



Breakfast.....

Served from 10:00am to 11:30am

Table with breakfast items and prices: Toasted fresh baked bloomer (£4.50), Bacon Bap (£5.95), Sausage Bap (£6.25), Scrambled Eggs (£6.50), Add crispy bacon (£1.75), Add avocado (£1.75), Add smoked salmon (£2.95), Buttermilk Pancakes (£7.50), Smoothie Bowl (£6.50), 'C-Bay Breakfast Ciabatta' (£7.50), Smashed avocado on sourdough (£8.50), Add smoked bacon (£1.75), C-Bay home-made granola (£6.50), 'C-Bay Breakfast' (£9.95)

Lunch.....

Served from 12.00noon to 3.00pm

Light bites/starters

Table with light bites and prices: Soup of the day (£6.50), Cornish brie sandwich (£9.50), Pastrami sandwich (£9.95), Slow cooked Gochujang pork (£10.50), Chargrilled chicken (£10.95), Cornish crab sandwich (£12.50)

Salads

Table with salads and prices: Beetroot, feta salad (£13.50), Chargrilled chicken Caesar salad (£13.50), C-Bay Buddha bowl (£14.50)

Mains

Table with mains and prices: Beer battered cod (£13.50), Marinated field flat mushroom (£13.50), C-Bay beef burger (£13.95), Malaysian vegetable & coconut curry (£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

Drinks.....

White Wine

Sauvignon Blanc, Central Monte • Chile
Bottle £20.50 • Carafe 500mls £14.95
• 250mls £7.50 • 175mls £5.95 • 125ml £4.50

Pinot Grigio, Sereno • Italy

Bottle £20.50 • Carafe 500mls £14.95
• 250mls £7.50 • 175mls £5.95 • 125ml £4.50

Chardonnay, Monterey Bay • California

Bottle £22.00 • Carafe 500mls £16.95
• 250mls £7.95 • 175mls £6.50 • 125mls £4.95

Sauvignon Blanc, Waddling Duck • Marlborough, NZ

Bottle £28.00 • Carafe 500mls £20.00
• 250mls £9.95 • 175mls £7.95 • 125ml £5.50

Camel Valley, Atlantic Cry • Cornwall

Bottle £28.50 • Carafe 500mls £22.00
• 250mls £10.00 • 175mls £8.00 • 125ml £6.00

Macon Blanc Villages • France

Bottle £30.00

Rose Wine

Serano, Pinot Grigio Blush • Italy
Bottle £21.00 • Carafe 500mls £15.00
• 250mls £8.00 • 175mls £6.20 • 125mls £4.75

Red Wine

Merlot, Central Monte • Chile
Bottle £20.50 • Carafe 500 mls £14.95
• 250mls £7.50 • 175mls £5.95 • 125mls £4.50

Tempranillo, Familla Rivero Ulecia • Spain

Bottle £21.00 • Carafe 500 mls £15.00
• 250mls £8.00 • 175mls £6.20 • 125mls £4.75

Shiraz, Jarrah Wood • Australia

Bottle £21.00 • Carafe 500mls £15.00
• 250mls £8.00 • 175mls £6.20 • 125mls £4.75

Malbec, Illusion • Argentina
Bottle £22.00 • Carafe 500 mls £16.95
• 250mls £7.95 • 175mls £4.95 • 125mls £4.95

Rioja, Faustino Rovero Criana • Spain

Bottle £27.00

Bubbles

Prosecco, Di Maria • Italy

Bottle £26.50 • 200mls bottle £8.40

Prosecco, Di Maria Rosé • Italy

Bottle £26.50 • 200mls bottle £8.40

Camel Valley Pinot Noir Rosé • Cornwall

Bottle £52.00

Camel Valley Brut • Cornwall

Bottle £50.00

Beer and Cider

Table with beer and cider items and prices: Sol (330mls £3.60), Peroni (330mls £3.90), Korev (500mls £4.60), Tribute Ale (500mls £4.60), Doom Bar (500mls £4.60), Betty Stoggs (500mls £4.60), Cornish Rattler (500mls £4.60), Cornish Orchard Blush (500mls £4.85), Cornish Orchard Gold (500mls £4.75)

Cocktails

Table with cocktails and prices: ESPRESSO MARTINI (£8.50), MOJITO (£8.50), OLD FASHIONED (£9.00), PORN STAR MARTINI (£9.00), BELLINI (£9.00)

Afternoon Tea.....

