

C-Bay

FOOD.MENU

CAFE . BAR . BISTRO

WWW.CRANTOCKBAY.CO.UK/C-BAY
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Facebook: "Crantock Bay Apartments" & "C-Bay"
Twitter: @Crantockbay_ @Cbaycornwall



Breakfast.....Served from 10:00am to 11:30am
(9.30am from 7th July - 3rd Sept)

Scrambled Eggs - fresh free range hen's eggs
Softly scrambled with toasted bloomer bread £6.35
With crispy bacon £7.95
With smoked salmon and fresh chives £9.30

American pancakes
With crispy bacon and maple syrup £7.35
With fresh berries and maple syrup £6.60

'C-Bay Breakfast' - Cornish sausage, bacon, hogs pudding, grilled tomato, flat mushroom and a choice of eggs £9.95

Bacon Bap in a Baker Tom glazed bun £5.80
Sausage Bap in a Baker Tom glazed bun £6.00
Homemade granola with natural yogurt, fresh berries and honey £6.00
Toasted fresh bloomer with Boddington's marmalade or jam £4.00

Lunch.....Served from 12 noon to 3 pm

Homemade soup of the day with crusty ciabatta £6.50
Baked ham and Davidstow mature cheddar Baker Tom ciabatta £6.70
Sun-blushed tomato, buffalo mozzarella and pesto served in a Baker Tom ciabatta £6.95
Roasted Mediterranean vegetable, brie and red onion marmalade, served in a Baker Tom ciabatta £7.25
Coronation chicken served in a Baker Tom ciabatta £7.95
Wild mushroom parpadelle with parmesan shavings and truffle oil £9.95
Crab sandwich with a choice of Granary or white Chough Bakery bloomer, with lemon mayo £10.00
Lightly spiced warm black quinoa salad with roasted Mediterranean vegetables, honey glazed halloumi, harrisa yogurt & micro coriander £11.20
Beer battered fish and chips with crushed peas and tartar sauce £11.40
Salad of roasted chicken, Cornish blue cheese, smoked bacon and soft boiled egg with an avocado dressing & garlic croutons £11.50
C-Bay beef burger topped with emmental cheese in a Baker Tom bun with fries and tomato relish £11.95
With smoked bacon or chorizo £12.95
Lemon scented Cornish crab salad with a mango and chilli salsa £12.95
Moules frites – Cornish mussels served in a sauce of the day with fries £13.50
Mixed leaf side salad £3.00
Bucket of fries £3.20

Please see our specials board for daily dishes.
(Gluten free bread available – please just ask when ordering)

Afternoon Tea.....Served until 5pm

Slice of cake (Served all day) £2.80
Chough Bakery toasted tea cake and butter £2.50
Cream Tea – Two freshly baked Chough Bakery scones with strawberry jam, Rodda clotted cream and a pot of tea £6.50
Traditional Afternoon Tea - Scones, jam and clotted cream, a selection of finger sandwiches and homemade cakes (minimum two people - Please order in advance)
With Tregothnan's Cornish Tea £10.50 pp
With a 200ml bottle of Prosecco £17.50 pp

Nibbles.....Served all day

C-Bay smoked mixed nuts £2.70
Shell-on pistachio nuts £3.20
Feta stuffed bell peppers £3.20
Baker Tom's rosemary focaccia with balsamic and olive oil £3.50
Marinated olives £3.70

Kids.....Served 12pm-3pm and 6pm-9pm

Mini fish and chips £6.00
Mini burger and fries £6.00
Chicken and parmesan pasta £6.00
Kids C-Bay ice cream sundae - Vanilla ice cream with chocolate sauce, chocolate chips and marshmallows £4.95

Dinner.....Served from 6pm - 9pm

Starters
Baker Tom's rosemary focaccia with balsamic and olive oil £3.50
Homemade soup of the day with crusty ciabatta £6.50
Beef steak tomato and Buffalo mozzarella salad with an avocado dressing and chilli oil £7.25
Chicken liver pate with red onion marmalade and toasted ciabatta £7.50
Lemon scented Cornish crab salad with a mango and chilli salsa £7.95
Stir fried strips of confit duck with teriyaki noodles £7.95
Pan seared scallops with a cauliflower puree, prosciutto crisp and cumin oil £8.25

Mains
Beer battered fish and chips with crushed peas and tartar sauce £11.40
Asparagus and pea gnochis with mint pesto and toasted pine nuts £11.50
C-Bay beef burger topped with emmental cheese in a Baker Tom bun with fries and tomato relish £11.95
With smoked bacon or chorizo £12.95
Moules frites – Cornish mussels served in a sauce of the day with fries £13.50
Cornish crab and crayfish linguine in a cherry tomato, garlic and white wine sauce £13.95
Pan fried hake fillet wrapped in parma ham with roasted baby new potatoes, seasonal vegetables and a white wine sauce £14.50
Chicken dish of the day – Please see specials
Steak dish of the day - Please see specials
Veggie dish of the day – Please see specials

Please see our specials menu for our daily changing dinner options

Desserts.....Served for lunch and dinner

Banoffee cheesecake with Amaretti biscuits and salted caramel £6.50
Chocolate mousse with shortbread and fresh berries £6.50
Dessert of the day – Please see our specials £6.50
Choose from a selection of Callestick ice cream per scoop £2.00
A selection of Cornish cheeses, grapes, celery and crackers £7.90

Food Allergens:
If you would like to see a list of allergens, please just ask a member of staff. Thank you.