

Woodlands Eating Out:

1.* **+The Seafood Restaurant – Riverside, Padstow (01841) 532 700.**

Very famous restaurant owned by Rick & Jill Stein. It is superb for fish as you would imagine. In the summer you will have to book in February to be sure of a table! In the winter, it is easier and worth every penny. Everything about the food is fantastic, the fish is at its freshest – the menu for the day is only decided when the catch comes in that morning. The service and the quality of wines is what you would expect at one of the country's finest restaurants. The restaurant is deceptively large, very bright and airy with walls strewn with modern art. The whole place was re-vamped in January 2008 and looks magnificent. There is a 'Drop-in' bar (that is not bookable) you should try. You can try some Japanese Sushi or a plate of Frites de Mer. www.ricksein.com **Highly recommended.**

You can now hire the 'Seafood School' for parties and events; it can be expensive but beautifully done – call the Seafood Number (01841 533 700) for details.

2.* **+Rick Stein's Bistro – in St Petroc Hotel, 4 New Street, 01841 532700**

The Bistro is where you will experience dishes from Ricks travels around the world. It has a small, well presented menu with a fish accent but not as much as the Seafood restaurant. It is informal and has wonderful 'chatty' staff. **Recommended**

3. **Rick Stein's Café – 10 Middle Street, Padstow, 01841 532700**

Good, quick food at very good value. The Café has recently improved in quality and has an intimate feel about it. There is a nice little courtyard garden to sit in the Summer. **Recommended**

4.* **+Margot's Bistro– 11 Duke Street, Padstow. 01841 533 441**

A charming little Bistro that serves a well cooked menu, innovative dishes at a very reasonable price. I have had a meal, just as fine as I would get at the best restaurants, for third of the price! It is run by the chef Adrian Oliver and his wife Julie and together they have created a friendly ambience in a cosy 22 seater restaurant. Open for lunch and dinner, but phone to check out of the summer season. You should book well in advance as Margot's is a very small restaurant. Closed Sunday & Monday www.margots.co.uk **Highly Recommended**

You need to book ASAP for the above restaurants they are very popular!

7.* **Jacks Wine Beer and Food, Parnalls Court Padstow, (01841) 533 238**

In-between Ricks Patisserie and Seasalt Clothes shop, you will find Parnalls Court. Down on the right is this newest bistro in town. This "hidden retreat, tucked away from the hustle and bustle" of Padstow serves lunch and a light meal in the evening with a bottle of wine or beer. Chef, Lewis has designed lots of little dishes to share (or not) – like a 'Tapas'- one dish will not fill you up so you could easily have two

or three each and a pudding! Good value. www.padstowjacks.co.uk **Recommended.**

20.* Bin 2, South Quay, Padstow Harbour. 01841 532 022

Not a restaurant, but a charming little wine-bar with just nibbles and lots of wonderful wines and a few Continental bottled beers to try, mostly 'al-fresco'. Very good place to have a drink on a sunny evening before going on to eat at one of the many restaurants in Padstow. Sit and look at the Harbour; chat to owner, David about wine - a subject he will enjoy talking about until the boats come in! **Recommended**

13.*Paul Ainsworth At No. 6 Restaurant , Middle Street, Padstow, (01841) 532 093;

Paul Ainsworth is one of the country's up-and-coming 'super-chefs', and his restaurant is superb. The menu is very well set out, some dishes you will know; some re-designed comfort food; some highly innovative dishes and puddings to die for. Leave some room for the pudding tasting plate. The service is very attentive and the dishes beautifully presented, the flavours are well crafted. Paul's food is cross between 'High Dining' and 'Bistro'. Open for Lunch (great value) and dinner; Closed Sunday evening and Monday. www.number6inpadstow.co.uk **Highly Recommended**

6.The Basement Café, South Quay, Padstow, (01841) 532 846.

A nice little café/bistro with well cooked food – nothing too adventurous and very good value. The fish dishes are fabulous and On hot and balmy days and nights, you can sit outside looking at the harbour, under huge umbrellas **Highly Recommended**

Rojano's, end of Mill Square, Padstow, (01841) 532 796.

