



LUNCH  
menu

THE TERRACE  
*Lounge*



## SANDWICHES

Freshly prepared, all served on white, granary or gluten free bread, with coleslaw, mixed salad leaves & thin fries.

<b>HONEY ROASTED HAM</b>	8.50
West Country chutney relish	
<b>ROAST BREAST OF TURKEY</b>	8.50
Cranberry sauce	
<b>AWARD WINNING MATURE CHEDDAR CHEESE (V)</b>	8.25
Served with pickle	
<b>FREE RANGE EGG (V)</b>	8.25
Mayonnaise & cress	
<b>ROASTED CHICKEN BREAST</b>	8.95
Mayonnaise & salad leaves	
<b>WESTCOUNTRY BRIE (V)</b>	8.25
Grape	
<b>ROASTED BEEF</b>	8.95
Mustard or horseradish	
<b>ATLANTIC PRAWNS</b>	9.25
Marie Rose sauce	
<b>TRADITIONAL SMOKED SALMON</b>	9.95
Lemon & dill dressing	
<b>LOCAL HAND PICKED FRESH CORNISH CRAB</b>	10.95
Lemon mayonnaise & mango	

## CLASSIC CLUBS

Served with coleslaw, mixed salad leaves & thin fries.

<b>CLUB SANDWICH</b>	13.75
Chicken, bacon, salad & free range egg	
<b>STEAK CLUB</b>	14.50
Grilled sirloin steak, caramelised red onion & mushrooms	
<b>THE VEGETARIAN CLUB (V)</b>	12.25
Grilled halloumi, piquello pepper & avocado	

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Available 10.00am - 2.00pm





## LIGHTER SNACKS

<b>FRESHLY PREPARED SOUP OF THE DAY</b> Made with local produce & served with Artisan bread rolls	7.95
<b>CHICKEN LIVER PARFAIT</b> Hot toast, real ale chutney	9.75
<b>SHREDDED BEEF, PARSLEY &amp; BONE MARROW CROQUETTES</b> Parsley, horseradish & watercress salad	11.50
<b>TOMATO &amp; MOZZARELLA GNOCCHI (V)</b> Tomato passata, spinach, Parmesan	13.95

## CARLYON CLASSICS

<b>FRESHLY MADE OMELETTES</b> (made with free range hen-eggs) Choose from: Smoked salmon & prawn Wild mushroom Bacon & cheddar cheese	10.95
<b>ARNOLD BENNETT OMELETTE</b> Smoked haddock & cheese	11.95
<b>BAKED 'MAC N CHEESE' (V)</b> Rich cheese sauce, crisp panko crumb	12.50
<b>CAESAR SALAD</b> Sweet garlic, croutons, creamy garlic dressing, parmesan as it comes (V) or with char grilled chicken	10.95 15.95
<b>PRIME HOME GROUND 'BURGER'</b> Maple bacon, local cheese, pickles, mayo, salad, slaw, toasted bun & thin fries	16.50
<b>THAI GREEN CHICKEN CURRY</b> Breast of chicken, fragrant coconut green curry served with jasmine rice	17.50
<b>SRI LANKAN CURRY (VE)</b> sweet potato, green bean, roasted lime cashews, pea basmati rice, coconut tomato sambal	16.50
<b>10oz CHAR GRILLED CARLYON RIB EYE STEAK</b> Served with mushrooms, vine tomatoes, thin fries & fried onion rings	27.00

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## FRESH FROM THE SEA

### FRESH MUSSELS

Cooked in cider cream & garlic

13.95

### LOCAL COD

Deep fried in beer batter, thin fries, mushy peas

16.25

### GRILLED FISH OF THE DAY

With citrus butter, thin fries & a tossed salad

15.50

### DRESSED CORNISH CRAB

Handpicked & served in its shell with tossed salad, mayo & thin fries

21.00

### SMOKED SALMON, CREVETTES, ATLANTIC PRAWNS & DILL SALAD

17.50

### SEAFOOD LINGUINI

Tiger prawns, mussels, clams, calamari, tomato, parsley & chilli

20.00

## SIDE DISHES

4.25

THIN FRIES

DEEP FRIED ONION RINGS

CHUNKY CHIPS

MARINATED OLIVES

TOSSED SALAD

CHEESE & GARLIC BREAD

## SWEETS

### WEST COUNTRY ICE CREAMS

Selection of locally made ice creams

7.25

### PLEASE ASK FOR THE DAILY DESSERT OPTION

7.95

### PANNACOTTA WITH SEASONAL FRUITS

7.95

### CHOCOLATE TORTE

Chocolate sauce, clotted cream

7.95

### DAILY WEST COUNTRY CHEESE SELECTION

3 cheeses, served with chutney, West Country biscuits, grapes & walnuts

8.50

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Please inform us if you have a food allergy that we should be aware of





## LOUNGE BAR SMOOTHIES

Made with a choice of either soya, skimmed or coconut milk.

**MIXED BERRIES & TOASTED OATS** 4.95

**AVOCADO & KIWI** 4.95

**BANANA, HONEY & PEANUT BUTTER** 4.95

## BEVERAGES

**A WIDE RANGE OF SPECIALITY TEAS & COFFEES** 4.00

Please choose from the following:

### Speciality Teas

Ceylon

China

Earl Grey

Decaffeinated

Lapsang Souchong

Green Tea

Cornish Tregothnan Tea

### Speciality Coffees

Cafetiere

Decaffeinated cafetiere

Espresso

Cappuccino

Latte

Other coffees available

A wide selection of herbal & fruit infusions are also available.

**HOT CHOCOLATE** 4.50

Served with whipped cream & marshmallows

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Available 10.00am – 2.00pm



