar. No mobile phones. Music. Car parking.

## Rock

NEW ENTRY

### Nathan Outlaw Seafood & Grill

A new string for the Outlaw's bow

St Enodoc Hotel, Rock Road, Rock, PL27 6LA

Tel no: (01208) 863394

www.nathan-outlaw.com

British | £28

Cooking score: 4

£5 OFF  £30 

Nathan Outlaw has already set a cracking pace at his restaurant in the Marina Villa Hotel in Fowey (see entry), and he's scarcely missed a beat in opening this seafood and grill in the St Enodoc Hotel, if early reports are anything to go by. The hotel is set back from the waterfront in Rock and there are great estuary and countryside views to be had from the uncluttered, two-tiered dining room and terrace. Peter Biggs heads up the kitchen, enthusiastically hauling in local produce and sending it out with the minimum of fuss, the style evident in bowls of mussels, 'really fresh' sardines with romesco sauce and thyme bread and an 'outstanding' fish pie. The sourcing of meat is top-drawer too – ribeye with hand cut chips was pronounced 'just perfect' by one reporter – while desserts maintain the momentum with a dazzling elderflower cream and raspberries. Service is attentive, house wine £15.

**Chef/s:** Peter Biggs. **Open:** all week L 12 to 2, D 6 to 9.30. **Closed:** Dec and Jan. **Meals:** alc (main courses £12 to £16). **Service:** not inc. **Details:** Cards accepted. 40 seats. 30 seats outside. Separate bar. No mobile phones. Wheelchair access. Music. Children allowed. Car parking.

## St Agnes

READERS RECOMMEND

### Turk's Head

Gastropub

St Agnes, TR22 OPL

Tel no: (01720) 422434

'Excellent, traditional British grub'



## Great-value drinking

Wine can double a restaurant bill, so pick your way economically through the list.

Nobody expects to be done any favours on price in France, but vins de pays can represent fair value – try the Languedoc ('Vin de Pays d'Oc') and regions such as the Loire.

South America remains a source of outstanding value, with Chile and Argentina producing big, complex reds and vibrantly fruity whites at realistic prices.

South Africa's wines have come on in leaps and bounds, with tangy Sauvignons, creamy Chardonnays and richly concentrated Merlots and Cabernet Sauvignons.

Drinking by the glass can be less costly, but watch out – ferocious mark-ups can quickly add up to a bottle of house wine. Carafes have made a comeback so try a 50cl jug of something perfectly drinkable.

Champagne is likely to be pricey. Italy's Prosecco has edged out Spanish Cava as the thriftiest alternative. Both are drier and more grown-up in flavour than they used to be – but Cava is achieving astonishing results now.

If a restaurant has no licence (or even if it does), you may be welcome to BYO, but check the corkage charge isn't extortionate.

## St Ives

### Alba

#### Mediterranean zing by the harbour

Old Lifeboat House, Wharf Road, St Ives, TR26 1LF

Tel no: (01736) 797222

[www.thealbarestaurant.com](http://www.thealbarestaurant.com)

Modern European | £27

**Cooking score: 3**

£5 OFF  £30 

Since 2002, the lifeboat house on St Ives wharf has been doing duty as a contemporary restaurant spread over two floors, with prized window seats looking out onto the harbour. Inside, your eye might also be distracted by the displays of modern art and the chefs at work in the ground-floor kitchen, which is just as well as some have found the tables to be a 'little too small and close together'. Mediterranean influences add some zing to a menu that always features a generous helping of Cornish produce – especially fish. Crab pancakes with deep-fried sea lettuce might precede smoked haddock fishcakes with winter horseradish coleslaw, or pork and fennel meatballs with tagliatelle and fennel sauce. The wide-ranging wine list offers plenty of possibilities from £12.95.

**Chef/s:** Grant Nethercott. **Open:** all week L 12 to 2, D 5 to 10 (6 to 9.30 Oct to May). **Closed:** 25 and 26 Dec. **Meals:** alc (main courses £12 to £19). Set L and D £13.50 (2 courses) to £16.50. **Service:** not inc. **Details:** Cards accepted. 60 seats. Air-con. Wheelchair access. Music. Children allowed.

