

LOUNGE 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

Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

CLUB SANDWICH 16.50
Chicken, bacon, salad & free range egg
1097 kcal white | 1083 kcal granary

STEAK CLUB 17.50
Grilled sirloin steak, caramelised red onion & mushrooms
1018 kcal white | 1004 kcal granary

THE VEGETARIAN CLUB (V) 14.95
Grilled halloumi, piquello pepper & avocado
1012 kcal white | 999 kcal granary

Lighter snacks

FRESHLY PREPARED SOUP OF THE DAY 9.50
Made with local produce & served with Artisan bread

CHICKEN LIVER PARFAIT 10.50
Hot toast, real ale chutney 368 kcal

FRESHLY MADE OMELETTES 12.95
(made with free range hen-eggs)
Choose from:
Smoked salmon & prawn 549 kcal
Wild mushroom 584 kcal
Bacon & cheddar cheese 773 kcal

ARNOLD BENNETT OMELETTE 13.95
Smoked haddock & cheese 556 kcal

Carlyon classics

CARLYON MAC ' N ' CHEESE
Topped with Panko Crumb & served with garlic bread
made with 3 local cheeses 1282 kcal 12.95
or served with pancetta & sauteed mushrooms 1700 kcal 15.95

CAESAR SALAD
Sweet garlic, croutons, creamy garlic dressing, parmesan
as it comes (V) 905 kcal 12.95
or with chargrilled chicken 1127 kcal 17.95

PRIME HOME GROUND 'BURGER' 18.50
Maple bacon, Cornish Gouda, pickles, mayo, salad, slaw,
toasted bun & thin fries 1520 kcal

SRI LANKAN CURRY (VE) 17.50
Sweet potato, green bean, roasted lime cashews,
pea basmati rice, coconut tomato sambal 565 kcal
add chicken breast 891 kcal 22.50

10oz CHARGRILLED CARLYON RIB EYE STEAK 33
Served with mushrooms, vine tomatoes, thin fries
& fried onion rings 1291 kcal

Fresh from the sea

FRESH MUSSELS 16.50
Cooked in cider cream 632 kcal

LOCAL FISH & CHIPS 17.50
Deep fried in beer batter, thin fries, tartare sauce,
crushed peas 1402 kcal

GRILLED FISH OF THE DAY 17.50
With citrus butter, thin fries & a tossed salad 1164 kcal

DRESSED CORNISH CRAB 26
Handpicked & served in its shell with tossed salad,
mayo & thin fries 964 kcal

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

Side dishes

THIN FRIES 546 kcal 5

DEEP FRIED ONION RINGS 491 kcal

MARINATED OLIVES 534 kcal

TOSSED SALAD 86 kcal

CHEESE & GARLIC BREAD 493 kcal

Sweets

WEST COUNTRY ICE CREAMS 8.50
Selection of locally made ice creams 313 kcal

PLEASE ASK FOR THE DAILY DESSERT OPTION 8.95

LEMON MOUSSE 9.50
Elderflower jelly, shortbread 258 kcal

CHOCOLATE TORTE 9.50
Chocolate sauce, clotted cream 526 kcal

DAILY WEST COUNTRY CHEESE SELECTION 11.50
3 cheeses, served with chutney, West Country biscuits,
grapes & walnuts 606 kcal

Lounge bar smoothies

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

MIXED BERRIES & TOASTED OATS 551 kcal 7.95

AVOCADO & KIWI 345 kcal 7.95

BANANA, HONEY & PEANUT BUTTER 704 kcal 7.95

Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.25

Please choose from the following:

Speciality Teas	Speciality Coffees
Ceylon	Decaffeinated
Earl Grey	Espresso
Decaffeinated	Cappuccino
Lapsang Souchong	Latte
Green Tea	Other coffees available
Cornish Tregothnan Tea	

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

HOT CHOCOLATE 4.75
Served with whipped cream & marshmallows

Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 kcal a day.