Hidden at the end of the narrow lane to the left of Barclays Bank, you will find this very good pizza and pasta restaurant revamped in 2011. Run by Paul Ainsworth, consequently, good quality and good value and very busy! Take away menu. **Recommended**

Out of Padstow

(4).* +Rosel & Co. St Merryn 01841 521 289

Zane Rosel is well known as a fine chef. Zane cut his teeth with Ripley's (sadly closed) and knows how to run a fine-food restaurant. A beautifully cooked short menu, daily constructed and very good value. Open Tuesday to Saturday out of season. www.roselandco.co.uk **Recommended**

(5).* +The Ivy House, St Merryn Church. 01841 520 623.

Plain and simple with well known bistro dishes. Recently up-graded the décor and al-fresco area. Excellent for a family supper at very good prices. Set in a delightful old Cornish farm house. Closed in the winter. **OK.**

The Olive Tree, St Merryn. 01841 521 560.

New to St Merryn in 2011, a little, well presented bistro serving pasta, pizza and steaks at a good standard. Lovely special dishes each day at a reasonable price, served in a friendly atmosphere. A nice place to go to out of the melee of Padstow. Open for Brunch and Dinner. **OK**

***The Journeyman, Mellingey Mill, St Issey, 01841 540 604**

On the right on the road to Wadebridge. Where the Far East meets the Southwest! Very good Thai, Indian and British dishes – the Eastern menu has to be tried, though. www.journeymanrestaurant.co.uk

Recommended.

The Raj, 1 Commissioners Quay, Wadebridge, 01208 895 454/453

A very good Indian restaurant – good for takeaway and wonderful for eating in. It gets very busy as it is the only decent Indian in the area! **Recommended**

The Bridge Bistro 4, Molesworth St, Wadebridge, 01208 815 342

Opened in May 2010, this is a lovely little bistro in Wadebridge in an old chapel with high ceilings, solid white wall and arched gothic windows. Phil and Vicky are experienced young restaurateurs; Phil in the kitchen and Vicky front of house. The menu is short, well put together and the well cooked dishes are nearly all changed daily. Keep room for pudding! Open for lunch and dinner Tuesday to Saturday. **Recommended**

(10).+Nathan Outlaw Seafood & Grill at The St Enodoc Hotel, Rock 01208 863 394

This is a new venture for Nathan, back again in Rock after a successful stint as Executive Chef at the Villa Marina Hotel in Fowey and gained a couple of Michelin Stars! There is the Seafood Grill restaurant and a separate 'Fine Dining' restaurant that not only boasts 2 Michelin Stars but has been voted the best fish restaurant in the country by Good Food Guide! Nathan was a Great British Menu finalist and is one of the country's best up-and-coming seafood chefs.

www.nathanoutlaw.co.uk **Highly Recommended.**

Rock is a bit of a pain to get to; 40 minutes by car in summer, or over on the Padstow ferry and a 10 min. walk.

Pubs to Try:

There no good pubs for food in our area, unfortunately. Bookings are generally not taken (unless I give a telephone number) and food varies in quality in the winter months! These are the better places to go:

+*The Cornish Arms: St Merryn Church. Now a Rick Stein pub – good pub food Recommended

The Red Lion: Church Lane, Padstow – Only free-house in Padstow!

Worth a Try

+The Pickwick: St Issey – *good for views & kids.* Recommended.

The Ring O' Bells; St Issay – *a nice Cornish pub – Sunday Lunch.* OK.

+The Quarryman, Wadebridge, - *Good steaks! 01208 816 444* Worth a Try.

Hugo's Rating: Graded from **Average** to **Outstanding**,
all however, are good, the establishments not on the list are either **not up to standard** or **not visited**:

Key: OK - Worth a try – Recommended – **Highly Recommended.**

* = Mention you are staying at Pippa and Hugo's Guesthouse – you may get a little more attention!

+ = *these restaurants are quite good for wheelchair access – none are brilliant!*

Map ref numbers you will see on the '**Coastal Walks, Shops & Restaurants Guide**'.

