



C BAY SPA

Starters

- V Seared & Caramelised Halloumi Cheese £7.95
Orange & Watercress Salad, Baby Gem Lettuce,
Red Radish & Citrus Dressing
- V Soup of the Day £7.00
Served with Freshly Baked Bread
- Grilled Fillet Steak Salad £10.95
Roasted Pine Nuts, Beansprouts, Pesto Dressing
Cornish Picked Mixed Leaves
- Pan-Seared St Ives Bay Mackerel Fillet £8.50
Citrus Crème Fraîche Dressed New Potatoes
Finished with Dijon Mustard & Olives
- Carbis Bay Crab Fritter £9.95
Tzatziki Dressing & Sweet Chilli Sauce
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Sandwiches & Wraps

Choose from hand-cut white or brown bread or a tortilla wrap

- Toasted Chicken & Vegetable £12.50
Chiffonade of Leaves & Coriander Chilli Dressing
- Brie & Cranberry £8.95
Cornish Brie with a Cranberry Sauce
- Smoked Salmon & Prawn £10.50
With Lemon Mayonnaise
- Cheddar & Chutney £8.50
Keen's Cheddar & West Country Chutney
- Newlyn Crab £9.95
Fresh Newlyn White Crab Meat
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Main Courses

- Blackened Chicken Breast £17.95
Baby Gem Lettuce, Roasted Vine Tomatoes,
Julienne of Red Peppers, Locally Picked Leaves
- V Flaked Salmon & Noodle Stir Fry £18.95
Wok-Fried Vegetables, Rice Noodles,
Soy & Chilli Dressing
- Herb-Breaded Plaice Fillets £17.50
Buttered New Potatoes, Crushed Wasabi Peas,
Minted Syrup Dressing
- V Chilli & Roasted Butternut Squash £15.50
Roasted Potato & Onions, Mixed Leaves, Puy Lentils,
Balsamic Dressing
- V Warm Feta & Green Bean Salad £13.50
Soft-Boiled Egg, Baby Lettuce & Wholegrain Mustard Dressing

V Vegetarian

All produce on our menu is locally sourced in Cornwall. A list of suppliers is available on request.
If you suffer from a food allergy or intolerance, please let your server know upon placing your order.