



LUNCH

menu

THE TERRACE
Lounge



SANDWICHES

Freshly prepared, all served on white or granary bread, with coleslaw, watercress, rocket & thin fries.

HONEY ROASTED WEST COUNTRY HAM 8.25

West Country chutney relish

ROAST BREAST OF TURKEY 8.25

Cranberry sauce

AWARD WINNING MATURE CHEDDAR CHEESE 7.95

Served with pickle

FREE RANGE EGG 7.95

Mayonnaise & cress

ROASTED CHICKEN BREAST 8.75

Mayonnaise & salad leaves

ROASTED WEST COUNTRY BEEF 8.75

Mustard or horseradish

ATLANTIC PRAWNS 8.75

Marie Rose sauce

TRADITIONAL SMOKED SALMON 9.75

Lemon & dill dressing

LOCAL HAND PICKED FRESH CORNISH CRAB 10.75

Lemon mayonnaise & mango

CLASSIC CLUBS

Served with coleslaw, watercress, rocket & thin fries.

CLUB SANDWICH 13.50

Chicken, bacon, salad & free range egg

STEAK CLUB 14.25

Grilled sirloin steak, caramelised red onion & mushrooms

THE VEGETARIAN CLUB 11.95

Grilled halloumi, piquello pepper & avocado

Available 10.00am – 2.00pm





LIGHTER SNACKS

- FRESHLY PREPARED SOUP OF THE DAY** 7.75
Made with local produce & served with Artisan bread rolls
- CHICKEN LIVER PARFAIT** 9.25
Hot toast, real ale chutney
- HAM HOCK & BLACK PUDDING BUBBLE & SQUEAK** 10.50
Smoked bacon & mustard hollandaise, poached duck egg
- TOMATO & MOZZARELLA GNOCCHI** 12.75
Tomato passata, spinach, Parmesan

CARLYON CLASSICS

- FRESHLY MADE OMELETTES** (made with free range hen-eggs) 10.50
Choose from:
Smoked salmon & prawn
Wild mushroom
Bacon & cheddar cheese
- ARNOLD BENNETT OMELETTE** 11.75
Smoked haddock & cheese
- BAKED 'MAC N CHEESE'** 12.50
Rich cheese sauce, crisp panko crumb
- CAESAR SALAD**
Sweet garlic, croutons, creamy garlic dressing, parmesan
- as it comes 10.95
or with char grilled chicken 15.50
or with char grilled prawns 16.50
- PRIME HOME GROUND 'BURGER'** 15.50
Maple bacon, local cheese, pickles, mayo, salad, slaw, toasted bun & thin fries
- THAI GREEN CHICKEN CURRY** 17.50
Breast of chicken, fragrant coconut green curry served with jasmine rice
- CHAR ROASTED 10oz CARLYON RIB EYE STEAK** 24.50
Served with mushrooms, vine tomatoes, thin fries & fried onion rings
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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

15.25

GRILLED FISH OF THE DAY

With citrus butter, thin fries & a tossed salad

14.95

DRESSED CORNISH CRAB

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

19.00

SMOKED SALMON, CREVETTES, ATLANTIC PRAWNS & DILL SALAD

16.50

SIDE DISHES

4.00

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

7.75

PANNACOTTA WITH SEASONAL FRUITS

7.75

CHOCOLATE TORTE

Chocolate sauce, clotted cream

7.75

DAILY WEST COUNTRY CHEESE SELECTION

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

8.50

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 3.95

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 4.45

Served with whipped cream & marshmallows

Available 10.00am – 2.00pm