Served until 5pm

Table with afternoon tea items and prices: Toasted tea cake and butter (£2.50), Slice of cake (£3.20), Cream Tea (£6.75)

Nibbles.....

Served all day

Table with nibbles and prices: C-Bay smoked mixed nuts (£2.70), Shell-on pistachio nuts (£3.20), Feta stuffed bell peppers (£3.20), Baker Tom's rosemary focaccia (£3.50), Marinated olives (£3.70), Bombay mix (£2.70), Chillli crackers (£2.90), Balsamic Borettane onions (£2.90), Sun-blushed tomatoes (£3.20), Mini chorizo (£3.20)

Children's menu.....

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

Table with children's menu items and prices: Breaded chicken goujons (£7.00), Hummus (£7.00), Mini burger (£7.00), Mini fish and chips (£7.00), Pasta with tomato sauce (£7.00)

Mini pud

Table with mini pud item and price: C-Bay ice cream Sundae (£4.95)

Dinner.....

Served from 6pm - 9pm

Starters

Table with starters and prices: Soup of the day (£6.50), Smoked duck breast (£8.50), Marinated heritage tomatoes (£8.50), Cornish crab (£9.50)

Mains

Table with mains and prices: Beer battered cod (£13.50), C-Bay beef burger (£13.95), Malaysian vegetable (£14.50), Pan roast fish (£16.50), Char grilled 10oz Cornish sirloin (£21.00)

Desserts.....

Served for lunch and dinner

Table with desserts and prices: Dark chocolate delice (£6.95), Strawberries (£6.95), Lemon posset (£6.95), Selection of cheese (£7.90)

Sides

Table with sides and prices: Steamed seasonal vegetables (£3.20), Buttered new potatoes (£3.20), Fries (£3.20), Mixed salad (£3.20), Baker Tom's rosemary focaccia (£3.50)

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

Mocktails

VIRGIN MOJITO £4.20

Mint. Limes. Sugar. Soda water

CRANTOCK BAY SPECIAL £3.80

Orange juice. Lemonade. Lime. Grenadine

Seedlip

The world's first non-alcoholic spirits – Solving the dilemma of 'What to drink when you're not drinking'.

SEEDLIP SPICE £5.50

SEEDLIP GARDEN £5.50

Gin Menu

Simply select your Gin & pair it with one of our Tonics... Enjoy!!

GIN TING

BOMBAY SAPHIRE

PINKSTER

TARQUINS DRY GIN

SILENT POOL

HENDRICKS

HAYMANS OF LONDON

Your choice of Tonics...

FRANKLIN & SONS - Natural Indian Tonic

FRANKLIN & SONS - Natural Light Tonic

FEVER-TREE - Aromatic Tonic

FEVER-TREE - Elderflower Tonic

Spirits 25mls

Table with spirits and prices: Absolute Vodka (£3.20), Captain Morgans Dark Rum (£3.20), Old J Spiced Rum (£3.20), Famous Grouse (£3.20), Bailey's (£3.20), Port (£3.50), Disaronno (£3.50), Courvoisier (£3.50)

Soft drinks

Table with soft drinks and prices: Coke (£2.70), Orangina (£2.80), J2O (£2.80), Appletizer (£2.80), Cornish Orchard cranberry (£3.10), Cornish Orchard non alcoholic ginger beer (£3.10), Cornish Orchard elderflower presse (£3.10), Cornish Orchard cloudy apple juice (£3.20), San Pellegrino Aranciata (£2.80), San Pellegrino Pompelmo (£2.80), Frobishers orange (£2.80), Raspberry milkshake (£3.60), Chocolate milkshake (£3.60), Passionfruit crushed ice smoothie (£3.60), Mango crushed ice smoothie (£3.60), Cornish bottled water (£2.50), Large (£4.00)

Hot drinks

Table with hot drinks and prices: Add a Monin Syrup (£0.50), Butterscotch (£2.70), Americano (£2.80), Flat white (£2.80), Latte (£2.90), Mocha (£3.10), Cappuccino (£2.90), Espresso (£1.90), Double Espresso (£2.70), Macchiato (£2.70), Cadbury's Hot Chocolate (£2.80), -Add marshmallows (£3.40), -Add gingerbread (£3.90), Babyccino (£0.80), -Add marshmallows (£1.00), SMÅLT Hot Chocolate (£3.10), Pot of English Breakfast tea (£2.30), Pot of Tregothnan's Classic loose leaf tea (£2.80), Pot of Tregothnan's Earl Grey loose leaf tea (£2.80), Fruit tea (£2.50)