

LIGHT REFRESHMENTS

Toasted Teacake <small>361 kcal G, D</small>	3.45
Enjoy a Slice of Today's Cake <small>G, E, D, N</small>	3.95
Clubhouse Cream Tea <small>896 kcal G, E, D</small>	
Two scones, clotted cream, jam & a pot of tea	per person 9.20

BEVERAGES

Pot of Tea	3.50
Speciality Teas	3.50
Espresso	3.50
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 G, E, D, N, P, SO</small>	
Cornish clotted cream	7.25
Trio of Cornish Cheeses <small>895 kcal G, E, D, S</small>	
Water biscuits & Ale chutney	9.75
Sticky Toffee Pudding <small>869 kcal G, E, D</small>	
Toffee sauce & Cornish clotted cream	7.95
Traditional Apple & Blackberry Crumble <small>696 kcal G, D</small>	
Cornish clotted cream	7.95
Soya Ice Cream <small>vg 461 kcal SO</small>	6.50

JACKET POTATOES

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

Mature Cheddar & Red Onion	v 630 kcal D, E, M	10.95
Tuna Mayonnaise & Sweetcorn	702 kcal E, F, D, M, P, SU	10.95
Grilled Bacon & Cheese	834 kcal E, D, M, SU	10.95
Mature Cheddar & Baked Beans	v 724 kcal E, D, M, P, SU	10.95
Atlantic Prawns & Marie Rose Sauce	708 kcal CR, E, D, M, P, SU	11.70
Mature Cheddar & Beef Chilli	720 kcal C, E, D, M, G, P, SU	10.95
Vegan Cheese & Baked Beans	vg 588 kcal G, M, P, SU	10.95

SIDE DISHES

Bowl of French Fries	546 kcal	3.95
Bread Rolls with Butter	297 kcal G, D, SO	3.30
Doom Bar Beer Battered Onion Rings	288 kcal G, F, SU	3.75
Cheesy Chips	796 kcal D, M, SO	5
Seasonal Side Salad	15 kcal P, SU, M	4.95
Beef Chilli Fries with Sour Cream & Cheddar	1004 kcal G, C, D	7.50
Vegan Cheesy Chips	vg 743 kcal G	5.00

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 G, E, D, M, N, SO, SU, P	8.45
West Country Ham & Ale Chutney	W 675 kcal B 663 kcal G, D, M, N, SO, SU, P	8.70
Mature Cheddar Cheese with Pickle or Tomato	v W 882 kcal B 870 kcal G, D, M, N, SO, SU, P	8.70
Tuna Mayonnaise & Sweetcorn	W 776 kcal B 764 kcal G, E, F, D, M, N, SO, SU, P	8.70
Atlantic Prawns with Marie Rose Sauce	W 780 kcal B 768 kcal G, CR, D, M, N, SO, SU, P, E	9.95
Roasted West Country Beef with Horseradish or Mustard	W 757 kcal B 745 kcal G, D, M, N, SO, SU, P, E	8.95

TOASTED SANDWICHES

Served with mixed leaf salad garnish & kettle crisps

Mature Cheddar Cheese with Pickle or Tomato	V 882 kcal G, D, M, SO, SU, N, P	9.95
Bacon, Brie & Cranberry	706 kcal G, D, M, SO, SU, N, P	10.70
Mature Cheddar & West Country Ham	862 kcal G, D, M, SO, SU, N, P	10.45
Grilled Bacon & Tomato	705 kcal G, D, M, SO, SU, N, P	10.45
Grilled Bacon & Mature Cheddar	891 kcal G, D, M, SO, SU, N, P	10.70
Clubhouse Club	1013 kcal G, E, D, M, SO, SU, N, P	
Chargrilled chicken breast, mayonnaise, tomato & grilled bacon		12.70

