



Breakfast

at the bay

GOOD MORNING

To enjoy a quick service for breakfast, we invite you to help yourself to the selection of juices, fresh fruits and bakery, compotes and hot grill items from the buffet at your leisure.

Please place your order for toast, teas and coffee, from the kitchen and signature breakfast dishes from your table with our waiting staff.

Alternatively

To allow for a more relaxed service, your waiting staff will be pleased to take your breakfast order for hot & cold food and serve it at your table.

Room Service

Should you require breakfast to be served in your room, please note a £5 per person room service charge will apply.

Guests on Room Only basis: £18.50

From the Kitchen

Smoked Haddock & Poached Eggs 303 kcal

Grilled Fish of the Day 454 kcal

Fresh Porridge Oats 94 kcal

Omelette from 227 kcal

Choose from cheese, ham, mushroom, onion, pepper, tomato

Vegetarian 405 kcal

Vegetarian sausages, poached eggs, beans, mushrooms, hash brown & tomato

Vegan 271 kcal

Vegan sausages, beans, mushrooms, hash brown & tomato

Signature Breakfast

**Additional supplements to below items applies to all guests. Guests on Room Only basis will be charged £18.50 plus any supplement charges.*

Eggs Benedict 782 kcal *£8.00

Warm toasted muffin, streaky bacon, hollandaise sauce

Smoked Salmon & Scrambled Eggs 395 kcal *£8.00

Champagne Breakfast

Scrambled eggs and smoked salmon, plus a glass of champagne and orange juice

(Supplement of £15 per person if on breakfast inclusive terms, £33 if room only)

Please choose from:

Beverages

English Breakfast Tea

Freshly Brewed Coffee

Decaffeinated Tea & Coffee

Specialty Teas & Infusions

Hot Chocolate

Cappuccino

Espresso

The Continental Buffet

Fruit Juices, Iced Milk From 28 kcal

Choice of Granola, Cereals, Muesli, Nuts & Raisins From 113 kcal

Charcuterie From 21 kcal

West Country & Continental Cheeses From 74 kcal

Chilled Natural & Fruit Yogurts From 45 kcal

Fresh Fruits & Marinated Compotes From 35 kcal

Feta Cheese & Olives From 45 kcal

The Bakery

Freshly Baked Artisan Breads From 105 kcal

Warm Croissants, Muffins & Morning Pastries From 113 kcal

Butter Milk Pancakes with Maple Syrup, Pecan Nuts From 270 kcal

Hot Belgian Waffles, Berry Compote, Maple Syrup From 496 kcal

The Great West Country Breakfast Buffet

Free Range Eggs

To your liking - poached 67 kcal, scrambled 237 kcal, fried 104 kcal or boiled 303 74l

Crispy Bacon 103 kcal

West Country Pork Sausages 121 kcal

Fried Bread 80 kcal

Baked Beans 65 kcal

Hash Brown Potatoes 115 kcal

Button Mushrooms 45 kcal

Grilled Tomato 10 kcal

Cornish Hog's Pudding 115 kcal

Black Pudding 115 kcal



CARLYON BAY HOTEL

SPA AND GOLF

★★★★