

Squid Ink Tasting & Nutrition Notes

Summer 2010 Menu

Welcome to Squid Ink. Because all of our dishes are made in the Squid Ink kitchen from scratch we can guarantee what goes into your food, and just as importantly, what doesn't, such as added/unnecessary salt, fat and sugar. As your chef, having grown up in Cornwall my ethos is to source the best local seasonal produce often from small artisan suppliers and create a range of dishes which while incorporating healthy eating options don't compromise on flavour or creative flair. You will see that many of our fish & seafood dishes contain no, or low levels of added salt which is because their naturally salty flavour from the sea is sufficient to season the dish. The tasting & nutrition notes are also designed to explain the ingredients and the cooking methods used. We have also included a key to denote at a glance which dishes are for example low in fat, or are suitable for celiac diets as they contain no gluten, but if you are in any doubt, or have any other questions about the menu please let a member of our front of house team know and I'll come and discuss the dishes with you in person. I trust you will enjoy your dining experience with us and would like to personally thank you for choosing to eat with us at Squid Ink. **Sarah Hall** Chef/proprietor.

Entrees

Bread & olives with Cornish butter. Our homemade bread is made with olive oil not dairy fats & for vegan or dairy free diets butter can be substituted for a balsamic dipping oil. Homemade gluten free bread is also available on request.

Starters

Warm salad of squid, chorizo & giant cous-cous (df/ns) £7.25 A Spanish inspired tapas dish which uses fresh tomatoes, herbs & roasted peppers to make a rich aromatic sauce which is packed with flavour. The cous cous is steamed without salt & the squid which is stir fried in the sauce at the last minute is very low in fat and so balances the oily spicy sausage.

Fowey mussels in a saffron cream sauce (shf/gf/ns/) £7.25 Saffron strands are infused in white wine & locally produced Trewithen double cream to make a golden fragrant liquor which the mussels are gently poached open in resulting in a smooth creamy sauce which epitomizes summer in a bowl even when the sun doesn't shine! If this is too rich for you or you'd prefer a dairy free option look at our specials board where we regularly feature a lighter option.

Fowey mussels in a fresh chilli, lime, coriander & coconut broth (shf/df/gf/ns/lf) £7.25 (a regular on our specials board) This Thai inspired sauce uses reduced fat coconut milk, fresh limes & Nam Pla (fish sauce) to make a steaming broth which the mussels are cooked in before being garnished with fresh chilli & coriander. The fish sauce is salty so there is no added salt in this dish and mussels are low in fat so the dish is overall a low calorie option and suitable for those wanting a light starter.

Cornish crab & avocado filo tartlet served with dressed mixed leaves (shf) £7.95 Rich brown & delicate white crab meat are combined in this ying yang style tartlet enriched with the silky smooth texture of avocado. This is definitely not a low calorie option despite its virtuous sounding individual key ingredients as lashings of butter is used to create a crisp pastry shell & the filling is held together with a rich double cream & egg soufflé style custard.

Pan fried local scallops & chargrilled artichoke hearts with wild garlic aioli (shf/gf) £7.95 Large juicy scallops with their roe on are griddle cooked in this dish together with the artichoke hearts so only a light brushing of oil is required which means all the calories can be concentrated in the rich garlic mayonnaise (aioli). Garlic grows wild all around Looe and so this is our very own foraged ingredient fresh to the plate for you! Alternatively this dish can be served with a fresh diced tomato & caper salsa which makes it a low fat and lighter option.

Butterfly fillet of Cornish sardine on a black turtle bean salsa (gf/df/lf) £6.95 This naturally oily omega 3 rich fish is the height of healthiness & is complemented by a simple fresh tasting salsa to balance the dish. The black beans add texture, depth & striking colour without colossal calories. Local, sustainable & you can eat as much as you like of it – it doesn't get fresher or better than this!

Tempura battered king prawns with Cornish sweet chilli dipping sauce (shf/df) £7.95 Although crisp & light this batter made with cornflour & sparkling Cornish spring water is deep fried so not suitable for low fat diets. The crunch of the batter contrasts with the plump juicy king prawn & locally produced sweet sticky sauce (by the Cornish Chilli Company) to create a deliciously decadent starter though.

