

Sandwiches

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

HONEY ROASTED HAM West Country chutney relish	9.25
ROAST BREAST OF TURKEY Cranberry sauce	9.25
AWARD WINNING MATURE CHEDDAR CHEESE (V) Served with pickle	9.25
FREE RANGE EGG (V) Mayonnaise & cress	9.25
ROASTED CHICKEN BREAST Mayonnaise & salad leaves	9.95
ROASTED BEEF Mustard or horseradish	9.95
ATLANTIC PRAWNS Marie Rose sauce	10.50
TRADITIONAL SMOKED SALMON Lemon & dill dressing	10.95
LOCAL HAND PICKED FRESH CORNISH CRAB Lemon mayonnaise & mango	11.95

Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

CLUB SANDWICH Chicken, bacon, salad & free range egg	14.50
STEAK CLUB Grilled sirloin steak, caramelised red onion & mushrooms	14.95
THE VEGETARIAN CLUB (V) Grilled halloumi, piquello pepper & avocado	12.95

Lighter snacks

- FRESHLY PREPARED SOUP OF THE DAY** 8.95
Made with local produce & served with Artisan bread rolls
- CHICKEN LIVER PARFAIT** 9.95
Hot toast, real ale chutney
- LINGUINI, JALAPENO PEPPERS,
CHERRY TOMATOES, BASIL & MINT (V)** 12.95
Heritage tomatoes, fresh burrata, olives, pickled walnuts & pesto

Carlyon classics

- FRESHLY MADE OMELETTES** (made with free range hen-eggs) 11.95
Choose from:
Smoked salmon & prawn
Wild mushroom
Bacon & cheddar cheese
- ARNOLD BENNETT OMELETTE** 12.95
Smoked haddock & cheese
- CAESAR SALAD**
Sweet garlic, croutons, creamy garlic dressing, parmesan
as it comes (V) 11.75
or with chargrilled chicken 16.95
- PRIME HOME GROUND 'BURGER'** 17.50
Maple bacon, local cheese, pickles, mayo, salad, slaw, toasted bun
& thin fries
- SRI LANKAN CURRY (VE)** 17.50
Sweet potato, green bean, roasted lime cashews, pea basmati rice,
coconut tomato sambal
- 10oz CHARGRILLED CARLYON RIB EYE STEAK** 32.00
Served with mushrooms, vine tomatoes, thin fries & fried onion rings
- CELTIC OCEAN INSPIRED SEAFOOD CURRY** 27.00
Monkfish, cod, crab claws and prawns. Served with pilau rice,
minted cucumber & coconut salad.

Fresh from the sea

FRESH MUSSELS	15.00
Cooked in cider cream & garlic	
LOCAL COD	17.50
Deep fried in beer batter, thin fries, mushy peas	
GRILLED FISH OF THE DAY	17.50
With citrus butter, thin fries & a tossed salad	
DRESSED CORNISH CRAB	25.00
Handpicked & served in its shell with tossed salad, mayo & thin fries	
SMOKED SALMON, CREVETTES, ATLANTIC PRAWNS & DILL SALAD	18.95

Side dishes

THIN FRIES	DEEP FRIED ONION RINGS	4.50
MARINATED OLIVES	TOSSED SALAD	
CHEESE & GARLIC BREAD		

Sweets

WEST COUNTRY ICE CREAMS	7.95
Selection of locally made ice creams	
PLEASE ASK FOR THE DAILY DESSERT OPTION	8.95
PANNACOTTA WITH SEASONAL FRUITS	8.95
CHOCOLATE TORTE	8.95
Chocolate sauce, clotted cream	
DAILY WEST COUNTRY CHEESE SELECTION	9.50
3 cheeses, served with chutney, West Country biscuits, grapes & walnuts	

Lounge bar smoothies

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

MIXED BERRIES & TOASTED OATS	6.95
AVOCADO & KIWI	6.95
BANANA, HONEY & PEANUT BUTTER	6.95

Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.00

Please choose from the following:

Speciality Teas

Ceylon
Earl Grey
Decaffeinated
Lapsang Souchong
Green Tea
Cornish Tregothnan Tea

Speciality Coffees

Decaffeinated
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

