

## LIGHT REFRESHMENTS

Toasted Teacake <small>361 kcal</small>	2.75
Enjoy a slice of Today's Cake	2.95
<b>Thunder &amp; Lightning</b> <small>885 kcal</small>	
A Cornish Specialty; two scones, clotted cream & golden syrup	4.95
<b>Clubhouse Cream Tea</b> <small>896 kcal</small>	
Two scones, clotted cream, jam & a pot of Cornish grown tea	7.50pp
<b>Clubhouse Afternoon Tea</b> <small>2304 kcal</small>	
Cucumber, ham & mustard and smoked salmon finger sandwiches, two scones, macaroons, cake, clotted cream & jam & a pot of Cornish grown tea	17.50pp

## BEVERAGES

Pot of Tea	3.10
Speciality Teas	3.10
Espresso	2.85
Cappuccino	3.10
Latte	3.10
Americano	3.10
Mocha	3.10
Hot Chocolate	3.10
Hot Chocolate with Whipped Cream & Marshmallows	3.50
Flavoured Syrups, Vanilla, Caramel & Hazelnut	0.50

*Milk alternatives available please ask your server*

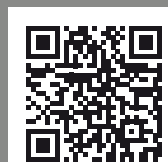
## DESSERTS

<b>Selection of Local West Country Ice Creams</b> <small>801 kcal</small>	
Cornish clotted cream	4.95
<b>Trio of Cornish Cheeses</b> <small>895 kcal</small>	
Water Biscuits & Ale Chutney	7.95
<b>Sticky Toffee Pudding</b> <small>869 kcal</small>	
Toffee sauce & Cornish clotted cream	6.25
<b>Traditional Fruit Crumble</b> <small>696 kcal</small>	
Cornish Clotted Cream	6.25
<b>Assiette of Sorbets</b> <small>234 kcal</small>	4.95
<b>Seasonal Berries &amp; Clotted Cream</b> <small>147 kcal</small>	5.50
<b>Knickerbocker Glory</b> <small>354 kcal</small>	6.00
<b>Soya Ice Cream</b> <small>vg 461 kcal</small>	4.95



CARLYON BAY HOTEL  
GOLF CLUB

MENU



For allergy & calorie information please scan the QR code

The Carlyon Bay Hotel Golf Club,  
Beach Road, St Austell, Cornwall PL25 3RD  
01726 814250 | [www.carlyonbay.com/golf](http://www.carlyonbay.com/golf)



## THE CARLYON BAY BREAKFAST

Hot Buttered Toast & Preserves <small>v 493 kcal</small>	2.95
Grilled Bacon Bap <small>628 kcal</small>	5.95
Grilled Bacon & Free Range Egg Bap <small>728 kcal</small>	6.95
Grilled Kittows Local Sausage & Mushroom Bap <small>814 kcal</small>	6.95
Grilled Kittows Local Sausage & Bacon Bap <small>1101 kcal</small>	6.95
The Carlyon Bay Breakfast <small>1230 kcal</small> Kittows local sausage, grilled bacon, free range fried egg, Cornish hogs pudding, hash browns, grilled tomato, mushrooms, baked beans & toast	10.25
Vegetarian Breakfast <small>787 kcal</small> Two fried eggs, vegetarian sausages, hash browns, grilled tomato, mushrooms, baked beans & toast <small>v</small>	8.95
Vegan Breakfast <small>617 kcal</small> Hash browns, vegan sausages, mushrooms, grilled tomato, baked beans & toast <small>vg</small>	8.95

## JACKET POTATOES

*Baked jacket potato, served with crisp seasonal side salad & coleslaw*

Mature Cheddar & Red Onion <small>v 630 kcal</small>	8.75
Tuna Mayonnaise & Sweetcorn <small>702 kcal</small>	8.75
Grilled Bacon & Cheese <small>834 kcal</small>	8.75
Mature Cheddar & Baked Beans <small>v 724 kcal</small>	8.75
Atlantic Prawns & Marie Rose Sauce <small>708 kcal</small>	9.25
Beef Chilli <small>720 kcal</small>	8.75
Vegan Cheese & Baked Beans <small>vg 588 kcal</small>	8.75

## SIDE DISHES

Bowl of French Fries <small>546 kcal</small>	3.25
Artisan Rolls with Butter <small>297 kcal</small>	2.75
Doom Bar Beer Battered Onion Rings <small>288 kcal</small>	3.00
Garlic & Cheese Baguette <small>821 kcal</small>	3.95
Cheesy Chips <small>796 kcal</small>	4.25
Seasonal Side Salad <small>15 kcal</small>	3.95
Beef Chilli Fries <small>897 kcal</small>	5.50
Vegan Cheesy Chips <small>vg 743 kcal</small>	4.25

