

festive

AFTERNOON TEA

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 GF? 2762 kcal — per person 36

A Selection of Finger Sandwiches

- Smoked Salmon, Cream Cheese & Dill 205 kcal F, D, G, SO
- Free Range Egg, Mayonnaise & Cress 185 kcal G, D, E, M, SO
- Roasted Turkey, Stuffing & Cranberry 190 kcal G, D, SO

Cranberry Sausage Roll 185 kcal G, E

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 458 kcal D

A Festive Collection of Afternoon Cakes

- Chocolate Praline Opera Slice V 321 kcal G, D, E, SO, N
- Mince Pie V 366 kcal G, D, SU, SO
- 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 44

Enjoy a 'Carlyon Bay Festive Tea' plus a glass of Brend Collection's English Sparkling Wine V VE SP

INDIVIDUAL CAKES — 6

Lemon Drizzle Loaf GF 429 kcal D, E

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

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 S0 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.

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 13.50

White 671 kcal | Granary 668 kcal | Gluten free 668 kcal G, D, SO, C, SU

Stuffing & cranberry sauce

HONEY ROASTED HAM 13.50

White 689 kcal | Granary 686 kcal | Gluten free 645 kcal G, D, SO, C, E, M, SU

West Country chutney relish

AWARD WINNING MATURE CHEDDAR CHEESE v 13.50

White 739 kcal | Granary 736 kcal | Gluten free 736 kcal G, D, SO, C, E, SU

Served with pickle

FREE RANGE EGG 13.50

White 710 kcal | Granary 707 kcal | Gluten free 719 kcal V G, D, SO, C, E, SU, M

Mayonnaise & cress

ROASTED BEEF 15.50

White 615 kcal | Granary 612 kcal | Gluten free 611 kcal G, D, SO, C, E, M, SU

Mustard or horseradish

ROASTED CHICKEN BREAST 15.50

White 668 kcal | Granary 665 kcal | Gluten free 678 kcal G, D, SO, C, E, SU, M

Mayonnaise & salad leaves

ATLANTIC PRAWNS 15.95

White 576 kcal | Granary 574 kcal | Gluten free 580 kcal G, D, SO, C, E, CR, SU, M

Marie Rose sauce

TRADITIONAL SMOKED SALMON 16.50

White 608 kcal | Granary 605 kcal | Gluten free 604 kcal G, D, SO, F, C, E, SU

Lemon & dill dressing

LOCAL HAND PICKED FRESH WESTCOUNTRY CRAB 17.50

White 556 kcal | Granary 553 kcal | Gluten free 559 kcal G, D, M, SO, CR, C, E, SU

Lemon mayonnaise

CLUB SANDWICH 22

White 1011 kcal | Granary 978 kcal | Gluten free 1072 kcal G, D, SO, C, E, SU, M

Chicken, bacon, salad, mayo & free range fried egg

Classic dishes

FRESHLY PREPARED SOUP OF THE DAY GF? 11
Made with local produce & served with Artisan bread

CHICKEN LIVER PARFAIT GF? 13
Hot toast, real ale chutney 493 kcal G, M, D, E, SO

CAESAR SALAD GF?
Sweet garlic, croutons, creamy garlic dressing, Parmesan

as it comes 569 kcal G, D, E, M, SO 16

or with chargrilled chicken 789 kcal G, D, E, M, SO 24

SMOKED SALMON, CHERRY TOMATO & GREEN BEAN SALAD GF 22
Pine nut & Fowey River olive oil dressing 454 kcal M, N

BUTTERMILK CRISPY CHICKEN THIGH 20
Cornish chilli coleslaw, sweetcorn puree & fries 755 kcal G, D, E, C, M, SU

LOCAL COD & CHIPS 26
Deep fried in beer batter, fries, tartare sauce, crushed peas 1400 kcal F, D, G, E, SU

PRIME HOME GROUND 'BURGER' GF? 26
Bacon, Cornish Gouda, pickles, mayo, salad, slaw,
toasted bun & fries 1458 kcal D, G, C, SU, E, M, SO

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

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

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