



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

Grilled Fish of the Day

Fresh Porridge Oats

Omelette

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

Vegetarian

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

Vegan

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

*£8.00

Warm toasted muffin, streaky bacon, hollandaise sauce

Smoked Salmon & Scrambled Eggs

*£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

Choice of Granola, Cereals, Muesli, Nuts & Raisins

Charcuterie

West Country & Continental Cheeses

Chilled Natural & Fruit Yogurts

Fresh Fruits & Marinated Compotes

Feta Cheese & Olives

The Bakery

Freshly Baked Artisan Breads

Warm Croissants, Muffins & Morning Pastries

Butter Milk Pancakes with Maple Syrup, Pecan Nuts

Hot Belgian Waffles, Berry Compote, Maple Syrup

The Great West Country Breakfast Buffet

Free Range Eggs

To your liking - poached, scrambled, fried or boiled

Crispy Bacon

West Country Pork Sausages

Fried Bread

Baked Beans

Hash Brown Potatoes

Button Mushrooms

Grilled Tomato

Cornish Hog's Pudding

Black Pudding



CARLYON BAY HOTEL

SPA AND GOLF

★★★★