

Sandwiches

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

HONEY ROASTED HAM 11

White 694 kcal | Granary 685 kcal | Gluten free 709 kcal

West Country chutney relish

AWARD WINNING MATURE CHEDDAR CHEESE (V) 11

White 807 kcal | Granary 798 kcal | Gluten free 823 kcal

Served with pickle

FREE RANGE EGG (V) 11

White 799 kcal | Granary 790 kcal | Gluten free 815 kcal

Mayonnaise & cress

ROASTED CHICKEN BREAST 12

White 835 kcal | Granary 826 kcal | Gluten free 851 kcal

Mayonnaise & salad leaves

ROASTED BEEF 12

White 716 kcal | Granary 709 kcal | Gluten free 713 kcal

Mustard or horseradish

ATLANTIC PRAWNS 12.50

White 673 kcal | Granary 664 kcal | Gluten free 689 kcal

Marie Rose sauce

TRADITIONAL SMOKED SALMON 13

White 673 kcal | Granary 664 kcal | Gluten free 690 kcal

Lemon & dill dressing

LOCAL HAND PICKED FRESH CORNISH CRAB 15

White 683 kcal | Granary 674 kcal | Gluten free 699 kcal

Lemon mayonnaise

Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

CLUB SANDWICH 18

Chicken, bacon, salad & free range fried egg

White 1097 kcal | Granary 1083 kcal | Gluten free 1137 kcal

STEAK CLUB 19

Grilled sirloin steak, caramelised red onion & mushrooms

White 1018 kcal | Granary 1004 kcal | Gluten free 1057 kcal

THE VEGETARIAN CLUB (V) 16.50

White 1012 kcal | Granary 999 kcal | Gluten free 1052 kcal

Grilled halloumi, piquello pepper & avocado

Lighter snacks

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

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

EGGS BENEDICT 923 kcal 11
Toasted sourdough, topped with free-range poached eggs,
hollandaise sauce & ham

FRESHLY MADE OMELETTES 14
(made with free range hen-eggs)
Choose from:

Smoked salmon & prawn | Wild mushroom | Bacon & cheddar cheese
549 kcal 584 kcal 773 kcal

ARNOLD BENNETT OMELETTE 556 kcal 15
Smoked haddock & cheese

Carlyon classics

CARLYON MAC ' N' CHEESE
Topped with Panko Crumb & served with garlic bread
made with 3 local cheeses (V) 1282 kcal 14
or served with pancetta & sauteed mushrooms 1700 kcal 17

CHICKEN CAESAR SALAD 1127 kcal
Chicken breast, sweet garlic, croutons, creamy garlic dressing, parmesan 19.50

PRIME HOME GROUND 'BURGER' 1520 kcal 19.50
Maple bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun
& thin fries

SRI LANKAN CURRY (VE) 565 kcal 18.50
Sweet potato, green bean, roasted lime cashews, pea basmati rice,
coconut tomato sambal
or with chicken breast 891 kcal 25

PLOUGHMANS 1002 kcal 19
Sourdough, scotch egg, thick sliced ham, Cornish Smuggler,
apple chutney, balsamic pickled onion, cherry tomatoes, curried pickled
cauliflower, salad

CARLYON SALAD BOWL (V) 722 kcal 14
Tossed seasonal salad bowl with, spinach, Bulgar wheat,
Cornish Yarg, minted Trewithen Farm yogurt, garlic bread

Fresh from the sea

FRESH CORNISH MUSSELS 632 kcal	17.50
Cooked in Cornish Rattler Cider cream	
LOCAL COD & CHIPS 1402 kcal	19
Deep fried in beer batter, thin fries, tartare sauce, crushed peas	
GRILLED FISH OF THE DAY 1164 kcal	19
With citrus butter, thin fries & a tossed salad	
CRAB SALAD 542 kcal	28
Tossed salad & white crab, crisp salad leaves, mango, avocado, citrus dressing mayonnaise	
SMOKED SALMON, CREVETTES, ATLANTIC PRAWNS & DILL SALAD 631 kcal	24

Side dishes

	5.50
THIN FRIES 546 kcal	
DEEP FRIED ONION RINGS 491 kcal	
MARINATED OLIVES 534 kcal	
TOSSED SALAD 86 kcal	
CHEESE & GARLIC BREAD 493 kcal	

Sweets

WEST COUNTRY ICE CREAMS (V) 313 kcal	9.50
Selection of locally made ice creams	
PLEASE ASK FOR THE DAILY DESSERT OPTION	9.50
BERRY & CLOTTED CREAM BRÛLÉE (V) 1341 kcal	12
Beurre noisette shortbread	
CHOCOLATE TORTE 526 kcal	9.50
Chocolate sauce, clotted cream	
DAILY WEST COUNTRY CHEESE SELECTION (V) 606 kcal	12
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	551 kcal	9
AVOCADO & KIWI	345 kcal	9
BANANA, HONEY & PEANUT BUTTER	704 kcal	9

Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.50

Please choose from the following:

Speciality Teas

Ceylon
Earl Grey
Decaffeinated
Lapsang Souchong
Green Tea
Cornish Tregothnan Tea

Speciality Coffees

Decaffeinated
Espresso
Cappuccino
Latte
Iced Coffee

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

Syrups

Choose from: Vanilla, Caramel, Gingerbread or Hazelnut syrup 0.50

HOT CHOCOLATE 5

Served with whipped cream & marshmallows



For allergy & calorie
information please
scan the QR code

CARLYON BAY

HOTEL | SPA | GOLF