

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.

Starlers

FRESHLY PREPARED SOUP OF THE DAY Made with local produce & served with Artisan bread	n/a 11.50
CHICKEN LIVER PARFAIT 424 kcal G, M, D, E Hot toast, real ale chutney	n/a 11.50
WESTCOUNTRY MUSSELS (GF) 602 kcal MO, D, SU Garlic & fennel, Cornish Rattler cider cream	19
ST IVES CRAB & PRAWNS 387 kcal G, D, M, CR Elderflower mayonnaise, crisp cos lettuce, char-grilled sourdough	21
CORNISH CHILLI MARINATED MACKEREL FILLETS 494kcal G, F, SU Crisp batter, tomato, red onion, salad	16
WESTCOUNTRY SCALLOPS (GF) 364 kcal D,M, N, SU Served in the shell, citrus butter, cauliflower almond & golden raisins	22
HERITAGE TOMATO, BURRATA, BASIL PESTO, CAPRESE SALAD 468 kcal D,N Fowey Valley olive oil	n/a 15
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

Mains

CAESAR SALAD Sweet garlic, croutons, creamy garlic dressing, Parmesan as it comes (v) 622 kcal D, G, M, E	n/a 16
or with chargrilled chicken 842 kcal D, G, M, E	n/a 22
BEETROOT, PORTOBELLO MUSHROOM & CHICKPEA BURGER (V) 1148 kcal D, E, C, G, M Spiced avocado, beef steak tomato, Cornish gouda, pickles, brioche bun, fries	n/a 20
LOCAL FISH & CHIPS 1400 kcal F, D, G, E Deep fried in beer batter, fries, crushed peas & tartare sauce	n/a 23
CORNISH BEEF BURGER 1464 kcal G, D, M, SU, E, C Dry aged Cornish beef burger, Cornish gouda, maple glazed bacon, pickles, brioche bun, fries	n/a 23
SCAMPI 973 kcal G, F, MO, SU Crisp Newlyn monkfish & king prawns, Cornish chilli sauce, fries, salad	26
LOCAL CORNISH FISH PIE 759 kcal G, D, C, F, SO Potato topped & glazed with Cornish Gouda, green beans, mange tout, granary bread	25
PAN-FRIED CHICKEN BREAST 739 kcal G, D, E Cornish Blue cheese & garlic cream, Kittows Hog's pudding patty, buttered greens	24
WEST COUNTRY LAMB RUMP 632 kcal G, D, E, M, C Roasted sweet potato, tomato & olive compote, feta, garlic & rosemary jus	35
CHARGRILLED 10oz RIB EYE STEAK (GF) 1560 kcal D Served with green vegetables, Portobello Mushroom, cherry tomatoes & pont neuf potatoes and choice of Peppercorn, Wild Mushroom & Truffle, or Blue Cheese Sauce	37
CHARGRILLED 8oz FILLET STEAK (GF) 1162 kcal D Served with green vegetables, Portobello Mushroom, cherry tomatoes & pont neuf potatoes and choice of Peppercorn, Wild Mushroom & Truffle, or Blue Cheese Sauce	40
Sweets	
ICE CREAMS (V) 409 kcal D Selection of locally made ice creams	n/a 11
FRESH FRUIT SALAD 169 kcal D Cornish clotted cream	n/a 11
CHOCOLATE & PECAN BROWNIE SUNDAE (VE) 1026 kcal N, SO, G Roskilly's raspberry ripple vegan ice cream, macerated strawberries	12
BERRY & CLOTTED CREAM BRÛLÉE (V) 1049 kcal E, D, G Beurre noisette shortbread	12

Chocolate sauce, clotted cream

CHOCOLATE TORTE (GF) (V) 613 kcal D, E

ADDITIONAL DESSERTS AVAILABLE FROM THE DAILY DINNER MENU

Available 6.00pm - 9.00pm

n/a | 11.50

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

CARLYON BAY



HOTELS | RESTAURANTS | SPAS