



## THE CARLYON BAY BREAKFAST

Hot buttered toast & preserves (v).....	£2.75
Grilled bacon bap.....	£5.50
Grilled bacon & free range egg bap.....	£6.50
Grilled Kittows local sausage & mushroom bap.....	£6.50
Kittows local sausage, grilled bacon, free range fried egg, Cornish hogs pudding, toast, hash browns & baked beans.....	£9.25
Vegetarian breakfast: Two fried eggs, toast, hash browns, grilled tomato, mushrooms & baked beans (v).....	£7.95

## SANDWICHES

*Freshly prepared sandwiches on white or granary bread, served with mixed leaf salad garnish & kettle crisps.*

Free range egg mayonnaise with mustard cress (v).....	£5.75
West Country ham & ale chutney.....	£6.25
Mature local cheddar cheese with pickle or tomato (v).....	£5.95
Tuna mayonnaise & sweetcorn.....	£6.25
Atlantic prawns with Marie Rose sauce.....	£7.50
Roasted West Country beef with horseradish or mustard.....	£6.75
Smoked salmon & dill dressing.....	£8.25
Handpicked fresh Cornish crab & mayonnaise.....	£9.50

## TOASTED PANINI SANDWICHES

*Served with mixed leaf salad garnish & kettle crisps*

Mature local cheddar cheese with pickle or tomato (v).....	£7.25
Cornish brie & cranberry.....	£7.50
Mature local cheddar & West Country ham.....	£7.75
Grilled bacon & tomato.....	£7.75
Grilled bacon & mature local cheddar.....	£7.75
Chargrilled chicken breast, mayonnaise, tomato & grilled bacon.....	£9.25
Chargrilled West Country minute steak, red onion & blue cheese.....	£10.95

## LIGHTER DISHES

Homemade seasonal soup, with Artisan rolls.....	£5.75
Traditional prawn cocktail, Marie Rose sauce & lemon, granary bread & butter.....	£7.50
Crisp homemade fish cake with salad leaves & tartare sauce.....	£8.95
Oak smoked salmon & prawn salad, crisp cos lettuce, watercress, lemon & dill dressing.....	£10.95

## JACKET POTATOES

*Baked jacket potato, served with crisp seasonal side salad & coleslaw*

Mature cheddar & red onion (v).....	£8.25
Tuna mayonnaise & sweetcorn.....	£8.25
Grilled bacon & cheese.....	£8.25
Mature cheddar & baked beans (v).....	£8.25
Atlantic prawns & Marie Rose sauce.....	£9.25

## SIDE DISHES

Bowl of French fries.....	£3.00
Artisan rolls with butter.....	£2.75
Doom Bar beer battered onion rings.....	£2.95
Garlic & cheese baguette.....	£3.75
Cheesy chips.....	£4.00
Seasonal side salad.....	£3.95

## MAIN COURSES

West Country ham, French fries  
& 2 free range fried eggs..... £8.95

Tossed Caesar salad, cos lettuce, Parmesan, free  
range egg, croutons, anchovies, Caesar dressing (v)..... £8.95

or served with chargrilled chicken breast..... £11.25

West Country ploughman's, mature West Country  
cheddar cheese & ham, served with Artisan rolls,  
chutney, pickled onion & crisp salad..... £10.50

Deep fried fresh Cornish cod in Doom Bar beer  
batter, served with French fries, mushy peas  
& tartare sauce..... £12.95

The Carlyon Bay Brunch, free range egg, bacon,  
Kittows local sausage, French fries, Cornish hog's  
pudding, grilled tomatoes, mushrooms &  
baked beans..... £10.95

Homemade beef lasagne baked in a rich tomato  
sauce, topped with Parmesan & mozzarella,  
served with crunchy salad..... £10.95

West Country grilled gammon steak, pineapple,  
free range fried egg, French fries & garden peas..... £12.95

The Carlyon Bay homemade beef burger, 8oz prime  
burger with melted cheese, tomato, lettuce & onion,  
served in a seeded bap with relish & French fries..... £11.95

Homemade curry of the day, cooked in a spiced  
masala sauce, served with rice, poppadoms  
& mango chutney..... £11.95

Deep fried golden scampi, French fries  
& garden peas..... £12.50

8oz sirloin steak, free range fried egg,  
Doom Bar beer battered onion rings, grilled  
tomatoes & mushrooms, salad & French fries..... £17.95

Butternut & lentil curry, basmati rice  
& poppadoms (v)..... £10.25

## LIGHT REFRESHMENTS

Toasted teacake.....	£2.50
Victoria sandwich sponge.....	£2.95
Traditional coffee & walnut cake.....	£2.95
Traditional Cornish Cream Tea including two scones, clotted cream, jam & pot of tea.....	£7.25

## BEVERAGES

Pot of tea.....	£2.75
Speciality teas.....	£2.75
Cup of filter coffee.....	£2.40
Espresso.....	£2.75
Cappuccino.....	£2.95
Latte.....	£2.95
Americano.....	£2.95
Mocha.....	£2.95
Hot chocolate.....	£2.95

## DESSERTS

Selection of local West Country ice creams with Cornish clotted cream.....	£4.95
Trio of Cornish cheeses with water biscuits & ale chutney.....	£6.95
Sticky toffee pudding with toffee sauce & clotted cream.....	£5.95
Traditional apple & blackberry crumble with clotted cream.....	£5.95



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