



## LIGHT REFRESHMENTS

|   |                 |
|---|-----------------|
| Toasted Teacake <small>361 kcal G, D</small>            | 3.75            |
| Enjoy a Slice of Today's Cake <small>G, E, D, N</small> | 4.50            |
| Clubhouse Cream Tea <small>896 kcal G, E, D</small>     |                 |
| Two scones, clotted cream, jam & a pot of tea           | per person 9.95 |

## BEVERAGES

|   |      |
|---|------|
| Pot of Tea                                      | 3.85 |
| Speciality Teas                                 | 3.85 |
| Espresso  | 3.85 |
| Cappuccino                                      | 3.85 |
| Latte   | 3.85 |
| Americano                                       | 3.85 |
| Mocha   | 3.85 |
| Hot Chocolate                                   | 3.85 |
| Hot Chocolate with Whipped Cream & Marshmallows | 4.50 |
| Flavoured Syrups, Vanilla, Caramel & Hazelnut   | 0.50 |

*Milk alternatives available please ask your server*

## DESSERTS

|   |      |
|---|------|
| Selection of Local<br>West Country Ice Creams <small>V 801 kcal G, E, D, N, P, SO</small> |      |
| Cornish clotted cream   | 7.95 |
| Trio of Cornish Cheeses <small>V 895 kcal G, E, D, S</small>                              |      |
| Water biscuits & Ale chutney  | 11   |
| Sticky Toffee Pudding <small>869 kcal G, E, D</small>                                     |      |
| Toffee sauce & Cornish clotted cream  | 8.95 |
| Traditional Apple & Blackberry Crumble <small>696 kcal G, D</small>                       |      |
| Cornish clotted cream   | 8.95 |
| Soya Ice Cream <small>ve 461 kcal SO</small>  | 6.95 |

*Please order at the bar when ready.*

# THE CARLYON BAY BREAKFAST

Hot Buttered Toast & Preserves **v gf?** 493 kcal **G, D, SO, N** 4.25

Grilled Bacon Bap 628 kcal **G, D, M, S, N, P** 8.50

Sausage Bap 628 kcal **G, M, S, SU, N, P** 8.50

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 13.50

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 12.25

Vegan Breakfast **ve** 629 kcal **G, S, SO, N**  
Hash browns, vegan sausages, mushrooms,  
grilled tomato, spinach, baked beans & toast 12.25

**v** VEGETARIAN | **ve** VEGAN | **gf** GLUTEN FREE  
**gf?** CAN BE GLUTEN FREE (PLEASE ASK) | **ve?** CAN BE VEGAN (PLEASE ASK)

**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

## JACKET POTATOES

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

|   |    |
|---|----|
| Mature Cheddar & Red Onion <b>v gf</b> 630 kcal <b>D, E, M</b>                  | 12 |
| Tuna Mayonnaise & Sweetcorn <b>gf</b> 702 kcal <b>E, F, D, M, P, SU</b>         | 12 |
| Grilled Bacon & Cheese <b>gf</b> 834 kcal <b>E, D, M, SU</b>                    | 12 |
| Mature Cheddar & Baked Beans <b>v gf</b> 724 kcal <b>E, D, M, P, SU</b>         | 12 |
| Atlantic Prawns & Marie Rose Sauce <b>gf</b> 708 kcal <b>CR, E, D, M, P, SU</b> | 13 |
| Mature Cheddar & Beef Chilli <b>gf</b> 720 kcal <b>C, E, D, M, G, P, SU</b>     | 12 |
| Vegan Cheese & Baked Beans <b>ve gf</b> 588 kcal <b>G, M, P, SU</b>             | 12 |

## SIDE DISHES

|  |      |
|--|------|
| Bowl of French Fries <b>gf</b> 546 kcal                              | 4.50 |
| Bread Rolls with Butter 297 kcal <b>G, D, SO</b>                     | 3.50 |
| Doom Bar Beer Battered Onion Rings 288 kcal <b>G, F, SU</b>          | 4.25 |
| Cheesy Chips <b>gf</b> 796 kcal <b>D, M, SO</b>                      | 5.50 |
| Seasonal Side Salad <b>gf</b> 15 kcal <b>P, SU, M</b>                | 5.25 |
| Beef Chilli Fries with Sour Cream & Cheddar 1004 kcal <b>G, C, D</b> | 8.25 |
| Vegan Cheesy Chips <b>ve gf</b> 743 kcal <b>G</b>                    | 5.50 |

## SANDWICHES

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

|  |       |
|--|-------|
| Egg Mayonnaise with Mustard Cress <b>v gf?</b>                           | 9.25  |
| <small>W 842 kcal B 830 kcal <b>G, E, D, M, N, SO, SU, P</b></small>     |       |
| Ham & Ale Chutney <b>gf?</b>   | 9.50  |
| <small>W 675 kcal B 663 kcal <b>G, D, M, N, SO, SU, P</b></small>        |       |
| Mature Cheddar Cheese <b>v gf?</b><br>with Pickle or Tomato              | 9.50  |
| <small>W 882 kcal B 870 kcal <b>G, D, M, N, SO, SU, P</b></small>        |       |
| Tuna Mayonnaise & Sweetcorn <b>gf?</b>                                   | 9.50  |
| <small>W 776 kcal B 764 kcal <b>G, E, F, D, M, N, SO, SU, P</b></small>  |       |
| Atlantic Prawns with <b>gf?</b><br>Marie Rose Sauce                      | 10.50 |
| <small>W 780 kcal B 768 kcal <b>G, CR, D, M, N, SO, SU, P, E</b></small> |       |
| Roasted West Country Beef <b>gf?</b><br>with Horseradish or Mustard      | 10.50 |
| <small>W 757 kcal B 745 kcal <b>G, D, M, N, SO, SU, P, E</b></small>     |       |

