

Lounge bar smoothies

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

MIXED BERRIES & TOASTED OATS (V) 551 kcal D, G 9.50

AVOCADO & KIWI (V) (VE?) 345 kcal D 9.50

BANANA, HONEY & PEANUT BUTTER (V) 704 kcal P, D 9.50

Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.75

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 0.50

HOT CHOCOLATE 5.50

Served with whipped cream & marshmallows

Available 10.00am - 2.00pm



CARLYON BAY
HOTEL | SPA | GOLF

BREND
COLLECTION
HOTELS | RESTAURANTS | SPAS

LUNCH
MENU

Sandwiches

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

HONEY ROASTED HAM G, D, SO, C, E, M, SU 11.50

White 713 kcal | Granary 711 kcal | Gluten free 710 kcal

West Country chutney relish

AWARD WINNING MATURE CHEDDAR CHEESE (V) G, D, SO, C, E, M, SU 11.50

White 764 kcal | Granary 761 kcal | Gluten free 760 kcal

Served with pickle

FREE RANGE EGG (V) G, D, SO, C, E, M 11.50

White 747 kcal | Granary 744 kcal | Gluten free 743 kcal

Mayonnaise & cress

ROASTED CHICKEN BREAST G, D, SO, C, E, M 12.95

White 706 kcal | Granary 704 kcal | Gluten free 703 kcal

Mayonnaise & salad leaves

ROASTED BEEF G, D, SO, C, E, M 12.95

White 640 kcal | Granary 637 kcal | Gluten free 636 kcal

Mustard or horseradish

ATLANTIC PRAWNS G, D, SO, C, E, M CR 13.50

White 656 kcal | Granary 653 kcal | Gluten free 653 kcal

Marie Rose sauce

TRADITIONAL SMOKED SALMON G, D, SO, F, C, E, M 13.95

White 633 kcal | Granary 630 kcal | Gluten free 629 kcal

Lemon & dill dressing

LOCAL HAND PICKED FRESH CORNISH CRAB G, D, SO, CR, C, E, M 15.95

White 587 kcal | Granary 584 kcal | Gluten free 583 kcal

Lemon mayonnaise

Classic clubs

Served with coleslaw, mixed salad leaves & thin fries.

CLUB SANDWICH G, D, SO, C, E, M 19

White 1049 kcal | Granary 1016 kcal | Gluten free 1097 kcal

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

STEAK CLUB G, D, SO, C, E, M 20

White 1045 kcal | Granary 1049 kcal | Gluten free 1043 kcal

Grilled sirloin steak, caramelised red onion & mushrooms

THE VEGETARIAN CLUB (V) G, D, SO, C, E, M 17.50

White 1066 kcal | Granary 1041 kcal | Gluten free 1040 kcal

Grilled halloumi, piquello pepper & avocado

Lighter snacks

FRESHLY PREPARED SOUP OF THE DAY 9.95

Made with local produce & served with Artisan bread

CHICKEN LIVER PARFAIT 424 kcal G, M, D, E 10.95

Hot toast, real ale chutney

EGGS BENEDICT 942 kcal G, E, D, SU 11.95

Toasted sourdough, topped with free-range poached eggs, hollandaise sauce & ham

FRESHLY MADE OMELETTES (GF) 14.95

(made with free range hen-eggs) Choose from:

Wild mushroom 580 kcal E, D | Bacon & cheddar cheese 898 kcal E, D, SU

ARNOLD BENNETT OMELETTE (GF) 682 kcal E, F, D 15.95

Smoked haddock & cheese

BUTTERMILK CRISPY CHICKEN THIGH 680 kcal G, E, F, M, D 15.95

Kimchi, Cornish Chilli mayonnaise, fries

CRISP TOFU & ORIENTAL VEGETABLE NOODLE SALAD 395 kcal SO, S 15.95

Toasted sesame dressing, chilli & fresh coriander

SMOKED SALMON, CHERRY TOMATO & GREEN BEAN SALAD 454 kcal N, F 16.95

Pine nut & Fowey Valley olive oil dressing

CARROT, WALNUT & GRILLED HALLOUMI SALAD BOWL (V) 760 kcal G, N, D 15.95

Bulgur wheat, yogurt dressing

Carlyon classics

CARLYON MAC ' N' CHEESE

Topped with Panko Crumb & served with garlic bread

made with 3 local cheeses (V) 1467 kcal D, G 14.95

or served with pancetta & sauteed mushrooms 1726 kcal D, G 17.95

CHICKEN CAESAR SALAD 842 kcal D, G, M, E 20.50

Chicken breast, sweet garlic, croutons, creamy garlic dressing, Parmesan

PRIME HOME GROUND 'BURGER' 1464 kcal D, G, C, M, SU 20.50

Bacon, Cornish Gouda, pickles, mayo, salad, slaw, toasted bun & fries

PLOUGHMANS 1092 kcal E, D, M, G, SU 19.95

Sourdough, Cornish chorizo, thick sliced ham, Cornish Smuggler, apple chutney, balsamic pickled onion, cherry tomatoes, pickled egg, salad

Fresh from the sea

FRESH WESTCOUNTRY MUSSELS (GF) 602 kcal D, MO, SU 18.50

Cooked in Cornish Rattler Cider cream

LOCAL COD & CHIPS 1400 kcal F, D, G, E 19.95

Deep fried in beer batter, fries, tartare sauce, crushed peas

GRILLED FISH OF THE DAY (GF) 924 kcal F, D 19.95

With citrus butter, fries & a tossed salad

CRAB SALAD (GF) 545 kcal CR, E, D, M 29

Tossed salad & white crab, crisp salad leaves, mango, avocado, citrus dressing mayonnaise

Side dishes

FRIES (VE) 358 kcal

DEEP FRIED ONION RINGS (V) 426 kcal G

MARINATED OLIVES (GF) (VE) 467 kcal

TOSSED SALAD (VE) 70 kcal

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

Sweets

WEST COUNTRY ICE CREAMS (V) 409 kcal 9.95

Selection of locally made ice creams

PLEASE ASK FOR THE DAILY DESSERT OPTION 9.95

BERRY & CLOTTED CREAM BRÛLÉE (V) 1049 kcal E, D, G 12.50

Beurre noisette shortbread

CHOCOLATE TORTE (GF) (V) 613 kcal D, E 9.95

Chocolate sauce, clotted cream

DAILY WEST COUNTRY CHEESE SELECTION (V) 558 kcal G, D, M, N, E 12.95

3 cheeses, served with chutney, West Country biscuits, grapes & walnuts

Available 10.00am - 2.00pm

Please inform us if you have a food allergy that we should be aware of.
Adults need around 2000 kcal a day.

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

Although we endeavor to do so, we cannot guarantee that any of our dishes are allergen-free or fulfill dietary requirements due to possible cross-contamination during production