### Blas Burgerworks

#### Feel-good organic burger bar

The Warren, St Ives, TR26 2EA

Tel no: (01736) 797272

[www.blasburgerworks.co.uk](http://www.blasburgerworks.co.uk)

Burgers | £15

**Cooking score: 1**

£5 OFF  £30 

There's a cheerful, feel-good atmosphere in this alternative backstreet burger bar, fuelled by the sheer enthusiasm for what the owners do. With just four communal tables (made

from reclaimed wood) you may have to wait for a seat, and it's best to check opening times in winter, but readers are full of praise for burgers made from 100% organic Cornish beef and free-range chicken. There's chargrilled fish from sustainable stocks, too, and locally made ice cream to finish. House wine is £13.50.

**Chef/s:** Sally Cuckson, Marie Dixon and Sarah Newark. **Open:** Tue to Sun D 6 to 10 (Mon in summer). **Closed:** Mid Nov to mid Dec and early Feb. **Meals:** alc (main courses £8 to £10). **Service:** not inc. **Details:** Cards accepted. Wheelchair access. Music. Children allowed.

### Porthminster Beach Café

#### Racy flavours and awesome views

Porthminster Beach, St Ives, TR26 2EB

Tel no: (01736) 795352

[www.porthminstercafe.co.uk](http://www.porthminstercafe.co.uk)

Seafood | £30

**Cooking score: 4**

**V**

'Well worth the 700-mile round trip from Cheshire', claimed one fan whose regular sojourns to Cornwall wouldn't be the same without a visit to this stark-white, energetic beachside venue. There's certainly no arguing with the fabulous location beneath the slopes of Porthminster Point or the ozone-fuelled views out across St Ives Bay. Aussie chef Mick Smith and his team deliver 'inventive and enticing' food with shots of fusion and racy flavours that could have been lifted from big-city hot spots Down Under. Local seafood is the main event: grilled oysters are served with chorizo and wasabi mayo, crispy squid appears dramatically with citrus white miso, black spices, coriander and chilli salad, and monkfish turns up in a curry with langoustines and mussels. Meat dishes also tantalise – perhaps sticky pork salad with pickled cucumber – and desserts step up with a tamarillo tasting plate or caramel bananas with cinnamon meringues and pistachio ice cream. 'Expertly selected' global wines from £12.75. The same team also runs the seasonal Porthgwithen Beach Café.

**Chef/s:** Mick Smith and Zac Anderson. **Open:** all week L 12 to 3.30, D 6 to 9.30. **Closed:** 25 Dec. **Meals:** alc (main courses £13 to £20). **Service:** not inc. **Details:** Cards accepted. 57 seats. 70 seats outside. No mobile phones. Music. Children allowed.

## St Andrews Street Bistro

**Funky, fun bistro**

16 St Andrews Street, St Ives, TR26 1AH

Tel no: (01736) 797074

**Modern European | £18**

**Cooking score: 2**

£5 OFF  £30

‘What a find’, enthused one reporter of this chintzy, eclectically decorated restaurant down a narrow street behind the harbour. It’s all very relaxed and casual, with board games available in comfy chairs by the bar and ‘funky music’ and ‘mad art’ fitting the seaside surfing mood exactly. The kitchen reads from an international script, with the likes of Jamaican goat curry or ‘properly cooked’ polenta-crusted plaice fillets served with curry lentils and a refreshing tomato salad both pleasing at inspection. Start with gravlax with horseradish cream, and finish with a light mango mousse with crushed raspberries. Wines from £12.95.

**Chef/s:** Stuart Knight. **Open:** all week D 6 to 11. **Meals:** alc (main courses £8 to £20). **Service:** not inc. **Details:** Cards accepted. 50 seats. Separate bar. Wheelchair access. Music. Children allowed.

