



## Sandwiches

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

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| <b>HONEY ROASTED HAM</b><br>West Country chutney relish                 | 9.95  |
| <b>ROAST BREAST OF TURKEY</b><br>Cranberry sauce                        | 9.95  |
| <b>AWARD WINNING MATURE CHEDDAR CHEESE (V)</b><br>Served with pickle    | 9.95  |
| <b>FREE RANGE EGG (V)</b><br>Mayonnaise & cress                         | 9.95  |
| <b>ROASTED CHICKEN BREAST</b><br>Mayonnaise & salad leaves              | 11    |
| <b>ROASTED BEEF</b><br>Mustard or horseradish                           | 11    |
| <b>ATLANTIC PRAWNS</b><br>Marie Rose sauce                              | 11.50 |
| <b>TRADITIONAL SMOKED SALMON</b><br>Lemon & dill dressing               | 11.75 |
| <b>LOCAL HAND PICKED FRESH CORNISH CRAB</b><br>Lemon mayonnaise & mango | 13.95 |

## Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

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| <b>CLUB SANDWICH</b><br>Chicken, bacon, salad & free range egg                | 16.50 |
| <b>STEAK CLUB</b><br>Grilled sirloin steak, caramelised red onion & mushrooms | 17.50 |
| <b>THE VEGETARIAN CLUB (V)</b><br>Grilled halloumi, piquello pepper & avocado | 14.95 |

## *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

**FRESHLY MADE OMELETTES** 12.95  
(made with free range hen-eggs)

Choose from:

Smoked salmon & prawn

Wild mushroom

Bacon & cheddar cheese

**ARNOLD BENNETT OMELETTE** 13.95  
Smoked haddock & cheese

## *Carlyon classics*

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

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

**PRIME HOME GROUND 'BURGER'** 18.50  
Maple bacon, Cornish Gouda, 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  
add chicken breast 22.50

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

**CRISPY DUCK SALAD** 17.50  
Crisp, confit shredded duck leg, pomegranate, Yakiniki

## *Fresh from the sea*

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| <b>FRESH MUSSELS</b><br>Cooked in cider cream  | 16.50 |
| <b>LOCAL FISH &amp; CHIPS</b><br>Deep fried in beer batter, thin fries, tartare sauce, crushed peas  | 17.50 |
| <b>GRILLED FISH OF THE DAY</b><br>With citrus butter, thin fries & a tossed salad                    | 17.50 |
| <b>DRESSED CORNISH CRAB</b><br>Handpicked & served in its shell with tossed salad, mayo & thin fries | 26    |
| <b>SMOKED SALMON, CREVETTES,<br/>ATLANTIC PRAWNS &amp; DILL SALAD</b>                                | 19.95 |

## *Side dishes*

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|----------------------------------|
| <b>THIN FRIES</b>                |
| <b>DEEP FRIED ONION RINGS</b>    |
| <b>MARINATED OLIVES</b>          |
| <b>TOSSSED SALAD</b>             |
| <b>CHEESE &amp; GARLIC BREAD</b> |

## *Sweets*

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|---|-------|
| <b>WEST COUNTRY ICE CREAMS</b><br>Selection of locally made ice creams  | 8.50  |
| <b>PLEASE ASK FOR THE DAILY DESSERT OPTION</b>  | 8.95  |
| <b>LEMON MOUSSE</b><br>Elderflower jelly, shortbread  | 9.50  |
| <b>CHOCOLATE TORTE</b><br>Chocolate sauce, clotted cream  | 9.50  |
| <b>DAILY WEST COUNTRY CHEESE SELECTION</b><br>3 cheeses, served with chutney, West Country biscuits, grapes & walnuts | 11.50 |

## Lounge bar smoothies

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

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|-------------------------------|------|
| MIXED BERRIES & TOASTED OATS  | 7.95 |
| AVOCADO & KIWI                | 7.95 |
| BANANA, HONEY & PEANUT BUTTER | 7.95 |

## Beverages

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| A WIDE RANGE OF SPECIALITY TEAS & COFFEES | 4.25 |
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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.

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| HOT CHOCOLATE | 4.75 |
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Served with whipped cream & marshmallows