WHERE WE LIKE TO LUNCH AND INDULGE IN A CREAM TEA:

1.* The Seafood Restaurant – Riverside, Padstow (01841) 532 700.

Very famous restaurant owned by Rick Stein. It is superb for fish and very expensive. Lunch is possibly more accessible and, in my view, is more relaxed, especially in the 'stressed-out' summer months. The whole place was re-vamped in January 2008 and looks magnificent. There is a 'Drop-in' bar (that is not bookable) you should try, especially for lunch you will still need to book early in the year for high season tables. www.ricksein.com **Highly recommended.**

3. Rick Stein's Café – 10 Middle Street, Padstow, 01841 532700

Good, quick food at very good value. The Café has an intimate feel about it and it has a typical French Cafe atmosphere. There is a nice little courtyard garden to sit in the Summer. **Recommended.**

13.*Paul Ainsworth At No. 6 Restaurant , Middle Street, Padstow, (01841) 532 093;

Paul Ainsworth is one of the country's up-and-coming 'super-chefs', and his restaurant is superb. Lunch is very good value at £5.00 per course (£13.50 for 3 courses) and a proper Sunday Lunch from April. Closed Sunday evening and Monday. www.number6inpadstow.co.uk **Highly Recommended**

11. * **Jacks (01841) 533 238** Tucked away in Lanadwell Street (beside Rick's Patisserie) Padstow is this excellent Cafe which serves lunches - lots of little dishes to share (or not) – like a 'Tapas'- one dish will not fill you up so you could easily have two or three each and a pudding!

www.padstowjacks.co.uk **Recommended.**

6.***The Basement Café, South Quay, Padstow, (01841) 532 846.** A nice little café/bistro with well cooked food – nothing too adventurous and very good value. On hot and balmy days, you can sit outside looking at the harbour, under huge umbrellas. **Worth a Try.**

8. PRIDEAUX PLACE Padstow (01841) 532 411 www.prideauxplace.co.uk

Our closest historic, stately house – tons of Cornish history, and an international film location. There is a very nice Tea Rooms that serves lunch and tea, Open Easter to October half-term. **Worth a Try**

5. Pescadou Restaurant (01841) 532 359 This is a good venue for large parties to have lunch, families and children. Pescadou is part of the Old Custom House Pub next door, Good fish dishes. **OK**

The Olive Tree, St Merryn. 01841 521 560.

New to St Merryn in 2011, a little, well presented bistro serving pasta, pizza and steaks at a good standard. Lovely special dishes each day at a reasonable price, served in a friendly atmosphere. A nice place to go to out of the melee of Padstow. Open for Brunch and Dinner. **OK**

The Falcon, St Mawgan, TR8 4EP 01637 860 225

Deep in a valley accessed from a little road opposite Newquay Airport, the charming village of St Mawgan has a village shop, a Japanese Bonsai tree nursery and this nice little pub that does well cooked traditional pub food. We had a lovely lunch there sat outside (in the summer) in the quiet with a magical tinkle of water coming from the Ford nearby. Nice for supper as well. **Recommended**

(7)*Food for Thought, Mobile take-away, Harlyn Bay - the upper car park. About 2 miles from Padstow.

Charles and Lynne are great friends of Woodlands; they are the best mobile take-away you will find anywhere. They do everything from Steak sandwiches, Hamburgers, Chips, Lemon Chicken Rolls – cooked to order with cups of tea or coffee, soft drinks and much more. It doesn't matter if you're wet and covered in sand; have your lunch at their tables and chairs and watch the surfers. Open from Easter to October half term. **Worth a Try**

(10) St Enedoc Hotel, Rock 01208 863 394 Very good for lunch 'Al Fresco' Lunches in the summer with wonderful views. The restaurant is a lovely place for winter lunches as well after a strenuous walk to Betjeman's grave in St Enedoc Church or a round of golf at the golf club.

Recommended.

(1)Treose Golf Club, Constantine Bay (01841) 520 208 I lovely place to lunch and you don't have to play a round of golf. Sit and watch the golfers playing golf or, if it is blowing a gale, watch the mighty seas smash against the cliffs whilst you are having lunch in a cosy restaurant. Very busy during the holidays. **OK**