## ALSO RECOMMENDED

### ▲ Alfresco

Wharf Road, St Ives, TR26 1LG

Tel no: (01736) 793737

[www.stivesharbour.com](http://www.stivesharbour.com)

**Eclectic**

Fresh seafood and great bay views win the day at this small, open-fronted, harbourside restaurant. You can expect anything from crab cakes with sun-blush tomatoes and red pepper salsa (£6.95) to well-reported scallops set on sweet potato purée with thermidor sauce (£15.95). Otherwise, all tastes are catered for

with shredded duck salad and toasted pine nuts with sweet chilli balsamic and fresh coriander or beef fillet in a rich red wine sauce. House wine is £12.95. Open all week.

## St Kew

**NEW ENTRY**

### St Kew Inn

**Honest pub cooking at reasonable prices**

St Kew, PL30 3HB

Tel no: (01208) 841259

[www.stkew-inn.co.uk](http://www.stkew-inn.co.uk)

**Gastropub | £24**

**Cooking score: 3**

£30 

Guide readers may remember Paul Ripley from his time in St Merryn. Now he’s back, and his new home – much-extended but down-to-earth fifteenth-century pub – really looks the part. It’s a ‘gorgeous place’, with a large garden bordered by a stream. Inside, exposed stone walls and varnished tables are backed up by archetypal beams, winter fires and St Austell ales. Honest pub cooking at reasonable prices is the forte, with the kitchen delivering straightforward classics ranging from Welsh rarebit with fried duck egg and watercress salad to a well-reported chicken and ham pie with homemade piccalilli. St Enodoc asparagus, locally bred steaks and Fowey mussels cooked in cider, cream and chives reveal a dedication to local sourcing. Rhubarb fool with pecan shortbread impressed at inspection. House wine from £12.30. The pub is justifiably popular, so do book ahead.

**Chef/s:** Paul Ripley. **Open:** all week L 12 to 2, Mon to Sat D 6.30 to 9. **Closed:** 25 Dec. **Meals:** alc (main courses £10 to £17). Sun L £10.50 (1 course) to £19.50. **Service:** not inc. **Details:** Cards accepted. 70 seats. 40 seats outside. Separate bar. Music. Children allowed. Car parking.

## St Mawes

### Hotel Tresanton

**Fashionable Cornish retreat**

27 Lower Castle Road, St Mawes, TR2 5DR

Tel no: (01326) 270055

www.tresanton.com

**Modern European | £33**

**Cooking score: 4**



Tresanton drifted into the hospitality arena during the 1940s, when it was a local yachtmen's club serving the nautical brigade. After stepping up to full hotel status, it was given the Olga Polizzi treatment in 1997 and is now one of the darlings of the Cornish weekend set. The hotel cuts a real dash in summer, when the gorgeous terrace comes into its own. Otherwise, there are vicarious whiffs of the Med in the restaurant, with its mosaic floors, seaside colours and sun-drenched menu. A starter of red mullet and scallops with baby fennel, green beans and tomato sets things up for main courses of cod with grilled potatoes, steamed cockles and langoustine or Calenick Farm beef fillet with Swiss chard and wild mushrooms. West Country cheeses with pumpkin pickle are alternatives to sweet offerings such as dark chocolate soufflé with pecan fudge ice cream. Italy and France share most of the glory on the wine list, which kicks off with house selections at £24.

**Chef/s:** Paul Wadham. **Open:** all week L 12 to 2.30, D 7 to 9.30. **Closed:** 2 weeks Jan. **Meals:** Set L £25 (2 courses) to £33. Set D £42. **Service:** not inc.

**Details:** Cards accepted. 40 seats. 55 seats outside. Separate bar. Children allowed. Car parking.

### Please send us your feedback

To register your opinion about any restaurant listed in the Guide, or a new restaurant that you wish to bring to our attention, please visit the web address at the bottom of the page. Your feedback informs the content of the book and will be used to compile next year's reviews.

