



## 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, SU 12.75

White 739 kcal | Granary 736 kcal | Gluten free 736 kcal

Served with pickle

**FREE RANGE EGG (V)** G, D, SO, C, E 12.75

White 723 kcal | Granary 719 kcal | Gluten free 719 kcal

Mayonnaise & cress

**ROASTED CHICKEN BREAST** G, D, SO, C, E, SU 14.25

White 682 kcal | Granary 679 kcal | Gluten free 678 kcal

Mayonnaise & salad leaves

**ROASTED BEEF** G, D, SO, C, E, M 14.25

White 615 kcal | Granary 612 kcal | Gluten free 611 kcal

Mustard or horseradish

**ATLANTIC PRAWNS** G, D, SO, C, E, CR, F, SU 14.95

White 584 kcal | Granary 582 kcal | Gluten free 680 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 562 kcal | Granary 552 kcal | Gluten free 559 kcal

Lemon mayonnaise

## Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

**CLUB SANDWICH** G, D, SO, C, E, M, SU 21

White 977 kcal | Granary 968 kcal | Gluten free 1072 kcal

Chicken, bacon, mayonnaise, salad & free range fried egg

**STEAK CLUB** G, D, SO, C, E, M 22

White 1024 kcal | Granary 1020 kcal | Gluten free 1015 kcal

Grilled sirloin steak, caramelised red onion & mushrooms

**THE VEGETARIAN CLUB (V)** G, D, SO, C, E, M, SU 19.25

White 1041 kcal | Granary 1016 kcal | Gluten free 1015 kcal

Grilled halloumi, piquello pepper & avocado

## Lighter snacks

<b>FRESHLY PREPARED SOUP OF THE DAY (GF?)</b>	11
Made with local produce & served with Artisan bread	
<b>CHICKEN LIVER PARFAIT (GF?)</b> 479 kcal G, M, D, E	12.50
Hot toast, real ale chutney	
<b>EGGS BENEDICT (GF?)</b> 918 kcal G, E, D, SU	13.50
Toasted sourdough, topped with free-range poached eggs, hollandaise sauce & ham	
<b>FRESHLY MADE OMELETTES (GF)</b>	16.50
(made with free range hen-eggs) Choose from: Wild mushroom 580 kcal E, D   Bacon & cheddar cheese 898 kcal E, D, SU	
<b>ARNOLD BENNETT OMELETTE (GF)</b> 682 kcal E, F, D	17
Smoked haddock & cheese	
<b>BUTTERMILK CRISPY CHICKEN THIGH</b> 680 kcal G, E, F, M, D	17.50
Kimchi, Cornish Chilli mayonnaise, fries	
<b>CRISP TOFU &amp; ORIENTAL VEGETABLE NOODLE SALAD (GF) (VE)</b> 395 kcal SO, S	17.50
Toasted sesame dressing, chilli & fresh coriander	
<b>SMOKED SALMON, CHERRY TOMATO &amp; GREEN BEAN SALAD (GF)</b> 454 kcal N, F	18.50
Pine nut & Fowey Valley olive oil dressing	
<b>SWEET POTATO &amp; BUTTERNUT CURRY (GF) (VE)</b> 732 cals	22
Coconut cream, jasmine rice M	
Add chicken 954 kcal M	25

## Carlyon classics

<b>CARLYON MAC ' N' CHEESE (GF?)</b>	
Topped with Panko Crumb & served with garlic bread	
made with 3 local cheeses (V) 1467 kcal D, G	16.50
or served with pancetta & sauteed mushrooms 1726 kcal D, G	19.50
<b>CHICKEN CAESAR SALAD (GF?)</b> 842 kcal D, G, M, E	
Chicken breast, sweet garlic, croutons, creamy garlic dressing, Parmesan	22.50
<b>PRIME HOME GROUND 'BURGER' (GF?)</b> 1458 kcal D, G, C, M, SU	22.50
Bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun & fries	
<b>PLOUGHMANS</b> 1092 kcal E, D, M, G, SU	22
Sourdough, Cornish chorizo, thick sliced ham, Cornish Smuggler, apple chutney, balsamic pickled onion, cherry tomatoes, pickled egg, salad	

## Fresh from the sea

- FRESH WESTCOUNTRY MUSSELS** (GF) 610 kcal D, MO, SU 21  
Cooked in Cornish Rattler Cider cream
- LOCAL COD & CHIPS** (GF?) 1400 kcal F, D, G, E 22  
Deep fried in beer batter, fries, tartare sauce, crushed peas
- LOCAL CORNISH FISH PIE** 759 kcal F, C, D, G, SO 25  
Potato topped & glazed with Cornish Gouda, green beans, mange tout, granary bread
- CRAB SALAD** (GF) 545 kcal CR, E, D, M 32  
Tossed salad & white crab, crisp salad leaves, mango, avocado, citrus dressing mayonnaise

## Side dishes

6

- FRIES** (GF) (VE) 358 kcal
- DEEP FRIED ONION RINGS** (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

## Sweets

- WEST COUNTRY ICE CREAMS** (GF) (V) 409 kcal D, SO 11  
Selection of locally made ice creams
- PLEASE ASK FOR THE DAILY DESSERT OPTION** 11
- BERRY & CLOTTED CREAM BRÛLÉE** (V) 1049 kcal E, D, G 13.95  
Beurre noisette shortbread
- CHOCOLATE TORTE** (GF) (V) 613 kcal D, E 11  
Chocolate sauce, clotted cream
- DAILY WEST COUNTRY CHEESE SELECTION** (GF?) (V) 558 kcal G, D, M, N, E 14.50  
3 cheeses, served with chutney, West Country biscuits, grapes & walnuts

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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.

## Lounge bar smoothies

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

**MIXED BERRIES & TOASTED OATS (V) (VE?)** 551 kcal D, G 9.95

**AVOCADO & KIWI (V) (VE?)** 345 kcal D 9.95

**BANANA, HONEY & PEANUT BUTTER (V) (VE?)** 704 kcal P, D 9.95

## 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

