

Alfresco/Takeaway Menu Between 12th April and 17th May

Breakfast..... *Served from 10am to 12noon*

Croissant	£3
Toasted bloomer with a selection of jam or marmalade. (GF option)	£3
Cinnamon bun	£4
Pain au chocolat	£4
Eggs ‘your way’ on sourdough. (GF option)	£5
With bacon	£6
With avocado	£6
With smoked salmon	£7
Buttermilk pancakes:	
With crispy bacon and maple syrup.	£7
With fresh berries and natural yogurt. (V)	£6
‘C-Bay breakfast ciabatta’ - Bacon, sausage, mushroom and a fried egg.	£8
Smashed avocado with feta, pomegranate and balsamic drizzle served on sourdough. (V, GF option)	£8
Spiced scrambled tofu with sautéed spinach & leeks topped with roasted vine tomatoes on toasted sourdough. (VG, V, GF option)	£8
Gluten free homemade granola with cashew nuts & sunflower seeds, frozen Açai berry purée and fresh berries. (VG, V, GF contains nuts & seeds)	£8
‘C-Bay breakfast’ - Sausage, bacon, hogs pudding, grilled tomato, herb flat mushroom, baked beans and egg of choice on sourdough toast. (GF option)	£9
‘C-Bay Veggie breakfast’ - Sweet corn and halloumi fritters, roasted tomatoes, sautéed spinach, mushrooms, egg & beans on sourdough toast. (V)	£9

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

Brunch burrito. Sausage, bacon, hash brown, scrambled egg, mushroom and cheese.	£8
Teriyaki beef bao buns with a pickled cucumber, red onion and coriander salad.	£10
Salted chilli roasted broccoli & satay vermicelli with micro coriander & Edamame beans. (VG, V, GF)	£11
Local mussels of the day. Served with crusty bread. (GF option) (add fries £2)	£12
C-Bay burger with a side of coleslaw. Our 6oz beef burger served with pickles, lettuce and tomato, topped with our signature C-Bay sauce & a portion of skin on fries.	£13
Hand battered local fish (or halloumi) & chunky chips with crushed minted peas & tartare sauce. (V option)	£14
Locally caught fish of the day. (See our daily changing à la carte menu)	

Light bites and snacks..... *Served from 12noon to 5pm*

Sandwiches	
All sandwiches served with lightly dressed salad. (GF bread available)	
Buffalo mozzarella, heritage tomato relish & kale pesto. (V)	£8
Chicken, bacon, avocado & lime salsa.	£9
Breaded cod with Cajun spiced mayonnaise and pea shoots.	£10
Locally sourced white crab meat sandwich with dill butter & lemon mayonnaise.	£12
Salads	
Roasted cauliflower, heritage carrot & toasted sunflower seed salad with a harissa dressing. (VG, V, GF)	£10
Roasted pepper, sun blush tomatoes, hummus, feta mixed leaf & olive salad with a balsamic glaze dressing. (V, GF)	£11
Caesar salad. Chicken, anchovies, croutons and parmesan, tossed in a homemade dressing and garnished with a parmesan crisp. (GF option)	£12

(V) Vegetarian (VG) Vegan (GF) Gluten Free Food Allergens: If you would like to see a list of allergens, please just ask a member of staff. Thank you.

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

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 £6.50 • 125mls £4.95

Rioja, Faustino Rovero Criana • Spain
 Bottle £28.00

Bubbles

Prosecco, Serenello • Italy
 Bottle £26.50 • 200mls bottle £8.40

Prosecco, Serenello Rosé • Italy
 200mls bottle £8.40

Camel Valley Pinot Noir Rosé • Cornwall
 Bottle £55.00

Camel Valley Brut • Cornwall
 Bottle £53.00

Beer and Cider

Sol	330mls	£3.75
Peroni	330mls	£3.90
Korev	500mls	£4.75
Tribute Ale	500mls	£4.75
Doom Bar	500mls	£4.75
Cornish Rattler	500mls	£4.75
Cornish Orchard Blush	500mls	£4.85
Cornish Orchard Gold	500mls	£4.75

Cocktails

ESPRESSO MARTINI	£10.00
<i>Vodka. Ol Factory espresso coffee. Coffee liqueur. Sugar.</i>	
MOJITO	£8.50
<i>White rum. Lime juice. Sugar. Soda water. Mint</i>	
PORN STAR MARTINI	£10.00
<i>Vanilla vodka. Passion fruit. Passion fruit liqueur. Lime. Served with a shot of Prosecco.</i>	
DARK ‘N STORMY	£8.50
<i>Cornish dark spiced rum. Cornish Orchard ginger beer. Lime.</i>	
ELDERFLOWER FIZZ	£10.00
<i>Elderflower liqueur. Gin. Prosecco. Lime.</i>	
APEROL SPRITZ	£10.00
<i>Aperol. Prosecco. Soda.</i>	
BRAMBLE	£10.00
<i>Gin. Lemon. Blackcurrant liqueur.</i>	

Sides/snacks	
Bombay mix	£3
Smoked mixed nuts	£3
Shell on pistachios	£3
Fresh toasted bread & peppered butter	£4
Feta stuffed peppers	£4
Marinated olives	£4
Balsamic Boretane onions	£4
Roasted & steamed vegetable mix	£4
Fries	£4
Sweet potato fries	£5