## St Merryn

**NEW ENTRY**

### Rosel & Co

**Satisfying comfort food**

The Dog House, St Merryn, PL28 8NF

Tel no: (01841) 521289

www.roselandco.co.uk

**Modern British | £35**

**Cooking score: 4**

It's 'a hip little place' noted a reporter of this simple, rustic dining room, part of the Dog House Wine Bar. Compact menus limit choice to around four options per course, and dishes aim to comfort rather than challenge. The unfussy modern British-style offerings range from seared salmon with celeriac cream, vanilla and red wine to lamb rack with carrot purée, pea shoots and mustard. Results on the plate may lack a wow factor, but fine ingredients are handled carefully to produce satisfying starters such as scallops in a sweet miso butter with chives, a main course of pork belly with five-spice and apple and ginger sauce, and a 'nice, gooey' hot chocolate pudding with rum caramel and vanilla parfait. Service is 'very relaxed'. A couple of pages of wine offer affordable drinking from £14. **Chef/s:** Zane Rosel. **Open:** Tue to Sat D 7 to 9. **Closed:** Sun, Mon, 1 Jan to 10 Feb. **Meals:** alc (main courses £15 to £22). Set D £20 (2 courses) to £25. **Service:** not inc. **Details:** Cards accepted. 30 seats. Separate bar. No mobile phones. Music. Children allowed.

## Treen

### The Gurnard's Head

**Fabulous fish in a dramatic setting**

Treen, TR26 3DE

Tel no: (01736) 796928

www.gurnardshead.co.uk

**Gastropub | £25**

**Cooking score: 3**



The curious fishy moniker refers to the brooding rocky promontory of the same name that stretches out below this dramatically

situated Cornish inn. ‘Eat, drink, sleep’ is the GH’s motto and the place is eminently cosy – even in the bleakest of weather. Given the name – and the location – it’s no surprise that the regularly updated menu generally includes an excellent selection of local fish. The day’s haul could yield brill with fennel and tomato stew or mackerel with chorizo, Puy lentils and rocket, while Cornish pastures provide most of the raw materials for lamb’s sweetbreads with wild leaves and pancetta or stuffed pork loin with sage gnocchi. British cheeses bring up the rear, alongside no-nonsense puddings including blackberry and almond tart with clotted cream. The global wine list kicks off with 12 selections by the glass or carafe. Bottle prices start at £15.50.

**Chef/s:** Rob Wright. **Open:** all week L 12.30 to 2.30, D 6.30 to 9.30. **Closed:** 24 and 25 Dec. **Meals:** alc (main courses £10 to £16). **Service:** not inc.

**Details:** Cards accepted. 50 seats. 30 seats outside. Separate bar. No mobile phones. Music. Children allowed.

## Tresco, Isles of Scilly

### ALSO RECOMMENDED

#### ▲ Island Hotel

Tresco, Isles of Scilly, TR24 OPU

Tel no: (01720) 422883

[www.tresco.co.uk](http://www.tresco.co.uk)

**Modern British**

There are panoramic sea views from the terrace and dining room of this hotel on the ‘island of flowers’. A colonial-style building with a private beach, it’s all the more peaceful thanks to the lack of cars on the island. The set-price dinner menu (£40 for three courses) might offer grilled halloumi with garlic yoghurt, chilli butter and poached egg followed by baked plaice with parsley crust, tomato fondant and lemon butter, and lemon posset for dessert. Wines from £17. Closed Nov to Feb.

## Truro

### Saffron

**Versatile local menus and good value**

5 Quay Street, Truro, TR1 2HB

Tel no: (01872) 263771

[www.saffronrestauranttruro.co.uk](http://www.saffronrestauranttruro.co.uk)

**Modern European | £30**

**Cooking score: 2**

The bold and versatile menu at the Tinneys’ cheerful, bistro-like restaurant displays a strong commitment to local and regional produce. Falmouth Bay mussels, and Bocaddon cheese with dukkah (a crumbly nut and spice blend) are typical starters, while mains include local veal with lemon thyme and onion polenta, and Newlyn huss with wild garlic, spätzle and parsley sauce. One couple, making a return visit, expressed delight at an excellent-value set lunch of a tapas-style starter plate followed by ‘beautifully baked’ cod in a spicy vegetable mix. Pannacotta and steamed marmalade pudding get the thumbs-up for dessert. House wine is £12.40.