LIGHTER DISHES

Homemade Seasonal Soup	C, G, D, SO	
Artisan rolls		7.75
Traditional Prawn Cocktail	504 kcal G, CR, E, D, M, SO, P	
Marie Rose sauce & lemon, granary bread & butter		10.25
Crisp Homemade Fish Cake	429 kcal G, CR, E, D, M, SO, F, P	
Salad leaves & sweet chilli sauce		10.25
Battered King Prawns	791 kcal G, CR, E, SU	
Sweet chilli & garlic mayonnaise		11.25
Nachos	1218 kcal 1678 kcal G, D, C	
Beef chilli, melted cheese, sour cream & guacamole		9.25 12.95
Tossed Caesar Salad	451 kcal G, E, F, D, SO	
Cos lettuce, Parmesan, free range egg, croutons, anchovies, Caesar dressing	V	10.95
or served with chargrilled chicken breast		15.95

MAIN COURSES

West Country Ham, Egg & Chips <small>1158 kcal E, M, SU, P</small>	
West Country ham, French fries & two free range fried eggs	12
Fried Cornish Fish in Doom Bar Beer Batter <small>1675 kcal G, F, M, SU, P</small>	
Served with French fries, mushy peas & tartare sauce	17.50
The Carlyon Bay Brunch <small>1425 kcal G, E, SU</small>	
Free range egg, bacon, sausage, French fries, Cornish hog's pudding, grilled tomatoes, mushrooms & baked beans	15
10oz Grilled Gammon Steak <small>1362 kcal E, M, SU, P</small>	
Pineapple, free range fried egg, French fries & garden peas	17.50
The Carlyon Bay Homemade Beef Burger <small>1454 kcal G, E, D, M, S, SU, N, P</small>	
8oz prime burger with melted cheese, tomato, lettuce & onion, served in a seeded bap with relish & French fries	15.75
Clubhouse Bangers & Mash <small>1279 kcal C, D, SU</small>	
Sausages, Spring onion & cheese mash, red wine, onion & thyme jus	15
Clubhouse Beef Madras Curry <small>689 kcal M, P, SU, N</small>	
Served with basmati rice, poppadoms & mango chutney	15.50
Chilli Con Carne <small>784 kcal C, D, SU, G</small>	
Basmati rice, guacamole & sour cream	14.75
Scampi & Chips <small>1460 kcal G, MO, CR, F, P, M, SU</small>	
Fried golden scampi, French fries, garden peas & tartare sauce	17
Pan Fried Fish of the Day <small>629 kcal G, F, D</small>	
Herb butter, green beans, spring onion & cheese mash	17.50
Vegan Butternut & Spinach Curry vg <small>432 kcal N, P</small>	
Basmati rice & poppadoms	13
Vegan Burger vg <small>782 kcal G, M, P, S, SO, SU, N</small>	
Melted cheese in a brioche style bap, lettuce, tomato & onion, relish & French fries	14.50

THE CARLYON BAY BREAKFAST

Hot Buttered Toast & Preserves **V** 493 kcal **G, D, SO, N** 3.75

Grilled Bacon Bap 628 kcal **G, D, M, S, N, P** OR

Sausage Bap 628 kcal **G, M, S, SU, N, P** 7.75

Add Bacon, sausage, egg **E**, hash browns
or mushrooms to your bap Per item +1

The Carlyon Bay Breakfast 1230 kcal **G, E, D, SO, SU, N**

Sausage, grilled bacon, free range fried egg,
Cornish hog's pudding, hash browns, grilled tomato,
mushrooms, baked beans & toast 12.25

Vegetarian Breakfast **V** 798 kcal **G, E, D, S, SO, N**

Two fried eggs, vegetarian sausages, hash browns,
grilled tomato, spinach, mushrooms, baked beans & toast 10.95

Vegan Breakfast **vg** 629 kcal **G, S, SO, N**

Hash browns, vegan sausages, mushrooms,
grilled tomato, spinach, baked beans & toast 10.95

Please order at the bar when ready.

V VEGETARIAN | **vg** VEGAN

D DAIRY **G** GLUTEN **M** MUSTARD **E** EGG **MO** MOLLUSCS **CR** CRUSTACEAN **C** CELERY
N NUTS **F** FISH **SU** SULPHUR DIOXIDE **S** SESAME **SO** SOYA **P** PEANUTS **L** LUPIN

Adults need around 2000 Kcal a day.
Our dishes may contain traces of allergens.
Please let us know if you have any allergens
or special dietary requirements. Whilst we
do our utmost to accommodate our guests,
we cannot guarantee any dish will be
completely allergen free.


B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS