

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

Classic dishes

FRESHLY PREPARED SOUP OF THE DAY 9.95

Made with local produce & served with Artisan bread

CHICKEN LIVER PARFAIT 424 kcal G, M, D, E 10.95

Hot toast, real ale chutney

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

BUTTERMILK CRISPY CHICKEN THIGH 680 kcal G, E, F, M, D 15.95

Kimchi, Cornish Chilli mayonnaise, fries

LOCAL COD & CHIPS 1400 kcal F, D, G, E 19.95

Deep fried in beer batter, fries, tartare sauce, crushed peas

PRIME HOME GROUND 'BURGER' 1464 kcal D, G, C, M, SU 20.50

Bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun & fries

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

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

Side dishes

5.95

FRIES 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

Adults need around 2000 Kcal a day. Our dishes may contain traces of allergens. Please let us know if you have any allergens or dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free due to possible cross contamination during production.

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

CARLYON BAY

HOTEL | SPA | GOLF


B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS