



The terrace

LOUNGE & BAR

Afternoon tea Available 2-6pm

THE CORNISH CREAM TEA 1070 kcal E, D, G 13.75

Enjoy a traditional Cornish cream tea served with two fresh warm homemade scones, strawberry jam, Cornish clotted cream & a pot of freshly brewed 'Cornish Grown' tea or coffee. Gluten free option available.

THE CARLYON BAY FESTIVE TEA 2652 kcal per person 34

A Selection of Finger Sandwiches

Smoked Salmon, Cream Cheese & Dill 205 kcal F, D, G, SO

Free Range Egg, Mayonnaise & Cress 191 kcal E, D, G, SO

Roasted Turkey, Stuffing & Cranberry 190 kcal G, D, SO

A Choice of Warm Homemade Scones

Cranberry & Cinnamon 307 kcal E, D, G

Plain Butter 305 kcal E, D, G

Served with Homemade strawberry jam, Cornish clotted cream 1012 kcal

A Festive Collection of Afternoon Cakes

Chocolate Praline Opera Slice V 321 kcal G, D, E, SO, N

Mince Pie V 366 kcal G, SU

Stollen Bar V 180 kcal G, D, E, N, SU

Blackcurrant & Cassis Posset V 129 kcal D

A traditional pot of freshly brewed 'Cornish Grown' tea or freshly made Coffee.

BREND SPARKLING AFTERNOON TEA per person 42

Enjoy a 'Carlyon Bay Festive Tea' plus a glass of Brend Collection's English Sparkling Wine v ve sp

INDIVIDUAL CAKES 5.75

Traditional English Rich Fruit Cake 623 kcal E, G, D, N SU

Coffee & Walnut Cake 464 kcal E, G, D, N

Side dishes 6

FRIES VE GF 358 kcal

DEEP FRIED ONION RINGS V 426 kcal G

MARINATED OLIVES GF VE 467 kcal M

TOSSED SALAD VE 46 kcal

CHEESE & GARLIC BREAD V 520 kcal G, D, SU

Sandwiches Available 2-6pm

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, SU 12.75

White 671 kcal | Granary 668 kcal | Gluten free 668 kcal

Stuffing & cranberry sauce

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, SU 12.75

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

Mayonnaise & cress

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

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

Mustard or horseradish

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

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

Mayonnaise & salad leaves

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

White 585 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, M, SO, CR, C, E, SU 16.50

White 562 kcal | Granary 559 kcal | Gluten free 559 kcal

Lemon mayonnaise

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

White 977 kcal | Granary 944 kcal | Gluten free 1072 kcal

Chicken, bacon, salad & free range fried egg

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 dietary requirements. Whilst we do our utmost to accommodate our guests, we cannot guarantee any dish will be completely allergen free due to possible cross contamination during production.

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 1400 kcal F, D, G, E, SU	22
Deep fried in beer batter, fries, tartare sauce, crushed peas	
PRIME HOME GROUND 'BURGER' 1458 kcal D, G, C, SU, E, M	22.50
Bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun & fries	

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 D 5.75

Served with whipped cream & marshmallows

