

Children's menu..... Served 12pm-3pm and 6pm - 8.30pm

Breaded chicken goujons with fries & peas	£7
Mini burger with fries	£7
Mini fish and chips	£7
Pasta with tomato sauce & Cheddar cheese (V, VGO)	£7

Mini pud

C-Bay ice cream sundae - vanilla ice cream, brownie chunks, marshmallows and chocolate sauce	£5
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Sides/snacks

Smoked mixed nuts	£3
Feta stuffed peppers	£4
Marinated olives	£4
Balsamic Borettane onions	£4
Fries	£4
Bread and oils - Extra virgin olive oil and house balsamic dressing with chilli seeds and pesto (GFO, V, VGO)	£6.50

Afternoon Tea..... Served until 5pm

Toasted tea cake and butter	£2.50
Slice of cake (served all day)	£3.50
Cream Tea – two freshly baked scones with strawberry jam, Cornish clotted cream and a pot of tea (GF option)	£7.50



FOOD MENU



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

(GF – Gluten Free) (GFO – Gluten free option) (V – Vegetarian)
(VO – Vegetarian option) (VG – Vegan) (VGO – Vegan option)

BAR | BISTRO

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C-Bay

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Breakfast..... Served from 9.30am to 11.00am

Toasted bloomer served with jam or marmalade (V, VGO, GFO)	£3.50
Veggie sausage bap – buttered ciabatta roll (V, VGO)	£6
Bacon bap - buttered ciabatta roll	£6.50
Fruit bowl – watermelon, berries, apple and orange with crème fraiche, honey and toasted seeds (V, VGO, GF)	£7
C-Bay breakfast bap – bacon, egg, sausage, mushroom, hash brown and hogs pudding	£8.50
Homemade fluffy pancakes:	
- with bacon and maple syrup	£8.50
- add scrambled egg	+ £2.50
- with berry compote, natural yoghurt and maple syrup (V)	£9
Scrambled or poached eggs (V)	£7.50
- add avocado and fresh chilli (V)	+ £2.50
- add bacon	+ £3.50
- add smoked salmon	+ £3.50
Breakfast Belgian waffle:	
- with blueberry compote and whipped sweetened cream (V, VGO)	£9
- with bacon, scrambled egg and maple syrup	£12
Continental breakfast – toasted muffin, fresh fruit, soft boiled eggs and Parma ham	£10
Eggs Benedict – poached eggs, English muffin, bacon and hollandaise sauce	£11
C-Bay veggie Cornish breakfast – vegetarian sausage, tomato, mushroom, avocado, beans, homemade hash brown and your choice of egg (V, VGO)	£12
C-Bay Cornish breakfast – bacon, sausage, hogs pudding, mushroom, tomatoes, beans, homemade hash brown and your choice of egg	£13

Sandwiches and salads..... Served from 12pm-3pm

Thai style rice bowl – grapefruit, coriander, spring onion, chilli, sugarsnap peas, Thai green dressing (V, VG, GF)	£9
Refried chickpea wrap – roasted pepper, chilli jam and lettuce (V, VG, GFO)	£9.50
Fish finger ciabatta – beer battered cod, tartare sauce and pea purée (GFO)	£10.50
Crispy chilli chicken wrap – pickled Asian slaw, sweet chilli mayo (GFO)	£11
Hot smoked salmon Niçoise – green beans, soft boiled egg, olives, sundried tomato and anchovies (GF)	£14
Open steak ciabatta – red onion jam, gem lettuce and Cornish blue cheese	£15

Starters and light bites.. Served from 12pm-3pm / 6pm-8.30pm

Bread and oils – Balsamic reduction, chilli sunflower seeds and pesto (V, VGO)	£6.50
Shell on Atlantic prawns – salad garnish, crusty bread, lemon and saffron aioli (GFO)	£8
Salt and pepper squid – salad garnish, siracha mayo and lime	£9
Smoked mackerel pâté – horseradish crème fraiche, herb salad, toasted ciabatta (GFO)	£8.50
Shawarma – homemade naan bread, lime pickle, mango chutney, raita and onion bhaji, chicken tikka or vegetable tikka (VO)	£13
Anti pasti sharing board – olives, balsamic onions, sundried tomatoes, stuffed peppers, mozzarella, bread and oils	
- Veggie: artichoke, hummus, pickled vegetables (V, VGO)	£19
- Classic: salami, Parma ham and bresaola	£20
- Fish: shell on prawns, salt and pepper squid, smoked mackerel	£23

Main Courses..... Served 12pm-3pm / 6pm-8.30pm

C-Bay burger – 6oz beef patty, red onion jam, gem lettuce, Cheddar cheese, tomatoes, homemade burger sauce and fries	£14
Crispy skin mackerel – warm potato salad, green beans and pesto (GF)	£16
Classic beer battered fish and chips – homemade tartare sauce, crushed minted garden peas	£15
Black cabbage and truffle oil linguini – wild garlic pesto, cherry tomatoes and Pecorino cheese (V)	£15
Chickpea and Okra saag – curry sauce, Pilau rice, tomatoes and coriander salad (V, VG, GF)	£16
Cornish shellfish linguini – chilli, garlic, capers, white wine and fresh soft herbs	£18
Roasted garlic and lemon chicken breast – green beans, Lyonnaise potatoes, Dijon mustard sauce (GF)	£17
Seafood Bouillabaisse – Cornish whitefish and shellfish, tomatoes, fennel and saffron aioli, served with crusty ciabatta (GFO)	£18
Steak board – 8oz sirloin, blistered cherry tomatoes, garlic butter and fries (GF)	£27
- add prawns	£33

Desserts..... Served 12pm-3pm / 6pm-8.30pm

Double chocolate cheesecake – chocolate sauce and raspberries	£7
Rhubarb and lemon brulée tart – blueberries and vanilla crème fraiche	£8
Sticky fig and honey pudding – spiced rum sauce and Cornish clotted cream (GF, V)	£8
Cornish ice creams – vanilla, strawberry, chocolate, salted caramel and honeycomb (GF, V)	(per scoop) £2
Cornish sorbets – pomegranate, mango, blood orange, gin and lemon and raspberry (GF, V, VG)	(per scoop) £2.50
West Country cheese board – Cornish butter, chutney, biscuits and grapes	£13