

## 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



## Sandwiches

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

**ROAST BREAST OF TURKEY** 11  
White 699 kcal | Granary 690 kcal | Gluten free 716 kcal  
Stuffing & cranberry sauce

**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

Available 10.00am - 2.00pm

## 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

**CRISP HOGS PUDDING PATTY** 663 kcal 11  
Poached egg & Hollandaise sauce, mixed leaves

**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 19.50  
Chicken breast, sweet garlic, croutons, creamy garlic dressing, parmesan

**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

**VENISON PUFF PASTRY PIE** 560 kcal 21  
Roasted new potatoes, green vegetables

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

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

## 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

**THIN FRIES** 546 kcal 5.50

**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

Available 10.00am - 2.00pm