

Afternoon tea

THE CORNISH CREAM TEA 1406 kcal per person 12

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 28

Finger Sandwiches

Served with a choice of white or wholemeal bread:

- Free Range Egg Mayonnaise, Watercress
- Smoked Salmon, Dill & Cream Cheese
- Coronation Chicken

Carlyon Scones

Homemade Warm Plain & Fruit Scones

Served with local Cornish clotted cream & homemade strawberry jam

Afternoon Tea Cakes

- Orange & Pistachio Cake
- Red Berry Glazed Tartlet
- Ruby Chocolate Brownie, Pecans
- Lemon Mousse & Elderflower Jelly
- Meringue, Strawberry & Chocolate Drizzle

Served with a pot of freshly brewed 'Cornish Grown' tea or coffee.
Gluten free, vegetarian and vegan options are available.

CHAMPAGNE AFTERNOON TEA per person 38

Enjoy a 'Carlyon Bay Tea' plus a flute of Champagne

INDIVIDUAL CAKES 5

- Traditional English rich fruit cake 625 kcal
- Coffee & walnut cake 464 kcal

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

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 BEEF	12
White 716 kcal Granary 709 kcal Gluten free 713 kcal	
Mustard or horseradish	
ROASTED CHICKEN BREAST	12
White 835 kcal Granary 826 kcal Gluten free 851 kcal	
Mayonnaise & salad leaves	
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 & mango	
CLUB SANDWICH	18
White 1097 kcal Granary 1083 kcal Gluten free 1137 kcal	
Chicken, bacon, salad & free range egg	

Lighter snacks

FRESHLY PREPARED SOUP OF THE DAY	9.50
Made with local produce & served with Artisan bread	
CAESAR SALAD	
Sweet garlic, croutons, creamy garlic dressing, parmesan	
as it comes (V) 905 kcal	13
or with chargrilled chicken 1127 kcal	19.50
SMOKED SALMON, CREVETTES, ATLANTIC PRAWNS & DILL SALAD 631 kcal	24

Side dishes

THIN FRIES 546 kcal	5.50
DEEP FRIED ONION RINGS 491 kcal	
MARINATED OLIVES 534 kcal	
TOSSED SALAD 56 kcal	
CHEESE & GARLIC BREAD 493 kcal	

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



For allergy & calorie
information please
scan the QR code

CARLYON BAY

HOTEL | SPA | GOLF