



## Lounge bar smoothies

Made with a choice of either soya, skimmed or coconut milk.

MIXED BERRIES & TOASTED OATS (V) 551 kcal D, G	9.50
AVOCADO & KIWI (V) (VE?) 345 kcal D	9.50
BANANA, HONEY & PEANUT BUTTER (V) 704 kcal P, D	9.50

## Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES	4.75
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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
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HOT CHOCOLATE	5.50
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Served with whipped cream & marshmallows

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 special dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free.

## Sandwiches

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

**ROAST BREAST OF TURKEY** G, D, SO, C, E 11.50

White 699 kcal | Granary 690 kcal | Gluten free 716 kcal

Stuffing & cranberry sauce

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

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

Mayonnaise & salad leaves

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

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

Mustard or horseradish

**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

## Classic clubs

Served with coleslaw, mixed salad leaves & fries.

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

Chicken, bacon, salad & free range fried egg

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

**STEAK CLUB** G, D, SO, C, E, M 20

Grilled sirloin steak, caramelised red onion & mushrooms

White 1045 kcal | Granary 1049 kcal | Gluten free 1043 kcal

**THE VEGETARIAN CLUB (V)** G, D, SO, C, E, M 17.50

Grilled halloumi, piquello pepper & avocado

White 1066 kcal | Granary 1041 kcal | Gluten free 1040 kcal

## Lighter snacks

<b>FRESHLY PREPARED SOUP OF THE DAY</b>	9.95
Made with local produce & served with Artisan bread	
<b>CHICKEN LIVER PARFAIT</b> 368 kcal G, M, D, E	10.95
Hot toast, real ale chutney	
<b>EGGS BENEDICT</b> 942 kcal G, E, D, SU	11.95
Toasted sourdough, topped with free-range poached eggs, hollandaise sauce & ham	
<b>FRESHLY MADE OMELETTES (GF)</b>	14.95
(made with free range hen-eggs)	
Choose from:	
Wild mushroom   Bacon & cheddar cheese	
580 kcal E, D                      898 kcal E, D, SU	
<b>ARNOLD BENNETT OMELETTE (GF)</b> 682 kcal E, F, D	15.95
Smoked haddock & cheese	
<b>CRISP TOFU &amp; ORIENTAL VEGETABLE NOODLE SALAD (GF)</b> 395 kcal SO, S	15.95
Toasted sesame dressing, chilli & fresh coriander	
<b>BUTTERMILK CRISPY CHICKEN THIGH</b> 680 kcal G, D, F, E	15.95
Kimchi, Cornish chilli mayonnaise, fries	

## Carlyon classics

<b>CARLYON MAC ' N' CHEESE</b>	
Topped with Panko Crumb & served with garlic bread	
made with 3 local cheeses (V) 1467 kcal D, G	14.95
or served with pancetta & sautéed mushrooms 1726 kcal D, G	17.95
<b>CHICKEN CAESAR SALAD</b> 842 kcal D, G, M, E	
Chicken breast, sweet garlic, croutons, creamy garlic dressing, parmesan	20.50
<b>PRIME HOME GROUND 'BURGER'</b> 1464 kcal D, G, C, M, SU	20.50
Maple bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun & fries	
<b>SRI LANKAN CURRY (GF) (VE)</b> 565 kcal N, M	19.50
Sweet potato, green bean, roasted lime cashews, pea basmati rice, coconut cucumber sambal	
or with chicken breast 891 kcal	26.50
<b>VENISON &amp; RED WINE CASSEROLE</b> 466 kcal G, D, E, C, SU	22
Roasted new potatoes, green vegetables	

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Please inform us if you have a food allergy that we should be aware of.

## Fresh from the sea

<b>FRESH CORNISH MUSSELS</b> (GF) 602 kcal D, MO, SU	18.50
Cooked in Cornish Rattler Cider cream	
<b>LOCAL COD &amp; CHIPS</b> 1400 kcal F, D, G, E	19.95
Deep fried in beer batter, fries, tartare sauce, crushed peas	
<b>GRILLED FISH OF THE DAY</b> (GF) 924 kcal F, D	19.95
With citrus butter, fries & a tossed salad	
<b>CRAB SALAD</b> (GF) 545 kcal CR, E	29
Tossed salad & white crab, crisp salad leaves, mango, avocado, citrus dressing mayonnaise	
<b>LOCAL CORNISH FISH PIE</b> 759 kcal F, C, D, G, SO	25
Potato topped & glazed with Cornish Gouda, green beans, mange tout, granary bread	

## Side dishes

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

## Sweets

<b>WEST COUNTRY ICE CREAMS</b> (V) 409 kcal D	9.95
Selection of locally made ice creams	
<b>PLEASE ASK FOR THE DAILY DESSERT OPTION</b>	9.95
<b>BERRY &amp; CLOTTED CREAM BRÛLÉE</b> (V) 1049 kcal E, D, G	12.50
Beurre noisette shortbread	
<b>CHOCOLATE TORTE</b> (GF) (V) 613 kcal D, E	9.95
Chocolate sauce, clotted cream	
<b>DAILY WEST COUNTRY CHEESE SELECTION</b> (V) 558 kcal G, D, M, N, E	12.95
3 cheeses, served with chutney, West Country biscuits, grapes & walnuts	