Savoury goats cheese pannacotta & chargrilled aubergine stack drizzled with roasted red pepper 'pesto' (v/n) £6.95 This savoury pannacotta combines soft goats cheese with whipped cream, mustard, salt & pepper & vegetarian gelatine to create a creamy, smooth, rich platform for a piquant 'pesto' sweetened with roasted red peppers. The 'pesto' contains pine nuts which although technically seeds not nuts we have given it a (n) code to err on the side of caution for nut allergy sufferers. This is a small but dense starter as all the key ingredients are heavy on the calories & fat front.

Crostini of duck liver pate infused with lemon & ginger wine £6.95 Pan fried duck livers are flambéed in garlic, lemon & ginger wine, seasoned & then pureed with lashings of butter to create a smooth dense flavor packed pate which is thickly spread onto crisp oven baked mini crostini breads garnished with some dressed mixed leaves.

Main Courses

All main courses are served with a selection of seasonal vegetables & potatoes or optional side salad. Our current selection includes cherry tomato & basil stuffed roasted red peppers, boiled Cornish baby potatoes in rosemary & mint butter, chargrilled courgettes & steamed asparagus.

Squid ink risotto topped with medallions of monkfish (gf/ns) £17.95 This classic Italian dish is dramatic and striking in its own right but we have added milky white medallions of monkfish to contrast with the black rice & make a more substantial main course. Arborio rice is cooked in dry white wine & fresh fish stock which contains natural sea salt flavours & the squid ink is slightly salty, although predominantly used for colour impact in this dish, so no additional salt has been added.

Cornish bouillabaisse with saffron rouille topped giant crouton (shf) £17.95 Mixed locally caught sustainable fish, shellfish & mussels are poached in a tomato based liquor laced with pernod & enriched with onions, garlic, fennel & fresh herbs. This would be a low fat option were it not for the rouille but as this is served on top of a giant crouton, as opposed to stirred into the stew as in classic Mediterranean versions, it can be forfeited for a healthier option.

Pan fried John Dory fillet with a Cornish Orchards cider, bacon & clam fricassee (gf/ns) £17.95 Beautiful flat fish fillets with a tell tale black spot on their skins are pan fried & accompany a decadent creamy bacon & clam sauce. The bacon lardons are fried until crisp to release all their excess oil but this remains a calorific dish due to the addition of the double cream in the sauce however is lightened with the crisp cider to cut through the richness. This is a low salt option though as no additional salt is added as the bacon & clams adequately seasons the dish.

Cornish crab crusted roast Pollack fillet with sauce vierge (shf/df) £17.95 A local sustainable fish crowned with a king of crusts – fresh white & brown crab meat combined with fresh breadcrumbs & olive oil. The sauce vierge is made by combining diced fresh tomato, garlic, anchovies, capers & fresh herbs in a lemon & olive oil dressing. This is summer at its best and is healthy too as the sauce relies of piquancy to pack a punch not calories.

Spaghetti nero (black pasta flavoured with squid ink) with seared local scallops, king prawns and salsa verde (shf/df/ns) £17.95 Salty squid ink is added to the pasta to give a dramatic colour & flavour to this Italian inspired dish. No additional salt is required as the salsa comprises capers, flat parsley & anchovies which combine to provide a natural salty flavour. The shellfish is chargrilled to caramelize and seal in their sweet juices and looks striking against the black pasta.

Surf & turf (prime beef fillet, pan fried scallops & king prawns topped with tempura battered squid) served with wasabi-mayo (Japanese horseradish) (shf) £19.95 The fat content of this dish is minimised by using a crisp tempura batter made from cornflour & sparkling water however the squid is deep fried. To create a balanced dish the remaining ingredients are griddled on a heavy cast iron skillet using just a brush of oil to prevent sticking. No added salt is required as the seafood provides sufficient natural seasoning. The wasabi mayonnaise adds a piquant sauce for those who like a mustard/horseradish taste with their beef but it complements seafood which is cooked just as well as sushi.

