



For allergy & calorie information please

CARLYON BAY

EVENING MENU

For those guests on dinner inclusive terms, those dishes which have n/a are included in your package. For other dishes you will receive a 35% discount from the listed prices. Our daily dinner menu is also available upon request along with a vegetarian / vegan menu if required. A daily changing children's menu is also available for the under 15's.

FRESHLY PREPARED SOUP OF THE DAY Made with local produce & served with Artisan bread	n/a 11
GLAZED GOAT'S CHEESE 259 kcal Grahams LBV Port, compressed pear & walnut salad	n/a 11
CHICKEN LIVER PARFAIT 368 kcal Hot toast, real ale chutney	n/a 11.50
CORNISH CRAB CAKE 463 kcal Mixed leaves, Samphire, brown crab aioli	12
HOT TIGER PRAWNS 832 kcal Sauteed in sea buckthorn, Halzephron lemon & dill mayonnaise, warm sourdough	14
WESTCOUNTRY MUSSELS 632 kcal Garlic & fennel, Cornish Rattler cider cream	18
ST IVES CRAB & PRAWNS 404 kcal Citrus mayonnaise, crisp cos lettuce, char-grilled sourdough	18.50
WESTCOUNTRY SCALLOPS 314 kcal Served in the shell, citrus butter, cauliflower almond & golden raisins	19.50

11

Mains	
CAESAR SALAD Sweet garlic, croutons, creamy garlic dressing, Parmesan as it comes (v) 905 kcal	n/a 16
or with chargrilled chicken 1127 kcal	n/a 22
CARLYON MAC ' N' CHEESE 1282 kcal Topped with panko crumb & served with garlic bread made with 3 local cheeses	n/a 15
or served with pancetta & sauteed mushrooms 1700 kcal	n/a 19
BEETROOT, PORTOBELLO MUSHROOM & CHICKPEA BURGER (V) 1003 kcal Spiced avocado, beef steak tomato, Cornish gouda, pickles, brioche bun, thin fries	n/a 19
DOOM BAR BATTERED COD 1402 kcal Cod, tartar sauce, crushed peas, thin fries	n/a 22
CORNISH BEEF BURGER 1520 kcal Dry aged Cornish beef burger, Cornish gouda, maple glazed bacon, pickles, brioche bun, thin fries	n/a 22
SCAMPI _{1032 kcal} Crisp Newlyn monkfish & Westcountry scallops, Cornish chilli sauce, thin fries, salad	22
PAN-FRIED CHICKEN BREAST 799 kcal Cornish Blue cheese & garlic cream, Kittows Hogs pudding patty, buttered greens	22

CORNISH CRAB SALAD 920 kcal Mixed leaves, tomato, pickled cucumber, avocado, thin fries	29.50
LINE CAUGHT CORNISH SEA BASS 678 kcal Sea buckthorn, roasted balsamic tomatoes, confit fennel, Cornish saffron crushed potatoes	32
WEST COUNTRY LAMB RUMP 1217 kcal Minted salsa verde, peas à la française, split lamb jus, roasted potatoes	34
CHARGRILLED 100Z RIB EYE STEAK 1110 kcal Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	35
CHARGRILLED 80Z FILLET STEAK 918 kcal Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	38

Side dishes 5.50

THIN FRIES 546 kcal

DEEP FRIED ONION RINGS 491 kcal

MARINATED OLIVES 534 kcal

TOSSED SALAD 56 kcal

CHEESE & GARLIC BREAD 493 kcal

ICE CREAMS 304 kcal Selection of locally made ice creams	n/a 11
FRESH FRUIT SALAD 147 kcal Cornish clotted cream	n/a 11.50
WHITE CHOCOLATE & PASSIONFRUIT CHEESECAKE 672 kcal Orange sorbet, caramelised pineapple	n/a 12
BERRY & CLOTTED CREAM BRÛLÉE (V) 1341 kcal Beurre noisette shortbread	12
DARK CHOCOLATE TART (V) 843 kcal Sea buckthorn ice cream, candy floss	12
3 CORNISH CHEESE PLATE (V) 606 kcal Served with chutney, West Country biscuits, grapes, celery & walnuts	14