## SANDWICHES

*Freshly prepared sandwiches on white or granary bread, served with mixed leaf salad garnish & kettle crisps*

Egg Mayonnaise With Mustard Cress <small>v W 842 kcal B 830 kcal</small>	6.50
West Country Ham & Ale Chutney <small>W 675 kcal B 663 kcal</small>	6.95
Mature Local Cheddar Cheese with Pickle or Tomato <small>v W 882 kcal B 870 kcal</small>	6.50
Tuna Mayonnaise & Sweetcorn <small>W 776 kcal B 764 kcal</small>	6.95
Atlantic Prawns with Marie Rose Sauce <small>W 780 kcal B 768 kcal</small>	7.50
Crisply Fried Fish Fingers with Tartare Sauce <small>W 805 kcal B 793 kcal</small>	7.50
Roasted West Country Beef with Horseradish or Mustard <small>W 757 kcal B 745 kcal</small>	7.25
Smoked Salmon & Dill Dressing <small>W 672 kcal B 660 kcal</small>	8.95
Handpicked Fresh Cornish Crab & Mayonnaise <small>W 731 kcal B 716 kcal</small>	9.95

## TOASTED SANDWICHES

*Served with mixed leaf salad garnish & kettle crisps*

Mature Local Cheddar Cheese with Pickle or Tomato <small>v 882 kcal</small>	7.95
Bacon, Brie & Cranberry <small>706 kcal</small>	8.25
Mature Local Cheddar & West Country Ham <small>862 kcal</small>	8.50
Grilled Bacon & Tomato <small>705 kcal</small>	8.50
Grilled Bacon & Mature Local Cheddar <small>891 kcal</small>	8.50
Clubhouse Club <small>1013 kcal</small> Chargrilled chicken breast, mayonnaise, tomato & grilled bacon	9.95
Chargrilled West Country Minute Steak, Red Onion & Blue Cheese <small>873 kcal</small>	11.95

*Please order at the bar when ready.*

Please inform us if you have a food allergy that we should be aware of.  
Adults need around 2000 kcal a day.

## LIGHTER DISHES

Homemade Seasonal Soup Artisan rolls	5.95
Traditional Prawn Cocktail <small>504 kcal</small> Marie Rose sauce & lemon, granary bread & butter	8.25
Crisp Homemade Fish Cake <small>429 kcal</small> Salad leaves & sweet chilli sauce	8.95
Oak Smoked Salmon & Prawn Salad <small>407 kcal</small> Crisp cos lettuce, watercress, lemon & dill dressing	10.95
Doom Bar Rarebit <small>348 kcal</small> Mature cheddar, local beer on granary toast	6.50
Nachos <small>1218 kcal   1678 kcal</small> Beef chilli, melted cheese, sour cream & guacamole	7.50   10.50
Tossed Caesar Salad <small>451 kcal</small> Cos lettuce, Parmesan, free range egg, croutons, anchovies, Caesar dressing <small>v</small> or served with chargrilled chicken breast <small>776 kcal</small>	8.95 11.50

## MAIN COURSES

West Country Ham, Egg & Chips <small>1158 kcal</small> West Country ham, French fries & 2 free range fried eggs	9.75
Fried Cornish Fish in Doom Bar Beer Batter <small>1675 kcal</small> Served with French fries, mushy peas & tartare sauce	13.95
The Carlyon Bay Brunch <small>1425 kcal</small> Free range egg, bacon, Kittows local sausage, French fries, Cornish hog's pudding, grilled tomatoes, mushrooms & baked beans	11.75
West Country Grilled Gammon Steak <small>1362 kcal</small> Pineapple, free range fried egg, French fries & garden peas	13.50
The Carlyon Bay Homemade Beef Burger <small>1454 kcal</small> 8oz prime burger with melted cheese, tomato, lettuce & onion, served in a seeded bap with relish & French fries	12.50
Clubhouse Beef Madras Curry <small>635 kcal</small> Served with pilau rice, poppadoms & mango chutney	12.50
Scampi & Chips <small>1460 kcal</small> Fried golden scampi, French fries, garden peas & tartare sauce	13.95
10oz Ribeye Steak <small>1502 kcal</small> Fried egg, grilled tomatoes, onion rings, mushrooms, salad & French fries	20.00
Pan Fried Fish of the Day <small>617 kcal</small> Herb butter, new potatoes & green beans	13.95
Vegan Butternut & Spinach Curry <small>449 kcal</small> Pilau rice & poppadoms <small>vg</small>	10.25
Vegan Burger <small>782 kcal</small> Melted cheese in a brioche style bap, lettuce, tomato & onion, relish & fries <small>vg</small>	11.95