



CARLYON BAY
HOTEL | SPA | GOLF


B R E N D
COLLECTION
HOTELS | RESTAURANTS | SPAS

MORNING
MENU

Beverages

TEAS & INFUSIONS 4.95

English Breakfast	Ceylon
Earl Grey	Decaffeinated
Lapsang Souchong	Green Tea
Cornish Tregothnan Tea	

A wide selection of herbal, fruit infusions & coffees are also available

COFFEES 4.95

Choose from our selection of milks including, semi-skimmed, oat, almond & soya (GF?) (VE?)

Decaffeinated	Espresso
Cappuccino	Flat White
Americano	Latte
Iced Coffee	Mocha

SYRUPS

Choose from: Vanilla, Caramel, Gingerbread or Hazelnut syrup 0.75

HOT CHOCOLATE 5.75

Served with whipped cream & marshmallows

Lounge bar smoothies

Choose from our selection of milks including, semi-skimmed, oat, almond & soya

MIXED BERRIES & TOASTED OATS (V) (VE?) 9.95

AVOCADO & KIWI (V) (VE?) 9.95

BANANA, HONEY & PEANUT BUTTER (V) (VE?) 9.95

Lighter snacks

A SELECTION OF 4 INDIVIDUAL MINI PASTRIES 5.95

ASSORTED BISCUITS 5.50

TOASTED MUFFIN 5.50

TOAST & PRESERVES (GF?) 3.95

COFFEE & WALNUT CAKE 6

TRADITIONAL ENGLISH RICH FRUIT CAKE 6

EGGS BENEDICT (GF?) 14

Toasted sourdough, topped with free-range poached eggs, hollandaise sauce & ham

FRESHLY MADE OMELETTES (GF) 17.50

Made with free range hen-eggs. Choose from:

Wild mushroom | Bacon & Cheddar cheese

ARNOLD BENNETT OMELETTE (GF) 18

Smoked haddock & Cheddar cheese

CROISSANT & PRESERVES (V) 4.25

FILLED CROISSANT

Ham & Emmental 8.50

Cheddar cheese & tomato (V) 6.50

AVOCADO & POACHED EGGS ON SOURDOUGH TOAST (V) (GF?) 9.95

Breakfast baps

Served in a brioche bun with a side salad, coleslaw & Heinz Tomato Ketchup or HP Brown Sauce

BACON & EGG (GF?) 8.50

SAUSAGE & EGG (GF?) 8.50

BACON, SAUSAGE & EGG (GF?) 9.95

GF Gluten Free GF? Can be Gluten Free please ask V Vegetarian
VE Vegan VE? Can be Vegan please ask



Adults need around 2000 Kcal a day. You can view our calorie and allergen information by scanning the QR code. 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.

Available 8.00am - 11.00am