

*C-Bay*

FOOD.MENU

CAFE . BAR . BISTRO

WWW.CRANTOCKBAY.CO.UK/C-BAY  
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Facebook: "Crantock Bay Apartments" & "C-Bay"  
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## Breakfast..... Served from 10:00am to 11:30am

<b>Scrambled Eggs</b> - fresh free range hen's eggs Softly scrambled with toasted bloomer bread	£6.25
Add avocado	£1.50
Add crispy bacon	£1.75
Add smoked salmon and fresh chives	£2.95
<b>American pancakes</b> With crispy bacon and maple syrup	£7.25
With fresh berries and maple syrup	£6.50
<b>'C-Bay Breakfast ciabatta'</b> - Cornish sausage, bacon, mushroom, fried egg	£7.50
<b>'C-Bay Breakfast'</b> - Cornish sausage, bacon, hogs pudding, grilled tomato, flat mushroom and a choice of eggs	£9.50
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	£5.90
Toasted fresh baked bloomer with Boddington's marmalade or jam	£4.00

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

Soup of the day served with crusty ciabatta (GF option)	£6.50
Ham and mature cheddar Baker Tom ciabatta with apple chutney	£7.10
Chargrilled chicken, guacamole and roasted pepper wrap with lime salsa	£7.95
C-Bay Club ciabatta – chicken, bacon, salad and mayonnaise	£7.95
Spiced sun blushed tomato hummus, beetroot, goat's cheese and rocket wrap	£7.95
Moroccan cous-cous salad with roasted butternut squash, crumbled feta, pomegranate salsa and chilli oil	£11.75
Mexican chargrilled chicken salad with guacamole, roasted red pepper and lime salsa (GF)	£12.95
Trio of smoked fish salad - hot smoked salmon, mackerel and trout with pickled cucumber ribbon and dill crème fraîche (GF)	£13.50
Cornish crab linguini with sun blushed tomatoes, spinach and fresh parmesan, in a rich garlic and white wine sauce	£14.50
Spinach and pea risotto with parmesan shavings and toasted pine nuts (GF)	£10.95
C-Bay beef burger topped with smoked cheese and onion jam in a Baker Tom bun with fries	£12.25
Add smoked bacon or chorizo	£13.25
Fresh mackerel burger with horseradish cream and fries	£12.50
C-Bay Cajun fried chicken burger with pickled slaw, fries and salad	£12.50
Beer battered fish and chips with crushed peas and silverskin pickled onion mayonnaise	£12.95
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
<b>Cream Tea</b> – Two freshly baked Chough Bakery scones with strawberry jam, Rodda clotted cream and a pot of tea	£6.75
<b>Traditional Afternoon Tea</b> - 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

Soup of the day with crusty ciabatta (GF option)	£6.50
Medley of buffalo mozzarella, beetroot and tomato with roasted garlic oil and crisp breads (GF option)	£7.25
Crab and avocado tian with dressed rocket and pomegranate salsa (GF)	£7.95
Smoked duck and grape salad with shallot and balsamic dressing (GF)	£7.95
Pan fried Cornish scallops with kimchi and spiced apple puree (GF)	£8.25

### Mains

Artichoke and mixed bean cassoulet in a rich tomato sauce with goat's cheese gratin and rosemary focaccia (GF option)	£12.25
C-Bay beef burger topped with smoked cheese and onion jam in a Baker Tom bun with fries	£12.25
Add smoked bacon or chorizo	£13.25
Fresh mackerel burger with horseradish cream and fries	£12.50
C-Bay Cajun fried chicken burger with pickled slaw, fries and salad	£12.50
Beer battered fish and chips with crushed peas and silverskin pickled onion mayonnaise	£12.95
Hake fillet with gremolata crust, crushed potatoes, seasonal vegetables and tarragon cream (GF option)	£14.95
Slow cooked blade of beef with Bourguignon sauce, horseradish mash and seasonal vegetables (GF)	£14.50
Cornish crab linguini with sun blushed tomatoes, spinach and fresh parmesan in a rich garlic and white wine sauce	£14.50
Steak of the day – Please see specials	
Chicken dish of the day – Please see specials	
Fish dish of the day – Please see specials	
Vegetarian dish of the day – Please see specials	

**Please see our specials menu for our daily changing dinner options**

## Desserts..... Served for lunch and dinner

Citrus cheesecake with fresh berries	£6.50
Dark chocolate and Bailey's tart with salted pistachio ice cream	£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.