Breast of free range chicken stuffed with cracked black pepper cheese & wrapped in Cornish coppa (air dried ham) (gf) £16.95 Free range local chicken fillets are filled with creamy cheese & encased in thinly sliced ham cured by Deli Charcuterie near Delabole in North Cornwall. No salt is added as the cheese & ham are naturally salty and the black pepper cheese adds subtle heat to the filling. This is a comforting dish combining classic flavours with a local twist.

Black beluga lentil moussaka (v/gf) £15.95 We have tried to create a vegetarian dish which reflects the style of

the fish and meat dishes on our menu and uses local seasonal vegetables. So, for those of us not heading to the sunny Greek islands you can opt for this healthy version of a Greek inspired dish by the Cornish seaside in Looe. The black lentils provide the striking Squid Ink signature look while fresh summer tomatoes and chargrilled aubergine add the classic ingredients which make this dish so iconic. It is all topped with a rich cream cheese & egg soufflé custard and dusted with a little fresh nutmeg.

Desserts

Raspberry & chocolate (gluten free) brownie with Cornish vanilla ice cream (gf) £7.25 The lack of flour in this decadent dessert means it is a dense and rich brownie with a real chocolate kick. The raspberries are very local to me as they are grown by my dad and provide tiny bursts of summer flavour between mouthfuls. Treleavens of Looe provide the accompanying hand made luxury Cornish vanilla ice cream made with rich vanilla bean. This is a calorific option but worth it in my opinion!

Cornish Orchards apple & Calvados jelly with ginger infused cream & ginger & dark chocolate biscotti (n) £6.95 Gelatine is used in this dish and so it is not suitable for vegetarians and Calvados is 40% proof and so this is definitely a grown up jelly! The refreshing fruity jelly is topped with a warming ginger infused double cream & served with a crunchy homemade biscotti dipped in dark 70% chocolate. This is a yin/yang style dessert combining decadence with purity but can be tipped towards a healthy option by substituting a scoop of sorbet for the ginger cream if preferred.

Trio of Treleavens sorbets with clotted cream shortbread (v/df) £7.25 Hand made in Looe these sorbets are simply stunning refreshers after a meal. Please ask your waitress for a complete list as they vary weekly. Local Cornish biscuit company Furniss provide the rich clotted cream shortbreads to accompany this dessert when I run out of time to make my own in the height of the summer!

Organic lemon tart with Cornish clotted cream (v) £6.95 A rich buttery shortcrust pastry is baked blind before adding a thick lemon custard made from unwaxed organic lemons, Trewithen double cream, sugar and local free range eggs. There is no way of disguising the calories in this dish but it is tangy and fresh and served with a burst of fruit coulis to add more summer zing and finished off with a 'girt dollop' of Cornish clotted cream.

Warm treacle tart with Cornish vanilla ice cream (v) £6.95 Another calorie laden dessert using shortcrust pastry made with half wholemeal flour to add texture. The dense treacly filling is topped off with an apricot glaze & served with cool rich vanilla ice cream from Treleavens. Traditional splendour but not for the feint hearted as it is hard to cut into slithers!

Local cheeseboard with homemade oat cakes £6.95 Our homemade oatcakes contain reduced levels of salt and sugar and use cracked black pepper to add flavour. Our cheese selection changes weekly but usually contains Cornish Blue (made in the village where I live), a goats cheese (Village Green a hard goats cheese with a distinctive green wax rind or Gevrick a creamy soft goats cheese), St Endellion brie and a hard cheese such as Yarg which is coated in layer of stinging nettles!

In addition to the above dishes we have daily 'specials' showcasing the best seasonal local ingredients. Please note that this menu is subject to change depending on the availability of fresh produce.

Key: (df) = dairy free (lf) = low fat option (ls) = low salt (ns) = no added salt (v) = vegetarian (gf) = gluten free (n) = contains nuts (shf) = shellfish