

JACKET POTATOES

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

Mature Cheddar & Red Onion v 630 kcal	10.75
Tuna Mayonnaise & Sweetcorn 702 kcal	10.75
Coronation Chicken 900 kcal	10.75
Grilled Bacon & Cheese 834 kcal	10.75
Mature Cheddar & Baked Beans v 724 kcal	10.75
Atlantic Prawns & Marie Rose Sauce 708 kcal	11.50
Mature Cheddar & Beef Chilli 720 kcal	10.75
Vegan Cheese & Baked Beans vg 588 kcal	10.75

SIDE DISHES

Bowl of French Fries 546 kcal	3.95
Artisan Rolls with Butter 297 kcal	3.50
Doom Bar Beer Battered Onion Rings 288 kcal	3.75
Cheesy Chips 796 kcal	5.00
Garlic & Parmesan French Fries 996 kcal	5.50
Seasonal Side Salad 15 kcal	4.95
Beef Chilli Fries with Sour Cream & Cheddar 1004 kcal	7.50
Vegan Cheesy Chips vg 743 kcal	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	8.25
West Country Ham & Ale Chutney W 675 kcal B 663 kcal	8.50
Mature Local Cheddar Cheese with Pickle or Tomato v W 882 kcal B 870 kcal	8.50
Tuna Mayonnaise & Sweetcorn W 776 kcal B 764 kcal	8.50
Atlantic Prawns with Marie Rose Sauce W 780 kcal B 768 kcal	9.75
Crisply Fried Fish Fingers with Tartare Sauce W 805 kcal B 793 kcal	9.75
Coronation Chicken W 788 kcal B 800 kcal	8.95
Roasted West Country Beef with Horseradish or Mustard W 757 kcal B 745 kcal	8.75
Smoked Salmon & Dill Dressing W 672 kcal B 660 kcal	10.95
Handpicked Fresh Cornish Crab & Mayonnaise W 731 kcal B 716 kcal	12.50

TOASTED SANDWICHES

Served with mixed leaf salad garnish & kettle crisps

Mature Local Cheddar Cheese with Pickle or Tomato v 882 kcal	9.75
Bacon, Brie & Cranberry 706 kcal	10.50
Mature Local Cheddar & West Country Ham 862 kcal	10.25
Grilled Bacon & Tomato 705 kcal	10.25
Grilled Bacon & Mature Local Cheddar 891 kcal	10.50
Clubhouse Club 1013 kcal Chargrilled chicken breast, mayonnaise, tomato & grilled bacon	12.50
Pesto, Mozzarella & Sun-dried Tomato 930 kcal	10.25

LIGHTER DISHES

Homemade Seasonal Soup Artisan rolls	7.50
Traditional Prawn Cocktail 504 kcal Marie Rose sauce & lemon, granary bread & butter	10.00
Crisp Homemade Fish Cake 429 kcal Salad leaves & sweet chilli sauce	10.00
Chicken & Bacon Salad 866 kcal Grilled bacon & chicken breast strips on a crisp salad	15.00
Battered King Prawns 791 kcal Sweet chilli & garlic mayonnaise	11.00
Oak Smoked Salmon & Prawn Salad 407 kcal Crisp cos lettuce, watercress, lemon & dill dressing	15.60
Nachos 1218 kcal 1678 kcal Beef chilli, melted cheese, sour cream & guacamole	9.00 12.75
Tossed Caesar Salad 451 kcal Cos lettuce, Parmesan, free range egg, croutons, anchovies, Caesar dressing v	10.95
or served with chargrilled chicken breast	15.75

MAIN COURSES

West Country Ham, Egg & Chips 1158 kcal	
West Country ham, French fries & two free range fried eggs	11.75
Chicken, Pesto Pasta 1252 kcal	
Served with Mozzarella, sun-dried tomato & penne pasta	15.75
Smoky Chipotle Chicken Burger 1817 kcal	
Served with coleslaw, salad garnish & French fries	15.75
Fried Cornish Fish in Doom Bar Beer Batter 1675 kcal	
Served with French fries, mushy peas & tartare sauce	17.00
The Carlyon Bay Brunch 1425 kcal	
Free range egg, bacon, Kittows local sausage, French fries, Cornish hog's pudding, grilled tomatoes, mushrooms & baked beans	14.75
10oz Grilled Gammon Steak 1362 kcal	
Pineapple, free range fried egg, French fries & garden peas	17.25
The Carlyon Bay Homemade Beef Burger 1454 kcal	
8oz prime burger with melted cheese, tomato, lettuce & onion, served in a seeded bap with relish & French fries	15.75
Hunter's Chicken 1427 kcal	
Chicken breast wrapped in bacon smothered with BBQ Sauce with coleslaw, mixed leaf salad & fries	15.75
Clubhouse Bangers & Mash 1279 kcal	
Kittows sausages, Spring onion & cheese mash, red wine, onion & thyme jus	14.75
Clubhouse Beef Madras Curry 689 kcal	
Served with basmati rice, poppadoms & mango chutney	15.00
Chilli Con Carne 784 kcal	
Basmati rice, guacamole & sour cream	14.50
Scampi & Chips 1460 kcal	
Fried golden scampi, French fries, garden peas & tartare sauce	16.50
10oz Sirloin Steak 1502 kcal	
Fried egg, grilled tomatoes, onion rings, mushrooms, salad & French fries	24.50
Pan Fried Fish of the Day 629 kcal	
Herb butter, green beans, spring onion & cheese mash	17.00
Vegan Butternut & Spinach Curry 432 kcal	
Basmati rice & poppadoms vg	12.50
Vegan Burger 782 kcal	
Melted cheese in a brioche style bap, lettuce, tomato & onion, relish & French fries vg	14.00

LIGHT REFRESHMENTS

Toasted Teacake <small>361 kcal</small>	3.50
Enjoy a Slice of Today's Cake	3.95
Clubhouse Cream Tea <small>896 kcal</small> Two scones, clotted cream, jam & a pot of Cornish grown tea	per person 9.50
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 21

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</small> Cornish clotted cream	7.25
Trio of Cornish Cheeses <small>895 kcal</small> Water biscuits & Ale chutney	9.75
Sticky Toffee Pudding <small>869 kcal</small> Toffee sauce & Cornish clotted cream	7.95
Traditional Apple & Blackberry Crumble <small>696 kcal</small> Cornish clotted cream	7.95
Assiette of Sorbets <small>234 kcal</small>	6.50
Knickerbocker Glory <small>354 kcal</small>	7.95
Soya Ice Cream <small>vg 461 kcal</small>	6.50

THE CARLYON BAY BREAKFAST

Hot Buttered Toast & Preserves v 493 kcal	3.75
Grilled Bacon Bap 628 kcal	7.75
Grilled Bacon & Free Range Egg Bap 728 kcal	8.50
Grilled Kittows Local Sausage & Mushroom Bap 814 kcal	8.75
Grilled Kittows Local Sausage & Bacon Bap 1101 kcal	8.75
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	12.50
Vegetarian Breakfast 798 kcal Two fried eggs, vegetarian sausages, hash browns, grilled tomato, spinach, mushrooms, baked beans & toast v	10.95
Vegan Breakfast 629 kcal Hash browns, vegan sausages, mushrooms, grilled tomato, spinach, baked beans & toast vg	10.95

Please order at the bar when ready.

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


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