

CARLYON BAY

HOTEL | SPA | GOLF

taste
of Cornwall

B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS

Guests on dinner inclusive terms may dine from the following menu and will receive a 35% reduction on the price stated.



appetisers

CORNISH BREADS V 774 kcal G, D, SO, D	8
Whipped Trewithen butter, St Piran's bacon chilli jam, Cornish sea salt	
CORNISH OYSTERS 57 kcal MO, SU, G	21
Four oysters served on ice with shallot vinegar, lemon, Cornish hot sauce	
CORNISH CHARCUTERIE GF? 629 kcal G, SU	14
Selection of Cornish cured meats, olives, warm sourdough	

starters & small plates

WESTCOUNTRY MUSSELS GF 612 kcal D, MO, SU	21
Garlic & fennel, Cornish Rattler cider cream	
TREWITHEN BUTTERMILK CRISPY CHICKEN THIGH 441 kcal D, G, E, F	15
Fermented vegetables, Cornish chilli mayonnaise	
SAUTÉED LARGE ATLANTIC WILD KING PRAWN GF 787 kcal D, CR	16
Chilli cashew nuts, coriander, sea buckthorn butter	
CORNISH SPLIT 565 kcal G, CR, F, D	16
White crab meat, brown crab butter, rocket, apple	
GRILLED SCALLOPS GF	22
364 kcal D, MO, N, SU	
Served in the shell, citrus butter, cauliflower almond & golden raisins	
POTTED HAM HOCK GF? 567 kcal G	14
Charred sourdough, piccalilli	
CORNISH BOI LATEY CAMEMBERT FRIED CHEESE SANDWICH 631 kcal G, SO, E, D	18
Panko coated fried cheese sandwich, Fowey Valley apple cider chutney, baby pickles	
PICKLED VEGETABLE SALAD 224 kcal G, D	12
Asparagus, crumbled Cornish goats' cheese	

mains

WHOLE NEWLYN LOBSTER GF 883 kcal CR, D, ME, E		CORNISH CRAB SALAD GF 863 kcal CR, E, M, D	33
Chargrilled or served cold, lemon, mayo, triple-cooked chips, salad	market price	Mixed leaves, tomato, pickled cucumber, avocado, triple-cooked chips	
LOCAL LEMON SOLE PAUPIETTE, LOBSTER BISQUE GF 371 kcal D, CR, F, MO	35	NEWLYN CRAB ARANCINI 703 kcal CR, D, G, E, C, F	28
Spinach, asparagus, crushed new potatoes		Tomato pesto, shaved Parmesan, basil & rocket salad	
LINE CAUGHT CORNISH SEA BASS GF	40	PAN-FRIED CHICKEN BREAST 739 kcal E, D, G	26
820 kcal F, D, SU		Cornish Blue cheese & garlic cream, Kittow's Hogs pudding patty, buttered greens	
Roasted balsamic tomatoes, confit fennel, Cornish saffron cream, crushed new potatoes		CORNISH BEEF BURGER 1458 kcal G, E, C, D, M, SU	25
ATLANTIC ALE BATTERED COD 1400 kcal F, D, G, E	25	Beef burger, Cornish gouda, bacon, pickles, mayonnaise, brioche bun, triple-cooked chips	
Cod, tartar sauce, crushed peas, triple-cooked chips		BUTTERNUT, CORNISH GREENS & CHICKPEA CURRY VE, GF 732 kcal	22
LOCAL CORNISH FISH PIE 759 kcal F, C, D, G, SO	27	Coconut cream, jasmine rice	
Potato topped & glazed with Cornish Gouda, green beans, mange tout, granary bread		Add Chicken Breast for 6	
WEST COUNTRY LAMB RUMP 632 kcal G, D, E, M, C	38	BEETROOT, PORTOBELLO MUSHROOM & CHICKPEA BURGER V, VE?, GF?	22
Roasted sweet potato, tomato & olive compote, feta, garlic & rosemary jus		1123 kcal G, D, E, C, SE, SU	
SCAMPI 973 kcal G, F, MO, C, SO	29	Spiced avocado, Heritage tomato, Cornish gouda, pickles, brioche bun	
Crisp Newlyn monkfish & king prawn, Cornish chilli sauce, triple-cooked chips, salad		HELFDORD BLUE CHEESE SALAD 814 kcal E, D	22
SLOW COOKED KITTOW'S SHORT RIB OF BEEF GF? 769 kcal D, G	34	Vegetables, baby salad leaves, poached St Ewe egg, warm new potatoes	
Pappardelle pasta, tomato & garlic ragout		HOMEMADE FLAT BREAD	22
TRIO OF KITTOWS CORNISH SAUSAGES 936 kcal D, G, SU	26	a. Cornish goats cheese, rocket & pesto 489 kcal G, D	
Trewithen clotted cream potatoes, red wine & onion gravy, savoy cabbage		b. Cornish Chorizo, Cornish gouda, heirloom tomato, olives 655 kcal G, D, SU	

steaks

28-day dry aged Kittow's Kilhallon Farm reared beef steaks, served with, balsamic cherry tomatoes, Atlantic Ale battered onion rings, Portobello mushroom and triple-cooked chips.			
10oz RIB EYE 1517 kcal G, D, SU	40	STEAK SAUCE:	
8oz FILLET 1117 kcal G, D, SU	44	• Cornish blue cheese 164 kcal D	• Peppercorn 133 kcal
		• Wild mushroom & truffle 102 kcal	• Trewithen garlic butter 186 kcal D

sides

CRISP FRIED NEW POTATOES, PARMESAN & TRUFFLE GF 328 kcal D	7.50
TENDER STEM BROCCOLI & GREENS GF, VE 140 kcal D	6.50
CORNISH BLUE CHEESE CREAMED SPINACH GF 273 kcal D	7.50
MINI CAESAR SALAD 222 kcal E, D	6.50
TOSSED SIDE SALAD GF VE	5.50
GARLIC SOURDOUGH BREAD V 479 kcal D, G	4.50
TRIPLE COOKED CHIPS GF 318 kcal	6.50
FRIES GF VE 358 kcal	5.50

desserts

PINK PEPPERCORN ETON MESS GF 675 kcal E, D	12.50
Seasoned fruits, Cornish Tarquin's Gin syrup	
DARK CHOCOLATE CREMEUX GF	13.50
475 kcal G, D, E, SO	
Biscuit crumb, whipped Trewithen cream, tuille	
BERRY & CORNISH CLOTTED CREAM BRÛLÉE V GF? 1049 kcal D, G, E	13
Beurre noisette shortbread	
CHOCOLATE & PECAN BROWNIE SUNDAE VE 999 kcal	13
Roskilly's vegan raspberry ripple ice cream, macerated strawberries	
ROSKILLY ICE CREAMS V 675 kcal D, E, SO	12.50
Various flavours	
CORNISH CHEESE PLATE V	
Served with chutney, West Country biscuits, grapes, celery & walnuts	
3 cheeses GF? 558 kcal G, C, E, D, M, N	15
7 cheeses GF? 859 kcal G, C, E, D, M, N	22

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.