

Lounge bar smoothies

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

MIXED BERRIES & TOASTED OATS (V) (VE?) 9.95

AVOCADO & KIWI (V) (VE?) 9.95

BANANA, HONEY & PEANUT BUTTER (V) (VE?) 9.95

Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.95

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

Please choose from the following: (GF?) (VE?)

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 (GF?) 5.75

Served with whipped cream & marshmallows

Available 10.00am - 2.00pm

CARLYON BAY

HOTEL | SPA | GOLF

BREND
COLLECTION

HOTELS | RESTAURANTS | SPAS

The terrace
LOUNGE & BAR

LUNCH
MENU

Sandwiches

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

HONEY ROASTED HAM West Country chutney relish	13.50
AWARD WINNING MATURE CHEDDAR CHEESE (V) Served with pickle	13.50
FREE RANGE EGG (V) Mayonnaise & cress	13.50
ROASTED CHICKEN BREAST Mayonnaise & salad leaves	15.50
ROASTED BEEF Mustard or horseradish	15.50
ATLANTIC PRAWNS Marie Rose sauce	15.95
TRADITIONAL SMOKED SALMON Lemon & dill dressing	16.50
LOCAL HAND PICKED FRESH CORNISH CRAB Lemon mayonnaise	17.50

Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

CLUB SANDWICH Chicken, bacon, mayonnaise, salad & free range fried egg	22
STEAK CLUB Grilled sirloin steak, caramelised red onion & mushrooms	23
THE VEGETARIAN CLUB (V) Grilled halloumi, piquello pepper & avocado	20

Available 10.00am - 2.00pm

Lighter snacks

FRESHLY PREPARED SOUP OF THE DAY (GF?) Made with local produce & served with Artisan bread	11
CHICKEN LIVER PARFAIT (GF?) Hot toast, real ale chutney	13
EGGS BENEDICT (GF?) Toasted sourdough, topped with free-range poached eggs, hollandaise sauce & ham	14
FRESHLY MADE OMELETTES (GF) (made with free range hen-eggs) Choose from: Wild mushroom Bacon & Cheddar cheese	17.50
ARNOLD BENNETT OMELETTE (GF) Smoked haddock & Cheddar cheese	18
TREWITHEN BUTTERMILK CRISPY CHICKEN THIGH Cornish chilli coleslaw, sweetcorn puree, fries	20
ASPARAGUS CAESAR SALAD (VE) Vegan plant-based hard cheese, black garlic vegan mayonnaise	16
CORNISH CRAB CAKE Trewithen buttermilk, coriander oil, pickled fennel & chilli salad	19
SAUTEED UDON NOODLES (VE) Fermented vegetables, Cornish Chilli Company Hot Sauce, crispy tofu, sesame oil	22
add chicken breast	29

Carlyon classics

CARLYON MAC 'N' CHEESE (GF?) Topped with Panko Crumb & served with garlic bread made with 3 local cheeses (V)	17.50
or served with pancetta & sauteed mushrooms	20
CAESAR SALAD (GF?) Sweet garlic, croutons, creamy garlic dressing, Parmesan as it comes (V)	16
or with chargrilled chicken	24
PRIME HOME GROUND 'BURGER' (GF?) Bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun & fries	26
PLOUGHMANS Sourdough, thick sliced ham, Cornish Smuggler, apple chutney, balsamic pickled onion, cherry tomatoes, pickled egg, salad	23

Available 10.00am - 2.00pm

Fresh from the sea

FRESH WESTCOUNTRY MUSSELS (GF?) Cooked in Cornish Rattler Cider cream, sourdough	22
SMOKED SALMON, CHERRY TOMATO & GREEN BEAN SALAD (GF) Pine nut & Fowey Valley olive oil dressing	22
LOCAL COD & CHIPS (GF?) Deep fried in beer batter, fries, tartare sauce, crushed peas	26
LOCAL CORNISH FISH PIE Potato topped & glazed with Cornish Gouda, green beans, mange tout, granary bread	28
CRAB SALAD (GF) Tossed salad & white crab, crisp salad leaves, mango, avocado, citrus dressing mayonnaise	32

Side dishes

FRIES (GF) (VE)	6
DEEP FRIED ONION RINGS (V)	
MARINATED OLIVES (GF) (VE)	
TOSSED SALAD (GF) (VE)	
CHEESE & GARLIC BREAD (V)	

Sweets

WEST COUNTRY ICE CREAMS (GF) (V) Selection of locally made ice creams	11
PLEASE ASK FOR THE DAILY DESSERT OPTION	12
BERRY & CLOTTED CREAM BRÛLÉE (V) (GF?) Beurre noisette shortbread	13.95
WARM VEGAN BROWNIE (VE) (GF) Warm plant-based chocolate sauce, raspberries, Roskilly's Raspberry Ripple Vegan Ice Cream	13.50
CORNISH CHEESE PLATE (V) (GF?) 3 cheeses served with chutney, blue cheese scone, whipped Trewithen butter, West Country biscuits, grapes, pickled walnut, quince, Cornish honey	15

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



Adults need around 2000 Kcal a day. You can view our calorie and allergen information by scanning the QR code. 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.