**Chef/s:** Nik Tinney. **Open:** Mon to Sat L 11.30 to 3.30, D 5 to 10. **Closed:** Sun, Mon Jan to May, 25 and 26 Dec, bank hols. **Meals:** alc (main courses £12 to £17). Set L £12.50 (2 courses) to £15. Early supper £10.50 (2 courses) to £13.50. Set D £19.50.

**Service:** not inc. **Details:** Cards accepted. 42 seats. Wheelchair access. Music.

### Tabb’s

**Beguiling neighbourhood favourite**

85 Kenwyn Street, Truro, TR1 3BZ

Tel no: (01872) 262110

[www.tabbs.co.uk](http://www.tabbs.co.uk)

**Modern British | £30**

**Cooking score: 4**

Occupying what was once a Truro town pub, Tabb’s creates a mood of beguiling and stylish intimacy with its slate floors, fresh flowers and soft lilac colours. All the kitchen’s familiar trademark touches continue to delight visitors, from the breads baked each morning to the seductive assortment of homemade chocolates and truffles that round off a meal in

luxurious style. Nigel Tabb's food is suffused with European flavours, although his cooking also shines the spotlight on seasonal Cornish ingredients. A timbale of chilled duck fillet is married with smoked goats' cheese, lemongrass and spring onion dressing, while baked fillet of mutton comes with sweetbreads, celeriac hash, grain mustard and onion gravy. Fish is also a strong suit – as in grilled fillet of hake with paprika pasta, roasted peppers and harissa dressing. The affordable 40-bin wine list kicks off with a quartet of house selections at £14.95 (£4 a glass). Note that Tabb's is currently open for dinner only.

**Chef/s:** Nigel Tabb. **Open:** Tue to Sat D 7 to 9.

**Closed:** Sun, Mon, 25 and 26 Dec, 1 week Jan.

**Meals:** alc (main courses £15 to £22). Set D £18.50 (2 courses). **Service:** not inc. **Details:** Cards accepted. 30 seats. Separate bar. No mobile phones. Wheelchair access. Music. Children allowed.

youngsters) is well run and very popular with visitors and locals in equal measure.

Enthusiastic dish descriptions, prime ingredients and bold flavours characterise a forthright style that in winter has delivered a well-made celeriac soup with crispy bacon and pollack on a fennel-based ragoût. Early summer brings 'nice and light' frutti di mare of mussels, cockles and clams poached in a broth with Cornish cream, parsley and breadcrumbs, a robust slow-cooked duck leg teamed with smashed Cornish Earlies, spring greens and capers, and a generous sized vanilla pannacotta served with shortbread and apricots poached with elderflower. House wine is £19.

**Chef/s:** Neil Haydock. **Open:** all week B 8.30am to 10, L 12 to 2.30, D 6.15 to 9.15. **Meals:** alc (main courses £14 to £24). Set L £25.45. Set D £55 (5 courses). **Details:** Cards accepted. 100 seats. Wheelchair access. Music. Children allowed. Car parking.

## Wadebridge

### READERS RECOMMEND

## The Orchard

**Modern British**

Polmorla Road, Wadebridge, PL27 7ND

Tel no: (01208) 812696

[www.theorchardrestaurant.co.uk](http://www.theorchardrestaurant.co.uk)

'The food is wonderful, very fresh, local'

## Watergate Bay

## Fifteen Cornwall

**Pukka Cornish destination**

On the beach, Watergate Bay, TR8 4AA

Tel no: (01637) 861000

[www.fifteencornwall.co.uk](http://www.fifteencornwall.co.uk)

**Italian | £55**

**Cooking score: 4**

Picture windows capitalise on the 'spectacular scenery' of Watergate Bay, but the rest is tiled floors, plain tables and subdued colours enlivened by a bit of 1960s *Magic Roundabout*-style psychedelia. This Cornish branch of Jamie Oliver's Fifteen foundation (a chef training programme for underprivileged

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*The Good Food Guide* is Britain's best-selling restaurant guide. First published in 1951 and written and compiled from scratch every year, it reviews the best establishments in the UK.

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