

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.

Starters

FRESHLY PREPARED SOUP OF THE DAY	n/a 11.50
CHICKEN LIVER PARFAIT <small>424 kcal G, M, D, E</small> Hot toast, real ale chutney	n/a 10.95
ST IVES CRAB & PRAWNS <small>387 kcal G, D, M, CR</small> Elderflower mayonnaise, crisp cos lettuce, char-grilled sourdough	21
TOMATO, FRESH BASIL & BUFFALO MOZZARELLA SALAD (GF) <small>312 kcal D</small> Fowey Valley olive oil	n/a 15
WESTCOUNTRY MUSSELS (GF) <small>602 kcal MO, D, SU</small> Garlic & fennel, Cornish Rattler cider cream	19

Side dishes

FRIES (VE) <small>358 kcal</small>	5.95
DEEP FRIED ONION RINGS (V) <small>426 kcal G</small>	
MARINATED OLIVES (GF) (VE) <small>467 kcal</small>	
TOSSED SALAD (VE) <small>70 kcal</small>	
CHEESE & GARLIC BREAD (V) <small>520 kcal G, D</small>	

Mains

CARLYON BURGER <small>1464 kcal G, E, C, D, M, SU</small> Home ground beef burger, gouda, bacon, pickles, brioche bun, fries	n/a 23
LOCAL FISH & CHIPS <small>1400 kcal F, D, G, E</small> Deep fried in beer batter, fries, crushed peas & tartare sauce	n/a 23
CHARGRILLED 10oz RIB EYE STEAK (GF) <small>1560 kcal D</small> Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	37
CHARGRILLED 8oz FILLET STEAK (GF) <small>1162 kcal D</small> Served with green vegetables, wild mushrooms, cherry tomatoes & pont neuf potatoes	40
PAN-FRIED CHICKEN BREAST <small>739 kcal G, D, E</small> Cornish Blue cheese & garlic cream, Kittows Hogs pudding patty, buttered greens	24
CAESAR SALAD Sweet garlic, croutons, creamy garlic dressing, Parmesan as it comes (V) <small>905 kcal</small> or with chargrilled Chicken <small>842 kcal D, G, M, E</small>	n/a 16 n/a 22
HELFORD BLUE CHEESE SALAD (V) (GF) <small>814 kcal E, D</small> Vegetables, baby salad leaves, poached St Ewe egg, warm new potatoes	n/a 20

Sweets

WEST COUNTRY ICE CREAMS (V) <small>409 kcal D</small> Selection of locally made ice creams	n/a 11
BERRY & CLOTTED CREAM BRÛLÉE (V) <small>1049 kcal E, D, G</small> Beurre noisette shortbread	12
CHOCOLATE TORTE (GF) (V) <small>613 kcal D, E</small> Chocolate sauce, clotted cream	n/a 11.50
PLEASE ASK FOR THE DAILY DESSERT OPTION	n/a 11

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 6.00pm - 9.00pm

Our daily dinner menu is also available upon request along with a vegetarian / vegan menu if required. Please inform us if you have a food allergy that we should be aware of. Adults need around 2000 kcal a day.