# TOASTED SANDWICHES

*Served with mixed leaf salad garnish & kettle crisps*

|   |       |
|---|-------|
| Mature Cheddar Cheese <b>v gf?</b><br>with Pickle or Tomato 882 kcal <b>G, D, M, SO, SU, N, P</b>                                     | 11    |
| Bacon, Brie & Cranberry <b>gf?</b> 706 kcal <b>G, D, M, SO, SU, N, P</b>  | 11.50 |
| Mature Cheddar & Ham <b>gf?</b> 862 kcal <b>G, D, M, SO, SU, N, P</b>   | 11.25 |
| Grilled Bacon & Tomato <b>gf?</b> 705 kcal <b>G, D, M, SO, SU, N, P</b>   | 11.25 |
| Grilled Bacon & Mature Cheddar <b>gf?</b> 891 kcal <b>G, D, M, SO, SU, N, P</b>   | 11.50 |
| Clubhouse Club <b>gf?</b> 1013 kcal <b>G, E, D, M, SO, SU, N, P</b><br>Chargrilled chicken breast, mayonnaise, tomato & grilled bacon | 13.95 |

# LIGHTER DISHES

|   |              |
|---|--------------|
| Homemade Seasonal Soup <b>gf?</b> 380 kcal <b>C, G, D, SO</b><br>Artisan rolls  | 8.50         |
| Traditional Prawn Cocktail <b>gf?</b> 504 kcal <b>G, CR, E, D, M, SO, P</b><br>Marie Rose sauce & lemon, granary bread & butter               | 10.95        |
| Crisp Homemade Fish Cake 429 kcal <b>G, CR, E, D, M, SO, F, P</b><br>Salad leaves & sweet chilli sauce  | 11.25        |
| Battered King Prawns 791 kcal <b>G, CR, E, SU</b><br>Sweet chilli & garlic mayonnaise   | 11.95        |
| Nachos 1218 kcal   1678 kcal <b>G, D, C</b><br>Beef chilli, melted cheese, sour cream & guacamole   | 9.95   13.95 |
| Tossed Caesar Salad <b>v gf?</b> 451 kcal <b>G, E, F, D, SO</b><br>Lettuce, Parmesan, free range egg, croutons,<br>anchovies, Caesar dressing | 12           |
| or served with chargrilled chicken breast   | 17           |

# MAIN COURSES

|   |       |
|---|-------|
| <b>Ham, Egg &amp; Chips</b> <b>gf</b> 1158 kcal <b>E, M, SU, P</b>  |       |
| Ham, French fries & two free range fried eggs   | 13    |
| <b>Fried Cornish Fish in<br/>Doom Bar Beer Batter</b> 1675 kcal <b>G, F, M, SU, P</b>                             |       |
| Served with French fries, mushy peas & tartare sauce  | 19    |
| <b>The Carlyon Bay Brunch</b> 1425 kcal <b>G, E, SU</b>   |       |
| Free range egg, bacon, sausage, French fries, Cornish hog's<br>pudding, grilled tomatoes, mushrooms & baked beans | 16.50 |
| <b>10oz Grilled Gammon Steak</b> <b>gf</b> 1362 kcal <b>E, M, SU, P</b>   |       |
| Pineapple, free range fried egg, French fries & garden peas   | 19    |
| <b>The Carlyon Bay<br/>Homemade Beef Burger</b> 1454 kcal <b>G, E, D, M, S, SU, N, P</b>                          |       |
| Prime burger with melted cheese, tomato, lettuce<br>& onion, served in a seeded bap with relish & French fries    | 17    |
| <b>Clubhouse Bangers &amp; Mash</b> <b>gf</b> 1279 kcal <b>C, D, SU</b>   |       |
| Sausages, Spring onion & cheese mash,<br>red wine, onion & thyme jus  | 16.50 |
| <b>Clubhouse Beef Madras Curry</b> <b>gf</b> 689 kcal <b>M, P, SU, N</b>  |       |
| Served with basmati rice, poppadoms & mango chutney   | 16.75 |
| <b>Chilli Con Carne</b> 784 kcal <b>C, D, SU, G</b>   |       |
| Basmati rice, guacamole & sour cream  | 16    |
| <b>Scampi &amp; Chips</b> 1460 kcal <b>G, MO, CR, F, P, M, SU</b>   |       |
| Fried golden scampi, French fries, garden peas & tartare sauce  | 18.50 |
| <b>Pan Fried Fish of the Day</b> 629 kcal <b>G, F, D</b>  |       |
| Herb butter, green beans, spring onion & cheese mash  | 19    |
| <b>Vegan Butternut &amp; Spinach Curry</b> <b>ve gf</b> 432 kcal <b>N, P</b>                                      |       |
| Basmati rice & poppadoms  | 14.50 |
| <b>Vegan Burger</b> <b>ve</b> 782 kcal <b>G, M, P, S, SO, SU, N</b>   |       |
| Melted cheese in a brioche style bap, lettuce,<br>tomato & onion, relish & French fries                           | 16    |