

The terrace

LOUNGE & BAR

EARLY DINING
MENU

For those guests on dinner inclusive terms wishing to dine early, those dishes which have n/a are included in your package. For other dishes you will receive a 35% discount from the listed prices. A daily changing children's menu is also available for the under 15's.

Lighter snacks / Starters

FRESHLY PREPARED SOUP OF THE DAY	n/a 9.50
Made with local produce & served with Artisan bread	
CHICKEN LIVER PARFAIT 368 kcal	n/a 11.50
Hot toast, real ale chutney	
CITRUS CURED GURNARD 128 kcal	n/a 11.50
Prawn tian, tomato & cucumber salad, citrus dressing	
SUMMER TOMATO SALAD 152 kcal	n/a 11
Gin compressed watermelon, feta & toasted pine nuts	
ST AUSTELL BAY MUSSELS 632 kcal	18
Garlic & fennel, Cornish Rattler cider cream	

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	

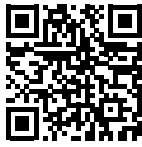
Mains

DOOM BAR BATTERED COD 1402 kcal	n/a 22
Cod, tartar sauce, crushed peas, thin fries	
CAESAR SALAD	n/a 16
Sweet garlic, croutons, creamy garlic dressing, Parmesan	
as it comes (v) 905 kcal	
or with chargrilled chicken 1127 kcal	n/a 22
CARLYON MAC ' N ' CHEESE 1282 kcal	n/a 15
Topped with panko crumb & served with garlic bread	
made with 3 local cheeses	
or served with pancetta & sauteed mushrooms 1700 kcal	n/a 19
CORNISH BEEF BURGER 1520 kcal	n/a 22
Dry aged Cornish beef burger, Cornish gouda, maple glazed	
bacon, pickles, brioche bun, thin fries	
BEETROOT, PORTOBELLO MUSHROOM & CHICKPEA BURGER (V) 1003 kcal	n/a 19
Spiced avocado, beef steak tomato, Cornish gouda, pickles,	
brियोche bun, thin fries	
CORNISH CRAB SALAD 920 kcal	29.50
Mixed leaves, tomato, pickled cucumber, avocado, thin fries	

Sweets

ICE CREAMS 304 kcal	n/a 11
Selection of locally made ice creams	
CORNISH STRAWBERRIES 147 kcal	n/a 11.50
Cornish clotted cream	
WHITE CHOCOLATE & PASSIONFRUIT CHEESECAKE 672 kcal	n/a 12
Orange sorbet, caramelised pineapple	
BERRY & CLOTTED CREAM BRÛLÉE (V) 1341 kcal	12
Beurre noisette shortbread	
DARK CHOCOLATE TART (V) 843 kcal	12
Sea Buckthorn ice cream, candy floss	

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