

Afternoon tea

THE CORNISH CREAM TEA 1044 kcal M, E, G, SU per person 12.50

Enjoy a traditional Cornish cream tea served with two fresh warm homemade scones, strawberry jam, Cornish clotted cream and a pot of freshly brewed 'Cornish Grown' tea or coffee. Gluten free option available.

THE CARLYON BAY TEA 2750 kcal per person 30

Finger Sandwiches

Served with a choice of white or wholemeal bread:

- Free Range Egg Mayonnaise, Watercress G, D, E, SO
- Smoked Salmon, Dill & Cream Cheese G, D, SO, F
- Coronation Chicken G, M, D, SO, SU

Carlyon Scones

Homemade Warm Plain & Fruit Scones M, E, G, SU

Served with local Cornish clotted cream & homemade strawberry jam

Afternoon Tea Cakes

- Red Berry Glazed Tartlet G, D, SE
- Chocolate Macaroon, White Chocolate Cream (GF) N, E, M
- Ruby Chocolate Choux Bun, Berry Cream E, D, G
- Lemon & Elderflower Mousse M
- Carrot & Orange Cake (GF) G, E

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 40

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

INDIVIDUAL CAKES 5.25

Traditional English rich fruit cake 623 kcal

Coffee & walnut cake 464 kcal G, D, N, E

Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.75

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 5.25

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 G, D, SO, C, E, M, SU 11.50

White 713 kcal | Granary 711 kcal | Gluten free 710 kcal

West Country chutney relish

AWARD WINNING MATURE CHEDDAR CHEESE (V) G, D, SO, C, E, M, SU 11.50

White 764 kcal | Granary 761 kcal | Gluten free 760 kcal

Served with pickle

FREE RANGE EGG (V) G, D, SO, C, E, M 11.50

White 747 kcal | Granary 744 kcal | Gluten free 743 kcal

Mayonnaise & cress

ROASTED BEEF G, D, SO, C, E, M 12.95

White 640 kcal | Granary 637 kcal | Gluten free 636 kcal

Mustard or horseradish

ROASTED CHICKEN BREAST G, D, SO, C, E, M 12.95

White 706 kcal | Granary 704 kcal | Gluten free 703 kcal

Mayonnaise & salad leaves

ATLANTIC PRAWNS G, D, SO, C, E, M CR 13.50

White 656 kcal | Granary 653 kcal | Gluten free 653 kcal

Marie Rose sauce

TRADITIONAL SMOKED SALMON G, D, SO, F, C, E, M 13.95

White 633 kcal | Granary 630 kcal | Gluten free 629 kcal

Lemon & dill dressing

LOCAL HAND PICKED FRESH CORNISH CRAB G, D, SO, CR, C, E, M 15.95

White 587 kcal | Granary 584 kcal | Gluten free 583 kcal

Lemon mayonnaise & mango

CLUB SANDWICH G, D, SO, C, E, M 19

White 1049 kcal | Granary 1016 kcal | Gluten free 1097 kcal

Chicken, bacon, salad & free range fried egg

Lighter snacks

FRESHLY PREPARED SOUP OF THE DAY 9.95

Made with local produce & served with Artisan bread

CAESAR SALAD

Sweet garlic, croutons, creamy garlic dressing, Parmesan

as it comes (V) 622 kcal G, D, M, E 13.95

or with chargrilled chicken 842 kcal G, D, M, E 20.50

SMOKED SALMON, CHERRY TOMATO & GREEN BEAN SALAD 454 kcal F, M 16.95

Pine nut & Fowey River olive oil dressing

Side dishes 5.95

FFRIES (VE) 358 kcal

DEEP FRIED ONION RINGS (V) 426 kcal G

MARINATED OLIVES (GF) (VE) 467 kcal

TOSSED SALAD (VE) 70 kcal

CHEESE & GARLIC BREAD (V) 520 kcal G, D

G - GLUTEN GF - GLUTEN FREE GF? - CAN BE GLUTEN FREE (please ask) V - VEGETARIAN VE - VEGAN D - DAIRY
M - MUSTARD E - EGG - MO - MOLLUSCS CR - CRUSTACEAN, C - CELERY N - NUTS F - FISH SU - SULPHUR DIOXIDE
S - SESAME SO - SOYA, P - PEANUTS L - LUPIN

Although we endeavor to do so, we cannot guarantee that any of our dishes are allergen-free or fulfill dietary requirements due to possible cross-contamination during production

Available 2.00pm - 7.00pm

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