

Afternoon tea

THE CORNISH CREAM TEA (GF?) (VE?) 1044 kcal per person 14

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. G, D, E, SU

THE CARLYON BAY TEA 2370 kcal per person 35

Finger Sandwiches

Served with a choice of white or wholemeal bread:

Free Range Egg Mayonnaise, Watercress (V) G, D, E, M, SO

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

Coronation Chicken G, D, E, M, SO, SU

Savoury Selection

Sage & Apricot Sausage Roll E, SU, G

Goat's Cheese & Red Onion Quiche (V) G, E, D, SU

Carlyon Scones

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

Served with local Cornish clotted cream & homemade strawberry jam

Afternoon Tea Cakes

Raspberry & White Chocolate Macaroon (GF) E, D, N

Chocolate & Hazelnut Tart (V) G, E, N, D, SO

Lemon & Elderflower Mousse (GF) (V) D

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 46

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

INDIVIDUAL CAKES 6

Lemon Drizzle Loaf (GF) 429 kcal E, D

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

Classic dishes

FRESHLY PREPARED SOUP OF THE DAY 11

Made with local produce & served with Artisan bread

CHICKEN LIVER PARFAIT (GF?) 13

Hot toast, real ale chutney 493 kcal G, D, E, M

CAESAR SALAD (GF?)

Sweet garlic, croutons, creamy garlic dressing, Parmesan

as it comes (GF?) (V) (VE?) 569 kcal G, D, E, SO, M 16

or with chargrilled chicken (GF?) 789 kcal G, D, E, SO, M 24

SMOKED SALMON, CHERRY TOMATO & GREEN BEAN SALAD (GF) 22

Pine nut & Fowey River olive oil dressing 454 kcal F, N, M

BUTTERMILK CRISPY CHICKEN THIGH 20

Cornish chilli coleslaw, sweetcorn puree 755 kcal G, D, E, C, M, SU

LOCAL COD & CHIPS (GF?) 26

Deep fried in beer batter, fries, tartare sauce, crushed peas 1400 kcal G, E, F, D

PRIME HOME GROUND 'BURGER' (GF?) 26

Bacon, Cornish Gouda, pickles, mayo, salad, slaw,

toasted bun & fries 1459 kcal G, D, E, C, M, SU

Sandwiches

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

HONEY ROASTED HAM 13.50

White 689 kcal | Granary 686 kcal | Gluten free 645 kcal

West Country chutney relish G, D, E, C, M, SO, SU

AWARD WINNING MATURE CHEDDAR CHEESE (V) 13.50

White 739 kcal | Granary 736 kcal | Gluten free 713 kcal

Served with pickle G, D, E, C, SO, SU

FREE RANGE EGG (V) 13.50

White 710 kcal | Granary 707 kcal | Gluten free 706 kcal

Mayonnaise & cress G, SO, D, C, E, SU, M

ROASTED BEEF 15.50

White 615 kcal | Granary 612 kcal | Gluten free 597 kcal

Mustard or horseradish G, D, E, C, M, SO, SU

ROASTED CHICKEN BREAST 15.50

White 668 kcal | Granary 665 kcal | Gluten free 664 kcal

Mayonnaise & salad leaves G, D, E, C, M, SO, SU

ATLANTIC PRAWNS 15.95

White 576 kcal | Granary 574 kcal | Gluten free 573 kcal

Marie Rose sauce G, D, E, C, CR, SU, SO, F

TRADITIONAL SMOKED SALMON 16.50

White 608 kcal | Granary 605 kcal | Gluten free 604 kcal

Lemon & dill dressing G, D, E, C, F, SO, SU

LOCAL HAND PICKED FRESH CORNISH CRAB 17.50

White 556 kcal | Granary 553 kcal | Gluten free 552 kcal

Lemon mayonnaise G, D, E, C, CR, SO, SU, M

CLUB SANDWICH 22

White 1011 kcal | Granary 978 kcal | Gluten free 1072 kcal

Chicken, bacon, salad & free range fried egg G, D, E, C, M, SO, SU

Side dishes

6

FRIES (VE)(GF) 358 kcal

DEEP FRIED ONION RINGS (VE) (GF?) 426 kcal G

MARINATED OLIVES (GF) (VE) 467 kcal M

TOSSED SALAD (VE) (GF) 46 kcal SU

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

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: (GF?) (VE?) D, G

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 0.75

Choose from: Vanilla, Caramel, Gingerbread or Hazelnut syrup

HOT CHOCOLATE (GF?) 5.75

Served with whipped cream & marshmallows D, G

Hot matcha

MATCHA LATTE 6.50

Smooth, earthy Matcha with steamed oat milk

STRAIGHT MATCHA 6

Pure Matcha, poured over hot water

Cold matcha

ICED MATCHA LATTE 6.50

Clean, refreshing Matcha over ice and oat milk

DIRTY MATCHA 7.95

Matcha layered with oat milk and a double shot of locally roasted espresso

Upgrade Your Matcha:

Add honey, elderflower or vanilla 75p