



# Afternoon tea

**THE CORNISH CREAM TEA** 1044 kcal M, E, G, SU per person 13.75

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 33

## 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, D, SO, SU, E

## Carlyon Scones

Homemade Warm Plain & Fruit Scones (GF?) M, E, G, SU

Served with local Cornish clotted cream & homemade strawberry jam

## Afternoon Tea Cakes

Red Berry Glazed Tartlet G, D, E

Chocolate Macaroon, White Chocolate Cream (GF) N, E, M

Ruby Chocolate Choux Bun, Berry Cream E, D, G

Lemon & Elderflower Mousse (GF) 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 44

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

**INDIVIDUAL CAKES** 5.75

Traditional English rich fruit cake 623 kcal G, D, E, N, SU

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

# Classic dishes

**FRESHLY PREPARED SOUP OF THE DAY** 11

Made with local produce & served with Artisan bread

**CHICKEN LIVER PARFAIT (GF?)** 479 kcal G, M, D, E SO 12.50

Hot toast, real ale chutney

## CAESAR SALAD (GF?)

Sweet garlic, croutons, creamy garlic dressing, Parmesan

as it comes (V) 622 kcal G, D, E 15

or with chargrilled chicken 842 kcal G, D, E 22.50

**SMOKED SALMON, CHERRY TOMATO & GREEN BEAN SALAD (GF)** 454 kcal F, M 18.50

Pine nut & Fowey River olive oil dressing

**BUTTERMILK CRISPY CHICKEN THIGH** 680 kcal G, E, F, D 17.50

Kimchi, Cornish Chilli mayonnaise, fries

**LOCAL COD & CHIPS (GF?)** 1400 kcal F, D, G, E, SU 22

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

**PRIME HOME GROUND 'BURGER' (GF?)** 1458 kcal D, G, C, M, SU, E 22.50

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 12.75  
White 689 kcal | Granary 686 kcal | Gluten free 645 kcal  
West Country chutney relish

**AWARD WINNING MATURE CHEDDAR CHEESE (V)** G, D, SO, C, E, M, SU 12.75  
White 645 kcal | Granary 736 kcal | Gluten free 736 kcal  
Served with pickle

**FREE RANGE EGG (V)** G, D, SO, C, E, M 12.75  
White 723 kcal | Granary 719 kcal | Gluten free 719 kcal  
Mayonnaise & cress

**ROASTED BEEF** G, D, SO, C, E, M 14.25  
White 615 kcal | Granary 612 kcal | Gluten free 611 kcal  
Mustard or horseradish

**ROASTED CHICKEN BREAST** G, D, SO, C, E, M 14.25  
White 682 kcal | Granary 679 kcal | Gluten free 678 kcal  
Mayonnaise & salad leaves

**ATLANTIC PRAWNS** G, D, SO, C, E, M CR 14.95  
White 584 kcal | Granary 582 kcal | Gluten free 580 kcal  
Marie Rose sauce

**TRADITIONAL SMOKED SALMON** G, D, SO, F, C, E, SU 15.50  
White 608 kcal | Granary 605 kcal | Gluten free 604 kcal  
Lemon & dill dressing

**LOCAL HAND PICKED FRESH CORNISH CRAB** G, D, SO, CR, C, E, SU 16.50  
White 582 kcal | Granary 559 kcal | Gluten free 559 kcal  
Lemon mayonnaise

**CLUB SANDWICH** G, D, SO, C, E, SU 21  
White 977 kcal | Granary 968 kcal | Gluten free 1072 kcal  
Chicken, bacon, salad & free range fried egg

# Side dishes

6

**FRIES (GF) (VE)** 358 kcal

**DEEP FRIED ONION RINGS (GF?) (V)** 426 kcal G

**MARINATED OLIVES (GF) (VE)** 467 kcal M

**TOSSED SALAD (GF) (VE)** 46 kcal

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

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GF Gluten Free GF? Can be Gluten Free (please ask) V Vegetarian  
VE Vegan VE? Can be Vegan (please ask)

D DAIRY G GLUTEN 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.

# Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.95

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 0.75

**HOT CHOCOLATE** 5.75

Served with whipped cream & marshmallows

CARLYON BAY

HOTEL | SPA | GOLF

  
B R E N D  
COLLECTION

HOTELS | RESTAURANTS | SPAS