

C-Bay

FOOD.MENU

CAFE . BAR . BISTRO

WWW.CRANTOCKBAY.CO.UK/C-BAY
01637 830229

Facebook: "Crantock Bay Apartments" & "C-Bay"
Twitter: @Crantockbay_ @Cbaycornwall

C-Bay

CAFE . BAR . BISTRO

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

Toasted fresh baked bloomer with Boddington's marmalade or jam	£4.50
Bacon Bap in a Baker Tom glazed bun	£5.95
Sausage Bap in a Baker Tom glazed bun	£6.25
Scrambled Eggs - fresh free range hen's eggs	
Softly scrambled with toasted bloomer bread	£6.50
Add crispy bacon	£1.75
Add avocado	£1.75
Add smoked salmon	£2.95
Buttermilk Pancakes	
With crispy bacon and maple syrup	£7.50
With berry compote, yogurt	£6.95
With chocolate sauce	£6.50
Smoothie Bowl with fresh berries and granola	£6.50
C-Bay Breakfast Ciabatta' - Cornish sausage, bacon, mushroom, fried egg	£7.50
Smashed avocado on sourdough with roasted tomato (V)	£8.50
Add smoked bacon	£1.75
Dukkah spiced tofu breakfast hash with coconut yogurt (VG, GF)	£9.50
'C-Bay Breakfast' - Cornish sausage, bacon, hogs pudding, grilled tomato, flat mushroom and a choice of eggs	£9.95

Lunch..... Served from 12.00noon to 3.00pm

Light bites/starters	
Soup of the day served with fresh bread (V)	£6.50
Spiced monkfish scampi with horseradish mayonnaise	£9.50
Hummus, artichoke hearts, beetroot, sour dough & rocket platter	£9.50
Cornish brie, apple chutney and gem lettuce sandwich (V)	£9.50
Pastrami, Monterey jack cheese & sauerkraut sandwich	£9.95
Pork shoulder tacos with avocado, sour cream & gotcha ketchup	£10.50
Chargrilled chicken, chorizo & avocado ciabatta	£10.95
Cornish crab & pickled fennel sandwich	£12.50

Salads

Beetroot, feta, toasted hazelnut & tomato salad with balsamic dressing (V)	£13.50
Ham hock salad with boiled egg, pickles, poached raisins and sour dough croutons (GF option)	£13.50
C-Bay Buddha bowl - giant couscous, avocado, roast aubergine, marinated tomato, mixed leaves & toasted cashew nuts (VG)	£14.50

Mains

Beer battered cod, chunky chips, tartar sauce & crushed peas	£13.50
Marinated field flat mushroom with pickles, lettuce, tomato & Swiss cheese served in a Baker Tom seeded bun, with coleslaw & French fries (V)	£13.50
C-Bay beef burger topped with mature cheddar, pickles, shredded lettuce & American mustard in a Baker Tom seeded bap served with coleslaw & French fries	£13.95
Toasted spinach gnocchi, mushrooms, caramelised feta, peas & pumpkin seed pesto (V)	£14.50

Please see our specials board for daily dishes.

(Gluten free bread available – please just ask when ordering)

(V) Vegetarian

(VG) Vegan

(GF) Gluten Free

Afternoon Tea..... Served until 5pm

Chough Bakery toasted tea cake and butter	£2.50
Slice of cake (Served all day)	£3.20
Cream Tea – Two freshly baked Chough Bakery scones with strawberry jam, Cornish clotted cream and a pot of tea	£6.75
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
With a 200ml bottle of Prosecco	£19.50 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
Bombay mix	£2.70
Chilli crackers	£2.90
Balsamic Boretane onions	£2.90
Sun-blushed tomatoes	£3.20
Mini chorizo	£3.20

Children's menu..... Served 12pm - 3pm and 6pm - 9pm

Breaded chicken goujons with fries & peas	£7.00
Hummus, vegetable sticks & toasted pitta	£7.00
Mini burger with fries	£7.00
Mini fish and chips	£7.00
Pasta with tomato sauce & cheddar cheese	£7.00

Mini pud's

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 fresh bread (VG)	£6.50
Ham hock & apricot terrine with pea emulsion, pork scratchings & raisin puree (GF)	£8.50
King oyster mushroom, miso & broad bean broth with crispy rice noodles (VG)	£8.50
Cider cured sea trout, pickled cucumber, wasabi & coriander snow (GF)	£9.50

Mains

Beer battered cod, chunky chips, tartar sauce & crushed peas	£13.50
C-Bay beef burger topped with mature cheddar, pickles, shredded lettuce & American mustard in a Baker Tom seeded bap, served with coleslaw & French fries	£13.95
Dukkah spiced quinoa & roasted carrot, roast aubergine, cavolo nero & toasted cashew nuts (VG)	£14.50
Roast free range chicken breast with potato terrine, truffle cauliflower puree, wild mushrooms & cavolo nero	£15.50
Pan fried fish of the day, confit potatoes, mussels, celeriac, broccoli & dulce butter sauce	£16.50

Desserts..... Served for lunch and dinner

Choose from a selection of Callestick ice creams and sorbets	Per scoop £2.00
Vanilla & passion fruit cheesecake with clotted cream ice cream	£6.95
Dark chocolate & hazelnut tart with coffee ice cream	£6.95
Salted caramel parfait with poached pear & toasted almonds	£6.95
Selection of cheese from the south west with grapes, celery, apple chutney & crackers	£7.90

Sides

Steamed seasonal vegetables	£3.20
Buttered new potatoes	£3.20
Fries	£3.20
Mixed salad	£3.20
Baker Tom's rosemary focaccia with balsamic and olive oil	£3.50

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