

*C-Bay*

FOOD.MENU

CAFE . BAR . BISTRO

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**CAFE . BAR . BISTRO**

## Breakfast..... Served from 10:00am to 11:30am

<b>Scrambled Eggs</b> - fresh free range hen's eggs	£6.50
Softly scrambled with toasted bloomer bread	
Add crispy bacon	£1.75
Add smoked salmon	£2.95
Add avocado	£1.50

### American Pancakes

With crispy bacon and maple syrup	£7.50
With winter berry compote, yogurt and honey or maple syrup	£6.95

<b>'C-Bay Breakfast Ciabatta'</b> - Cornish sausage, bacon, mushroom, fried egg	£7.50
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<b>'C-Bay Breakfast'</b> - Cornish sausage, bacon, hogs pudding, grilled tomato, flat mushroom and a choice of eggs	£9.95
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<b>Nasi Goreng</b> Indonesian spiced rice dish with vegetables and fried egg	£7.95
Add chicken	£1.50

<b>Bacon Bap</b> in a Baker Tom glazed bun	£5.95
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<b>Sausage Bap</b> in a Baker Tom glazed bun	£6.25
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<b>Toasted fresh baked bloomer</b> with Boddington's marmalade or jam	£4.50
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## Lunch..... Served from 12.00noon to 3.00pm

Soup of the day served with crusty ciabatta (GF option)	£6.50
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Chicken, bacon and cheddar Baker Tom ciabatta with apple chutney	£7.95
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Roasted vegetable, brie and chilli jam wrap	£7.95
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Beef tomato, mozzarella and pesto ciabatta (V)	£7.95
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Sweet and sour sticky pork wrap	£8.25
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Roasted red pepper, sweet potato and spinach dahl cooked in aromatic spices with mango and mint raita (GF, V)	£11.95
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Cornish white crab meat sandwich with lemon mayonnaise (GF option)	£12.50
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Grilled halloumi cheese salad with roasted Mediterranean vegetables, cous-cous, chilli jam and yogurt (V)	£12.95
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Smoked bacon, mushroom and cheddar tagliatelle	£12.95
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C-Bay beef burger topped with burger sauce, cheddar cheese and pickles in a Baker Tom bun with fries	£13.00
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Add smoked bacon or chorizo	£14.00
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Beer battered fish and chips with tartare sauce and pea puree	£13.50
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Salt and pepper squid with lemon and basil aioli and salad	£13.50
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Crayfish and smoked salmon salad with pickled cucumber ribbons, watercress and yoghurt (GF)	£13.95
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Mixed leaf side salad	£3.00
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Bucket of fries	£3.20
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**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)	£3.00
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Chough Bakery toasted tea cake and butter	£2.50
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<b>Cream Tea</b> – Two freshly baked Chough Bakery scones with strawberry jam, Cornish clotted cream and a pot of tea	£6.75
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**Traditional Afternoon Tea** - Scones, jam and clotted cream, a selection of finger sandwiches and cakes  
(minimum two people - Please order in advance)

With Tregothnan's Cornish Tea	£12.50 pp
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With a 200ml bottle of Prosecco	£19.50 pp
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## Nibbles..... Served all day

C-Bay smoked mixed nuts	£2.70
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Shell-on pistachio nuts	£3.20
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Feta stuffed bell peppers	£3.20
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Baker Tom's rosemary focaccia with balsamic and olive oil	£3.50
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Marinated olives	£3.70
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Bombay mix	£2.70
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Chilli crackers	£2.90
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Balsamic Boretane onions	£2.90
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Sun-blushed tomatoes	£3.20
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Mini chorizo	£3.20
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## Kids..... Served 12pm - 3pm and 6pm - 9pm

Mini fish and chips	£6.00
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Mini burger and fries	£6.00
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Chicken and parmesan pasta	£6.00
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Sausage and chips	£6.00
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Kids C-Bay ice cream sundae - Vanilla ice cream with chocolate sauce, chocolate chips and marshmallows	£4.95
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## Dinner..... Served from 6pm - 9pm

### Starters

Soup of the day served with crusty ciabatta (GF option)	£6.50
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Salt and pepper squid with basil and lemon aioli	£7.25
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Roasted cherry tomato, caramelised onion and mozzarella tart with pesto	£7.25
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Warm crispy pork salad with Romesco sauce and pickled cucumber ribbons	£7.50
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Potted Cornish crab and crayfish with Asian chilli, spring onion and coriander salad	£7.95
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### Mains

Roasted red pepper, sweet potato and spinach dahl cooked in aromatic spices with mango and mint raita (GF, V)	£11.95
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Beer battered fish and chips with tartare sauce and pea puree	£13.50
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C-Bay beef burger topped with burger sauce, cheddar cheese and pickles in a Baker Tom bun with fries	£13.00
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Add smoked bacon or chorizo	£14.00
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Slow roasted crispy belly pork with garlic mash, smoked bacon and onion gravy and seasonal vegetables	£15.50
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Persian lamb tagine with fragrant cous-cous and toasted almonds	£15.50
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Seafood tagliatelle – A selection of fresh fish of the day cooked in sun-blushed tomato and white wine sauce	£17.95
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Pan fried seabass fillet with beurre noisette, sautéed samphire, cherry tomatoes and new potatoes	£17.95
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Steak of the day - please see specials menu	
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Fish of the day - please see specials menu	
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Vegetarians dish of the day - please see specials menu	
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Chicken of the day - please see specials menu	
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## Desserts..... Served for lunch and dinner

Choose from a selection of Callestick ice cream	per scoop	£2.00
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Salted caramel chocolate pot with caramelised orange and honeycomb	£6.75
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Crème brûlée with balsamic marinated strawberries	£6.75
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Dessert of the day – Please see our specials menu	£6.75
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A selection of Cornish cheeses, grapes, celery and crackers	£7.90
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**Food Allergens:** If you would like to see a list of allergens, please just ask a member of staff. Thank you.