

# AFTERNOON MENU

Available 2.00pm - 7.00pm.



## Sandwiches

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

**HONEY ROASTED HAM** 9.95

West Country chutney relish 694 kcal white | 685 kcal granary

**ROAST BREAST OF TURKEY** 9.95

Cranberry sauce 699 kcal white | 690 kcal granary

**AWARD WINNING MATURE CHEDDAR CHEESE (V)** 9.95

Served with pickle 807 kcal white | 798 kcal granary

**FREE RANGE EGG (V)** 9.95

Mayonnaise & cress 799 kcal white | 790 kcal granary

**ROASTED CHICKEN BREAST** 11

Mayonnaise & salad leaves 835 kcal white | 826 kcal granary

**ROASTED BEEF** 11

Mustard or horseradish 711 kcal white | 716 kcal granary

**ATLANTIC PRAWNS** 11.50

Marie Rose sauce 673 kcal white | 664 kcal granary

**TRADITIONAL SMOKED SALMON** 11.75

Lemon & dill dressing 673 kcal white | 664 kcal granary

**LOCAL HAND PICKED FRESH CORNISH CRAB** 13.95

Lemon mayonnaise & mango 683 kcal white | 674 kcal granary

**CLUB SANDWICH** 16.50

Chicken, bacon, salad & free range egg

1097 kcal white | 1083 kcal granary

## Lighter snacks

**FRESHLY PREPARED SOUP OF THE DAY** 9.50

Made with local produce & served with Artisan bread

**CAESAR SALAD** 12.95

Sweet garlic, croutons, creamy garlic dressing, parmesan

as it comes (V) 905 kcal 12.95

or with chargrilled chicken 1127 kcal 17.95

**SMOKED SALMON, CREVETTES, ATLANTIC PRAWNS & DILL SALAD** 631 kcal 19.95

## Side dishes

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**THIN FRIES** 546 kcal

**DEEP FRIED ONION RINGS** 491 kcal

**MARINATED OLIVES** 534 kcal

**TOSSED SALAD** 86 kcal

**CHEESE & GARLIC BREAD** 493 kcal

## Afternoon tea

**THE CORNISH CREAM TEA** 1406 kcal 11.50

Enjoy a traditional Cornish cream tea served with two fresh warm homemade scones, strawberry jam, Cornish clotted cream & a pot of freshly brewed 'Cornish Grown' tea or coffee. Gluten free option available.

**THE CARLYON BAY TEA** 3033 kcal per person 26

### Finger Sandwiches

Served with a choice of white or wholemeal bread:

Free Range Egg Mayonnaise, Watercress 252 kcal

Smoked Salmon, Dill & Cream Cheese 198 kcal

Coronation Chicken 327 kcal

### Carlyon Scones

Homemade Warm Plain & Fruit Scones 1406 kcal

Served with local Cornish clotted cream & homemade

strawberry jam

### Afternoon Tea Cakes

Orange & Pistachio Cake 132 kcal

Red Berry Glazed Tartlet 131 kcal

Ruby Chocolate Brownie, Pecans 244 kcal

Lemon Mousse & Elderflower Jelly 258 kcal

Meringue, Strawberry & Chocolate Drizzle 85 kcal

Served with a pot of freshly brewed 'Cornish Grown' tea or coffee.

Gluten free, vegetarian and vegan options are available.

**CHAMPAGNE AFTERNOON TEA FOR TWO** 70

Enjoy a 'Carlyon Bay Tea' for 2 plus a flute of Champagne each

**INDIVIDUAL CAKES** 4.95

Traditional English Rich Fruit Cake 625 kcal

Coffee & Walnut Cake 464 kcal

## Beverages

**A WIDE RANGE OF SPECIALITY TEAS & COFFEES** 4.25

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** 4.75

Served with whipped cream & marshmallows