



# THE CARLYON BAY BREAKFAST

Hot Buttered Toast & Preserves <b>v</b> 493 kcal	3.35
Grilled Bacon Bap 628 kcal	6.80
Grilled Bacon & Free Range Egg Bap 728 kcal	7.80
Grilled Kittows Local Sausage & Mushroom Bap 814 kcal	7.90
Grilled Kittows Local Sausage & Bacon Bap 1101 kcal	7.95
The Carlyon Bay Breakfast 1230 kcal Kittows local sausage, grilled bacon, free range fried egg, Cornish hogs pudding, hash browns, grilled tomato, mushrooms, baked beans & toast	11.50
Vegetarian Breakfast 798 kcal Two fried eggs, vegetarian sausages, hash browns, grilled tomato, spinach, mushrooms, baked beans & toast <b>v</b>	10.00
Vegan Breakfast 629 kcal Hash browns, vegan sausages, mushrooms, grilled tomato, spinach, baked beans & toast <b>vg</b>	10.00

# JACKET POTATOES

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

Mature Cheddar & Red Onion <b>v</b> 630 kcal	9.80
Tuna Mayonnaise & Sweetcorn 702 kcal	9.80
Grilled Bacon & Cheese 834 kcal	9.80
Mature Cheddar & Baked Beans <b>v</b> 724 kcal	9.80
Atlantic Prawns & Marie Rose Sauce 708 kcal	10.35
Mature Cheddar & Beef Chilli 720 kcal	9.80
Vegan Cheese & Baked Beans <b>vg</b> 588 kcal	9.80

# SIDE DISHES

Bowl of French Fries 546 kcal	3.65
Artisan Rolls with Butter 297 kcal	3.05
Doom Bar Beer Battered Onion Rings 288 kcal	3.40
Garlic & Cheese Baguette 821 kcal	4.50
Cheesy Chips 796 kcal	4.75
Seasonal Side Salad 15 kcal	4.45
Beef Chilli Fries with Sour Cream & Cheddar 1004 kcal	6.75
Vegan Cheesy Chips <b>vg</b> 743 kcal	4.75

## SANDWICHES

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

Egg Mayonnaise with Mustard Cress v	W 842 kcal B 830 kcal	7.60
West Country Ham & Ale Chutney	W 675 kcal B 663 kcal	7.85
Mature Local Cheddar Cheese with Pickle or Tomato v	W 882 kcal B 870 kcal	7.75
Tuna Mayonnaise & Sweetcorn	W 776 kcal B 764 kcal	7.85
Atlantic Prawns with Marie Rose Sauce	W 780 kcal B 768 kcal	8.75
Crisply Fried Fish Fingers with Tartare Sauce	W 805 kcal B 793 kcal	8.50
Roasted West Country Beef with Horseradish or Mustard	W 757 kcal B 745 kcal	8.10
Smoked Salmon & Dill Dressing	W 672 kcal B 660 kcal	10.00
Handpicked Fresh Cornish Crab & Mayonnaise	W 731 kcal B 716 kcal	11.50

## TOASTED SANDWICHES

*Served with mixed leaf salad garnish & kettle crisps*

Mature Local Cheddar Cheese with Pickle or Tomato v	882 kcal	8.90
Bacon, Brie & Cranberry	706 kcal	9.75
Mature Local Cheddar & West Country Ham	862 kcal	9.50
Grilled Bacon & Tomato	705 kcal	9.50
Grilled Bacon & Mature Local Cheddar	891 kcal	9.75
Clubhouse Club	1013 kcal	
Chargrilled chicken breast, mayonnaise, tomato & grilled bacon		11.30
Chargrilled West Country Minute Steak, Red Onion & Blue Cheese	873 kcal	14.50

*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	6.85
Traditional Prawn Cocktail <small>504 kcal</small>	
Marie Rose sauce & lemon, granary bread & butter	9.25
Crisp Homemade Fish Cake <small>429 kcal</small>	
Salad leaves & sweet chilli sauce	9.50
Oak Smoked Salmon & Prawn Salad <small>407 kcal</small>	
Crisp cos lettuce, watercress, lemon & dill dressing	13.50
Nachos <small>1218 kcal   1678 kcal</small>	
Beef chilli, melted cheese, sour cream & guacamole	8.40   11.70
Tossed Caesar Salad <small>451 kcal</small>	
Cos lettuce, Parmesan, free range egg, croutons, anchovies, Caesar dressing <b>v</b>	10.00
or served with chargrilled chicken breast <small>776 kcal</small>	14.50

## MAIN COURSES

West Country Ham, Egg & Chips <small>1158 kcal</small>	
West Country ham, French fries & two free range fried eggs	10.90
Fried Cornish Fish in Doom Bar Beer Batter <small>1675 kcal</small>	
Served with French fries, mushy peas & tartare sauce	16.00
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	13.50
10oz Grilled Gammon Steak <small>1362 kcal</small>	
Pineapple, free range fried egg, French fries & garden peas	16.00
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	14.50
Clubhouse Beef Madras Curry <small>689 kcal</small>	
Served with basmati rice, poppadoms & mango chutney	14.00
Chilli Con Carne <small>784 kcal</small>	
Basmati rice, guacamole & sour cream	13.50
Scampi & Chips <small>1460 kcal</small>	
Fried golden scampi, French fries, garden peas & tartare sauce	16.00
10oz Sirloin Steak <small>1502 kcal</small>	
Fried egg, grilled tomatoes, onion rings, mushrooms, salad & French fries	23.00
Pan Fried Fish of the Day <small>629 kcal</small>	
Herb butter, green beans, spring onion & cheese mash	16.00
Vegan Butternut & Spinach Curry <small>432 kcal</small>	
Basmati rice & poppadoms <b>vg</b>	11.50
Vegan Burger <small>782 kcal</small>	
Melted cheese in a brioche style bap, lettuce, tomato & onion, relish & French fries <b>vg</b>	13.40

## LIGHT REFRESHMENTS

Toasted Teacake <small>361 kcal</small>	3.20
Enjoy a Slice of Today's Cake	3.50
Clubhouse Cream Tea <small>896 kcal</small> Two scones, clotted cream, jam & a pot of Cornish grown tea	per person 8.50
Clubhouse Afternoon Tea <small>2304 kcal</small> Cucumber, ham & mustard & smoked salmon finger sandwiches, two scones, macaroons, cake, clotted cream, jam & a pot of Cornish grown tea	per person 19.50

## BEVERAGES

Pot of Tea	3.50
Speciality Teas	3.50
Espresso	3.20
Cappuccino	3.50
Latte	3.50
Americano	3.50
Mocha	3.50
Hot Chocolate	3.50
Hot Chocolate with Whipped Cream & Marshmallows	3.95
Flavoured Syrups, Vanilla, Caramel & Hazelnut	0.50

*Milk alternatives available please ask your server*

## DESSERTS

Selection of Local West Country Ice Creams <small>801 kcal</small> Cornish clotted cream	6.65
Trio of Cornish Cheeses <small>895 kcal</small> Water biscuits & Ale chutney	8.90
Sticky Toffee Pudding <small>869 kcal</small> Toffee sauce & Cornish clotted cream	7.25
Traditional Apple & Blackberry Crumble <small>696 kcal</small> Cornish clotted cream	7.00
Assiette of Sorbets <small>234 kcal</small>	6.00
Knickerbocker Glory <small>354 kcal</small>	7.25
Soya Ice Cream <small>vg 461 kcal</small>	5.75



For allergy & calorie  
information please  
scan the QR code

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