

Breakfast.....

Served from 10am to 11.30am

Toasted bloomer with a selection of jam or marmalade. (GF option)	£3
Cinnamon bun	£4
Bacon Bap or Sausage Bap in a glazed brioche bun.	£5
Poached eggs on toasted bloomer bread. (GF option)	£6
With bacon	£7
With avocado	£8
With smoked salmon	£9
Buttermilk pancakes:	
With crispy bacon and maple syrup.	£8
With berry compote and syrup. (V)	£7
Smoked salmon and scrambled egg on toast (GF option)	£9
Smoothie granola bowl with fresh berries, passion fruit and cashews, topped with seeds. (VG, V, GF)	£9
Smashed avocado with feta, pomegranate, and balsamic drizzle, served on toast. (V, GF option)	£10
'C-Bay Veggie breakfast' - Veggie sausage, grilled tomato, marinated mushrooms, baked beans and egg of choice on toast (V) (VG option)	£11
'C-Bay breakfast' - Sausage, bacon, hogs pudding, grilled tomato, marinated mushroom, baked beans and egg of choice on toast (GF option)	£12

Lunch.....

Served from 12noon to 3pm

Light bites and salads

Buffalo mozzarella, sliced tomato, baby gem and kale pesto sandwich (V) (GF option)	£9
Cajun cod with spiced mayonnaise and baby gem sandwich (GF option)	£10
Locally sourced crab sandwich with lemon mayonnaise (GF option)	£14

Chicken Caesar salad. Chicken, anchovies, croutons and parmesan, tossed in our house dressing and garnished with a parmesan crisp. (GF option)	£12
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Vegan Buddha Bowl. Quinoa, roasted sweet potato, marinated Heritage tomatoes, shredded red cabbage, smashed avocado, roasted cashew nuts and pomegranate seeds (GF, V, VG)	£14
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Antipasti sharing board: A selection of cured meats, olives, balsamic onions, stuffed peppers, soft cheeses, warm bread and oils. (GF option)	£18
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Mains

Beef bao buns with pickled vegetables, chilli, sesame seeds and micro coriander	£10
Chilli Teriyaki vermicelli noodles with roasted tender stem broccoli and edamame beans (VG, V)	£12
C-Bay burger served with red onion marmalade, baby gem, tomato and gherkin topped with mature cheddar and our signature C-Bay sauce & fries	£14
Cornish beer battered fish and chips with crushed minted peas & homemade tartare sauce	£14
Sticky mango chicken with coconut rice, pineapple salsa and salad garnish (GF)	£15
Crispy skin seabass with roasted new potatoes, Heritage carrots, tender stem broccoli and pesto sauce (GF)	£16

(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	Rioja , Faustino Rovero Crianza • Spain
Bottle £20.50 • Carafe 500mls £14.95	Bottle £28.00
• 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

Bubbles

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

Prosecco , Serenello Rosé • Italy
Bottle £26.50 • 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

Smoked mixed nuts	£3
Bread and oils. Extra virgin olive oil and house balsamic dressing	£5
Feta stuffed peppers	£4
Marinated olives	£4
Balsamic Boretane onions	£4
Fries	£4

Children's menu.....

Served 12noon - 3pm and 6pm - 8.30pm

Breaded chicken goujons with fries & peas	£7
Hummus, vegetable sticks & crusty bread	£7
Mini burger with fries	£7
Mini fish and chips	£7
Pasta with tomato sauce & cheddar cheese	£7

Mini puds

C-Bay ice cream Sundae - Vanilla ice cream, brownie chunks, marshmallows and chocolate sauce	£5
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Afternoon Tea.....

Served until 5pm

Toasted tea cake and butter	£2.50
Slice of cake (Served all day)	£3.20

Dinner.....

Served from 6pm - 8.30pm

Starters

Bread and oils. Extra virgin olive oil and house balsamic dressing	£5
Soup of the Day with crusty bread (GF option, V, VG option)	£8
Wild mushroom arancini with roasted garlic aioli, rocket and parmesan. (V)	£9
Rolled beef shin with red wine jus, blistered sweetcorn & sweetcorn purée. (GF)	£10
Head-on chilli coconut tiger prawns with lime gel and a light salad garnish (GF)	£10

Mains

C-Bay burger served with red onion marmalade, baby gem, tomato and gherkin topped with mature cheddar and our signature C-Bay sauce & a portion of fries	£14
Cornish beer battered fish and chips with crushed minted peas & homemade tartare sauce	£14
Indonesian curry with sticky rice, mini poppadoms and micro coriander (V, VG, GF)	£16
Roasted chicken breast and prosciutto shard, served with garlic and rosemary new potatoes, seasonal greens and a creamy herb sauce (GF)	£18
Cornish crab carbonara. Crispy pancetta, parmesan and Cornish crab in a creamy sauce	£19
8oz Sirloin steak, marinated mushroom, asparagus, chips and a peppercorn sauce (GF)	£24

Desserts.....

Served for lunch and dinner

Passion fruit cheesecake with mango purée & fresh berries	£8
Homemade chocolate brownie, candied peanuts, toasted marshmallows, chocolate soil & vanilla ice cream. (VG option)	£8
Eton Mess. Fresh Cornish chantilly cream, homemade meringue, fresh strawberries and a berry reduction (GF)	£9
A selection of Cornish ice creams and sorbets. (Please ask for flavours)	Per scoop £2
A selection of West Country cheeses, grapes, celery, red onion marmalade and crackers	£12

Mocktails

VIRGIN MOJITO	£5.00	Soft drinks	
<i>Mint. Limes. Sugar. Soda water</i>		Coke, Diet Coke, Sprite	£2.90
CRANTOCK BAY SPECIAL	£4.00	Coke Zero	£2.50
<i>Orange juice. Lemonade. Lime. Grenadine</i>		J2O (Apple & Mango, Orange & Passionfruit)	£2.90

Seedlip

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

SEEDLIP SPICE	£6.50	Cornish Orchard cranberry & raspberry sparkle	£3.30
SEEDLIP GARDEN	£6.50	Cornish Orchard non alcoholic ginger beer	£3.30
PENTIRE	£6.50	Cornish Orchard elderflower presse	£3.30
		Cornish Orchard cloudy apple juice	£3.30
Gin & Tonic Menu	£7.00	San Pellegrino Aranciata	£2.80
Simply select your Gin & pair it with one of our Tonics... Enjoy!!		Frobishers orange or pineapple fruit juice	£3.00
		Chocolate milkshake	£3.60
		Passionfruit crushed ice smoothie	£3.60
		Cornish bottled water – still & sparking	Small £2.50 Large £4.00
		Soda water	200mls £1.80

Spirits 25mls

GIN TING		Hot drinks	
BOMBAY SAPHIRE		Add a Monin Syrup:	
PINKSTER		Butterscotch, Vanilla, Caramel, Hazelnut	£0.50
TARQUINS DRY GIN		Americano	£2.70
SILENT POOL		Americano with milk	£2.80
HENDRICKS		Flat white	£2.80
HAYMANS OF LONDON		Latte	£2.90
Your choice of Tonics...		Mocha	£3.10
FEVER-TREE - Aromatic Tonic	£2.20	Cappuccino	£2.90
FEVER-TREE - Elderflower Tonic		Espresso	£1.90
FEVER-TREE - Mediterranean Tonic		Double Espresso	£2.70
FEVER-TREE - Natural Indian Tonic		Macchiato	£2.70
FEVER-TREE - Natural Light Tonic		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