Afternoon Tea..... *Served until 5pm*

Toasted tea cake and butter	£2.50
Slice of cake (Served all day)	£3.20
Cream Tea – Two freshly baked scones with strawberry jam, Cornish clotted cream and a pot of tea. (GF option)	£6.75

Children’s menu..... *Served 12noon - 3pm and 5pm - 8pm*

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 pups £4.95

C-Bay ice cream Sundae – vanilla ice cream with chocolate sauce, chocolate chips & marshmallows

Dinner..... *Served from 5pm - 8pm*

Starters	
Homemade focaccia with mushroom and olive tapenade (VG, V, GF option)	£7
Spiced pulled pork & scallion gyoza served with soy & teriyaki dipping sauces. (GF)	£8
Butternut squash arancini with rocket & vegetarian parmesan crisp. (V, VG option)	£8
Cornish crab & cray fish tail on toasted focaccia & pepper butter. (GF option)	£9
Rolled beef shin with red wine jus with blistered sweetcorn & sweetcorn purée (GF)	£9
Mazze platter – stuffed feta peppers, hummus, marinated olives, balsamic onions, crudités, fresh bread & flavoured oils. (V, GF option)	£13

Mains

Asian style vermicelli salad, with Edamame beans, spring onions, bean sprouts, roasted tenderstem broccoli tossed in harissa dressing. (V, VG, GF)	£11
Herb roasted butternut squash on a bed of leek & parmesan risotto topped with crushed toasted hazelnuts. (VG option, V)	£12
Four cheese gnocchi topped with chorizo & black pudding crumb.	£12
Goats cheese & beetroot salad. A trio of beetroot, mixed green leaf salad & roasted goats cheese with pomegranate dressing. (GF, V)	£12
Shredded pork, pickled vegetables & spring onion soft shell tacos with green salad. (Add fries £2)	£12
Vietnamese curry with cardamom rice, popadom shards & coriander salsa. (VG, V)	£13
Hand pressed beef burger with chilli, red onion jam & pickles, topped with mature cheddar served with skin on fries.	£13
Jerk seasoned buttermilk chicken with pineapple salsa & smokey BBQ sauce, served with skin on fries.	£13
Hand battered local fish (or halloumi) & chunky chips with crushed minted peas & tartare sauce. (V option)	£14
Seared duck breast, fondant potato, roasted heritage carrots, broccoli florets & blueberry jus. (GF)	£16

Desserts..... *Served for lunch and dinner*

Vanilla & passion fruit cheesecake with mango purée & fresh berries.	£8
Chocolate brownie, candied peanuts, toasted marshmallows & white chocolate ganache. (GF option)	£8
Dark chocolate & avocado mousse with poached pear, mixed chocolate soils & cinnamon syrup. (VG, GF)	£8
Twisted mess. Chantilly cream, brown sugar meringue, gin & mint pickled strawberries & strawberry gin jelly. (GF)	£9
Selection of West Country cheeses with grapes, celery, apple chutney and crackers.	£8

NEW - Takeaway Service

We are also now offering a takeaway service if you prefer to eat in the comfort of your own home or holiday property. Just give us a call on 01637 830229 to place your order and arrange a time for collection. (Subject to availability)

Mocktails

VIRGIN MOJITO £5.00
Mint. Limes. Sugar. Soda water

CRANTOCK BAY SPECIAL £4.00
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 £6.50
SEEDLIP GARDEN £6.50
PENTIRE £6.50

Gin & Tonic Menu £7.00
 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...
FEVER-TREE - Aromatic Tonic £2.20
FEVER-TREE - Elderflower Tonic
FEVER-TREE - Mediterranean Tonic
FEVER-TREE - Natural Indian Tonic
FEVER-TREE - Natural Light Tonic

Spirits 25mls	
Absolute Vodka	£3.20
Dead Man’s Fingers Spiced Rum	£3.50
Famous Grouse	£3.20
Bailey’s	£3.50
Port	£3.50
Disaronno	£3.50
Courvoisier	£3.50
Single Malt	from £6.00

DONT FORGET - ALL DRINKS CAN ALSO BE TAKEAWAY

Soft drinks

Coke, Diet Coke, Sprite	£2.90
Coke Zero	£2.50
J2O (Apple & Mango, Orange & Passionfruit)	£2.90
Appletizer	£2.90
Cornish Orchard cranberry & raspberry sparkle	£3.30
Cornish Orchard non alcoholic ginger beer	£3.30
Cornish Orchard elderflower presse	£3.30
Cornish Orchard cloudy apple juice	£3.30
San Pellegrino Aranciata	£2.80
Frobishers orange or pineapple fruit juice	£3.00
Chocolate milkshake	£3.60
Passionfruit crushed ice smoothie	£3.60
Cornish bottled water – still & sparkling	Small £2.50 Large £4.00
Soda water	200mls £1.80

Hot drinks

Add a Monin Syrup: Butterscotch, Vanilla, Caramel, Hazelnut	£0.50
Americano	£2.70
Americano with milk	£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 and whipped cream	£3.40
Babyccino (frothy milk with chocolate sprinkles)	£0.80
- Add marshmallows	£1.00
Childrens Hot Chocolate	£1.75
- Add marshmallows and whipped cream	£2.00
Pot of English Breakfast or Earl Grey tea	£2.30
Pot of Tregothnan’s Classic tea	£2.80
Camomile, Berry, Lemon & Ginger, Green or Mint tea	£2.50