



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?) D, G

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 D

Lounge bar smoothies

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

MIXED BERRIES & TOASTED OATS (V) (VE?) 288 kcal D, G 9.95

AVOCADO & KIWI (V) (VE?) 406 kcal D 9.95

BANANA, HONEY & PEANUT BUTTER (V) (VE?) 561 kcal P, D 9.95

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

VE Vegan 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.

Lighter snacks

A SELECTION OF 4 INDIVIDUAL MINI PASTRIES	480 kcal G, E, D, N, SO	5.95
ASSORTED BISCUITS	380 kcal G, E, D, SO	5.50
TOASTED MUFFIN	442 kcal G, D, SO	5.50
TOAST & PRESERVES (GF?)	688 kcal G, D, SO	3.95
COFFEE & WALNUT CAKE	494 kcal G, E, D, N	6
TRADITIONAL ENGLISH RICH FRUIT CAKE	623 kcal G, E, D, N, SU	6
EGGS BENEDICT (GF?)		14
Toasted sourdough, topped with free-range poached eggs, hollandaise sauce & ham 660 kcal G, E, D, SU		
FRESHLY MADE OMELETTES (GF)		17.50
Made with free range hen-eggs. Choose from: Wild mushroom 580 kcal E, D, SU Bacon & cheddar cheese 898 kcal E, D, SU		
ARNOLD BENNETT OMELETTE (GF)		18
Smoked haddock & Cheddar cheese 682 kcal E, F, D, SU		
CROISSANT & PRESERVES (V)	421 kcal G, E, D	4.25
FILLED CROISSANT		
Ham & Emmental	411 kcal G, E, D, SU	8.50
Cheddar cheese & tomato (V)	321 kcal G, E, D	6.50
AVOCADO & POACHED EGGS ON SOURDOUGH TOAST (V) (GF?)	493 kcal G, E, D	9.95

Breakfast baps

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

BACON & EGG (GF?)	715 kcal G, D, E, C, SO, SU	8.50
SAUSAGE & EGG (GF?)	922 kcal G, D, E, C, SO	8.50
BACON, SAUSAGE & EGG (GF?)	1066 kcal G, D, E, SU, C, SO	9.95

CARLYON BAY

HOTEL | SPA | GOLF


B R E N D
COLLECTION

HOTELS | RESTAURANTS | SPAS