



The terrace

LOUNGE & BAR

Afternoon tea Available 2-6pm

THE CORNISH CREAM TEA 1406 kcal 12.00

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 FESTIVE TEA 2822 kcal per person 28.00

A Selection of Finger Sandwiches

Smoked Salmon, Cream Cheese & Dill 198 kcal

Free Range Egg, Mayonnaise & Cress 252 kcal

Roasted Turkey, Stuffing & Cranberry 233 kcal

A Choice of Warm Homemade Scones

Cranberry & Cinnamon

Plain Butter

Served with homemade strawberry jam, Cornish clotted cream 1406 kcal

A Festive Collection of Afternoon Cakes

Kirsch Cherry & Amaretto Tart 179 kcal

Warm Mince Pie 85 kcal

Raspberry, Whisky & Honey 'Cranachan' 199 kcal

Gingerbread & White Chocolate Truffle 270 kcal

A traditional pot of freshly brewed 'Cornish Grown' tea or freshly made Coffee

CHAMPAGNE AFTERNOON TEA 38.00 per person

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

INDIVIDUAL CAKES 5.00

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

Other coffees available

Syrups

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

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

HOT CHOCOLATE 5.00

Served with whipped cream & marshmallows

Sandwiches Available 2-6pm

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

HONEY ROASTED HAM White 693 kcal | Granary 684 kcal | Gluten free 658 kcal 11.00
West Country chutney

AWARD WINNING MATURE CHEDDAR CHEESE (V) 11.00
White 807 kcal | Granary 798 kcal | Gluten free 823 kcal
Served with pickle

FREE RANGE EGG (V) White 748 kcal | Granary 739 kcal | Gluten free 767 kcal 11.00
Mayonnaise & cress

ROASTED BEEF White 741 kcal | Granary 732 kcal | Gluten free 767 kcal 12.00
Mustard or horseradish

ROASTED CHICKEN BREAST 12.00
White 777 kcal | Granary 768 kcal | Gluten free 796 kcal
Mayonnaise & salad leaves

ATLANTIC PRAWNS White 665 kcal | Granary 656 kcal | Gluten free 684 kcal 12.50
Marie Rose sauce

TRADITIONAL SMOKED SALMON 13.00
White 673 kcal | Granary 664 kcal | Gluten free 692 kcal
Lemon & dill dressing

LOCAL HAND PICKED FRESH CORNISH CRAB 15.00
White 652 kcal | Granary 643 kcal | Gluten free 671 kcal
Lemon mayonnaise

ROAST BREAST OF TURKEY 11.00
White 729 kcal | Granary 720 kcal | Gluten free 748 kcal
Stuffing & cranberry sauce

CLUB SANDWICH White 1097 kcal | Granary 1083 kcal | Gluten free 1137 kcal 18.00
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 13.00
or with chargrilled chicken 1127 kcal 19.50

Side dishes 5.50

THIN FRIES 546 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.

