

# BAR MENU

## BREAKFAST

<b>HOT BUTTERED TOAST &amp; PRESERVES (V)</b>	2.50
<b>GRILLED BACON BAP</b>	5.25
<b>GRILLED BACON &amp; FREE RANGE EGG</b>	6.25
<b>GRILLED KITTOWS LOCAL SAUSAGE &amp; MUSHROOM BAP</b>	6.25
<b>THE CARLYON BAY BREAKFAST</b>	8.95
Kittows local sausage, grilled bacon, free range fried egg, Cornish hogs pudding, toast, hash browns & baked beans	

## SANDWICHES

Freshly prepared sandwiches on white or granary bread, served with mixed leaf salad garnish & kettle crisps

<b>WEST COUNTRY HAM &amp; ALE CHUTNEY</b>	5.95
<b>MATURE LOCAL CHEDDAR CHEESE   Pickle or tomato (V)</b>	5.95
<b>FREE RANGE EGG   Mayonnaise &amp; cress (V)</b>	5.50
<b>TUNA MAYONNAISE &amp; SWEETCORN</b>	5.95
<b>ROASTED WEST COUNTRY BEEF   Mustard or horseradish</b>	7.25
<b>ATLANTIC PRAWNS   Marie Rose sauce</b>	6.50

## TOASTED PANINI SANDWICHES

Served with mixed leaf salad garnish & kettle crisps

<b>MATURE LOCAL CHEDDAR CHEESE   Pickle or tomato (V)</b>	6.95
<b>MATURE LOCAL CHEDDAR &amp; WEST COUNTRY HAM</b>	7.50
<b>GRILLED BACON &amp; TOMATO</b>	7.50

## LIGHTER DISHES

<b>HOMEMADE SEASONAL SOUP   Artisan rolls</b>	5.50
<b>TRADITIONAL PRAWN COCKTAIL</b>	7.25
Marie Rose sauce & lemon, granary bread & butter	
<b>DEEP FRIED COCONUT BREADED BUTTERFLY KING PRAWNS</b>	9.95
Sweet chilli dip, garlic mayonnaise & crisp salad	

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## JACKET POTATOES

Baked jacket potato, served with crisp seasonal side salad & coleslaw

<b>MATURE CHEDDAR &amp; RED ONION</b>	7.95
<b>TUNA MAYONNAISE &amp; SWEETCORN</b>	7.95
<b>GRILLED BACON &amp; CHEESE</b>	7.95
<b>ATLANTIC PRAWNS &amp; MARIE ROSE SAUCE</b>	8.95

## SIDE DISHES

<b>BOWL OF FRENCH FRIES</b>	3.00
<b>ARTISAN ROLLS WITH BUTTER</b>	2.75
<b>GARLIC &amp; CHEESE BAGUETTE</b>	3.74
<b>CHEESY CHIPS</b>	4.00
<b>SEASONAL SIDE SALAD</b>	3.95

## MAIN COURSES

<b>HAM, EGG AND CHIPS</b> West Country ham, French fries & 2 free range fried eggs	8.95
<b>WEST COUNTRY PLOUGHMAN'S</b> Mature West Country cheddar cheese & ham, served with Artisan rolls, chutney, pickled onion & crisp salad	9.95
<b>PAN FRIED TOMATO &amp; MOZZARELLA GNOCCHI</b> Wilted spinach, Parmesan, served with Artisan rolls (v)	8.95
<b>DEEP FRIED FRESH CORNISH COD IN DOOM BAR BEER BATTER</b> French fries, mushy peas & tartare sauce	12.50
<b>THE CARLYON BAY BRUNCH</b> Free range egg, bacon, Kittows local sausage, French fries, Cornish hog's pudding, grilled tomatoes, mushrooms & baked beans	10.50
<b>WEST COUNTRY GRILLED GAMMON STEAK</b> Pineapple, free range fried egg, French fries & garden peas	12.50
<b>THE CARLYON BAY HOMEMADE BEEF BURGER</b> 8oz prime burger with melted cheese, tomato, lettuce & onion, served in a seeded bap with relish & French fries	11.50
<b>DEEP FRIED GOLDEN SCAMPI, FRENCH FRIES &amp; GARDEN PEAS</b>	11.95

# DESSERTS & DRINKS

## DESSERTS & LIGHT REFRESHMENTS

TOASTED TEACAKE	2.50
VICTORIA SANDWICH SPONGE	2.95
TRADITIONAL COFFEE & WALNUT CAKE	2.95
TRADITIONAL CORNISH CREAM TEA Two scones, clotted cream, jam & pot of tea	7.25
LOCAL WEST COUNTRY ICE CREAMS   Cornish clotted cream	4.95
TRIO OF CORNISH CHEESES   Water biscuits & ale chutney	6.95
STICKY TOFFEE PUDDING   Toffee sauce & clotted cream	5.95
TRADITIONAL APPLE & BLACKBERRY CRUMBLE   Clotted cream	5.95

## BEVERAGES

POT OF TEA	2.75
SPECIALITY TEAS	2.75
CUP OF FILTER COFFEE	2.40
ESPRESSO	2.75
CAPPUCCINO	2.95
LATTE	2.95
AMERICANO	2.95
MOCHA	2.95
HOT CHOCOLATE	2.95