



# 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, D, E, C, M, SO, SU

## 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, F, CR, M, SO, SU

## 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, M, CR, SO, SU

# Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

## CLUB SANDWICH 22

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

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

## STEAK CLUB 23

White 1024 kcal | Granary 1020 kcal | Gluten free 1019 kcal

Grilled sirloin steak, caramelised red onion & mushrooms G, D, E, C, SO, SU

## THE VEGETARIAN CLUB (V) 20

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

Grilled halloumi, piquello pepper & avocado G, D, E, C, SO, SU

## 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>	13
Hot toast, real ale chutney 493 kcal G, E, D, M	
<b>EGGS BENEDICT (GF?)</b>	14
Toasted sourdough, topped with free-range poached eggs, hollandaise sauce & ham 918 kcal G, D, E, SU	
<b>FRESHLY MADE OMELETTES (GF)</b>	17.50
(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>	18
Smoked haddock & Cheddar cheese 682 kcal E, F, D	
<b>TREWITHEN BUTTERMILK CRISPY CHICKEN THIGH</b>	20
Cornish chilli coleslaw, sweetcorn puree, fries 834 kcal G, D, E, C, M, SU	
<b>ASPARAGUS CAESAR SALAD (VE)</b>	16
Vegan plant-based hard cheese, black garlic vegan mayonnaise 512 kcal SO	
<b>CORNISH CRAB CAKE</b>	19
Trewithen buttermilk, coriander oil, pickled fennel & chilli salad 195 kcal CR, E, D, G	
<b>SAUTÉED UDON NOODLES (VE)</b>	
Fermented vegetables, Cornish Chilli Company Hot Sauce, crispy tofu, sesame oil 1147 kcal G, M, S, SO, SU	22
add chicken breast 1350 kcal G, M, S, SO, SU	29

## 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 G, D, E	17.50
or served with pancetta & sautéed mushrooms 1726 kcal G, D, E, SU	20
<b>CAESAR SALAD (GF?)</b>	
Sweet garlic, croutons, creamy garlic dressing, Parmesan	
as it comes (V) 569 kcal G, E, D, M, SO	16
or with chargrilled chicken 789 kcal G, E, D, M, SO	24
<b>PRIME HOME GROUND 'BURGER' (GF?)</b>	26
Bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun & fries 1459 kcal G, D, E, C, M, SU	
<b>PLOUGHMANS</b>	23
Sourdough, thick sliced ham, Cornish Smuggler, apple chutney, balsamic pickled onion, cherry tomatoes, pickled egg, salad 1063 kcal G, D, E, M, SU	

## Fresh from the sea

<b>FRESH WESTCOUNTRY MUSSELS (GF?)</b>	22
Cooked in Cornish Rattler Cider cream, sourdough 743 kcal G, D, MO, SU	
<b>SMOKED SALMON, CHERRY TOMATO &amp; GREEN BEAN SALAD (GF)</b>	22
Pine nut & Fowey Valley olive oil dressing 454 kcal F, N, M	
<b>LOCAL COD &amp; CHIPS (GF?)</b>	26
Deep fried in beer batter, fries, tartare sauce, crushed peas 1400 kcal G, D, E, C, F, M	
<b>LOCAL CORNISH FISH PIE</b>	28
Potato topped & glazed with Cornish Gouda, green beans, mange tout, granary bread 671 kcal G, D, E, C, F, SO	
<b>CRAB SALAD (GF)</b>	32
Tossed salad & white crab, crisp salad leaves, mango, avocado, citrus dressing mayonnaise 498 kcal CR, D, E, M	

## Side dishes

<b>FRIES (GF) (VE)</b>	358 kcal	6
<b>DEEP FRIED ONION RINGS (V)</b>	426 kcal	G
<b>MARINATED OLIVES (GF) (VE)</b>	467 kcal	M
<b>TOSSED SALAD (GF) (VE)</b>	46 kcal	SU
<b>CHEESE &amp; GARLIC BREAD (V)</b>	520 kcal	G, D, SU

## Sweets

<b>WEST COUNTRY ICE CREAMS (GF) (V)</b>	463 kcal	E, D, SO	11
Selection of locally made ice creams			
<b>PLEASE ASK FOR THE DAILY DESSERT OPTION</b>			12
<b>BERRY &amp; CLOTTED CREAM BRÛLÉE (V) (GF?)</b>	1049 kcal	G, D, E	13.95
Beurre noisette shortbread			
<b>WARM VEGAN BROWNIE (VE) (GF)</b>	429 kcal	SO	13.50
Warm plant-based chocolate sauce, raspberries, Roskilly's Raspberry Ripple Vegan Ice Cream			
<b>CORNISH CHEESE PLATE (V) (GF?)</b>	819 kcal	G, D, E, M, N	15
3 cheeses served with chutney, blue cheese scone, whipped Trewithen butter, West Country biscuits, grapes, pickled walnut, quince, Cornish honey			

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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?) 288 kcal D, G 9.95

**AVOCADO & KIWI** (V) (VE?) 406 kcal D 9.95

**BANANA, HONEY & PEANUT BUTTER** (V) (VE?) 561 kcal D, P 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?) 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

Choose from: Vanilla, Caramel, Gingerbread or Hazelnut syrup 0.75

**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

