

THE HEADLAND *Spa*

*Relaxing * Indulging * Welcoming*

Nibbles

Available from 12pm – 6pm

Warm flatbread, hummus £4 Vegetable crisps £3
Roasted and smoked almonds £3 Italian olives £4

Starters / Light Bites

Available from 12pm – 3pm

Soup of the day, tearing loaf  £6
Garlic king prawn skewer, aioli, piquillo peppers, rocket   £8
Beetroot and goats' cheese tortelloni, watercress puree, toasted walnuts  £8/15

Mains

Available from 12pm – 3pm

Quinoa and sweet potato burger, kimchi mayonnaise and beetroot jam  £15
The Terrace cheeseburger £14
Homemade peppercorn cheese, American mustard, burger sauce, red onion, gherkin, lettuce and tomato on a sesame brioche bun with fries

Sides £4 each

Mixed leaf salad 
New potatoes 
Rosemary and garlic fries 

Salads

Available from 12pm – 3pm

Superfood salad - Roasted squash, toasted seeds, pine nuts, blackberries, broccoli, toasted hemp dressing   £7/£14
Chicken, avocado, bacon, creamy cucumber dressing   £8/15
Classic Greek salad   £7/£12
with slow roast lamb rump as a main course £16

Sandwiches

Available from 12pm – 6pm

Rib-eye steak ciabatta, piquillo peppers, Emmental, watercress, crisps, rocket £15
Roast turkey and bacon club sandwich on toasted granary or white bread, fries £14
Toasted open local crab and avocado sandwich on granary, rocket and orange salad £15
Breaded fish finger roll, tartare sauce, baby gem lettuce, fries £13
Cornish brie with cranberry compote and rocket on granary or white bread, crisps  £9
/add bacon £11

*Before ordering this menu, please speak to a member of staff if you have any allergies or intolerances.
Please ensure you notify a member of staff with your car registration number.*

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Spa Boards

Available from 12pm – 3pm

Seafood - Smoked mackerel, king prawns, smoked salmon, anchovies, aioli, crostini  £16

Meat – Parma ham, chorizo, pastrami, bresaola, pesto, crostini £16

Vegetable – Antipasti grilled vegetables, stuffed vine leaves, hummus, olives, crostini  £14

Indulge

Available from 12pm – 6pm

Banana Split for two   £10

Warm apple tart tatin, Cornish clotted cream ice cream 

Callestick Farm ice creams and sorbets  
£4 two scoops / £5 three scoops

Milkshakes  £5
Made with two scoops of Callestick Farm Cornish ice cream, chocolate, strawberry, vanilla or banana

Ask your host about our wide range of delicious homemade cakes from only £5

Headland Teas

Full Afternoon Tea

Available from 3pm – 6pm

Featuring a playful medley of freshly baked cakes, scones, whimsical sweet treats and bite-sized finger sandwiches, all served alongside speciality loose-leaf teas.

£38 for two

Cream Tea

Available from 12pm – 6pm

Freshly baked scones with Boddingtons strawberry jam and Roddas clotted cream.

£9.00

Please see reception to pay or add charges to your room.

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Hot Drinks

Pot of tea	£2.95
<i>We have a selection of Earl Grey, Classic Tea, Green Tea, Peppermint, Red Berry Fusion and Chamomile</i>	
Americano	£3.15
Cappuccino	£3.75
Latte	£3.75
Flat white	£3.60
Espresso	£2.75
Hot chocolate	£2.85
'The works' hot chocolate	£3.95
<i>whipped cream, marshmallows, sprinkles</i>	

Soft Drinks

Headland Hotel still and sparkling bottled water	
£3.30 litre bottle / £2.10 250ml bottle	
Belvoir organic pressé - elderflower	£2.95
Fentimans Victorian lemonade	£2.95
Fentimans botanical brewed ginger beer	£2.95
Fentimans mandarin and seville orange jigger	£2.95
Fusion fruit drinks	£2.95
<i>Apple and raspberry, orange and passionfruit or apple and mango</i>	
Pineapple / tomato juices	£1.75
Fevertree Cola	£2.35
Fevertree Tonic	£2.35

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Smoothies

Go Mango	£5
<i>Mango, banana, Yeo Valley yoghurt and apple</i>	
Strawberry Heaven	£5
<i>Strawberries, banana, Yeo Valley yoghurt and apple</i>	
Very Berry	£5
<i>Strawberries, raspberries, blackcurrants, Yeo Valley yoghurt and apple</i>	

Iced Tea / Frappes

Hazelnut Mocha Frappe		£3.95
Almond and Caramel Frappe	  	£3.95
Coconut and Vanilla Frappe	  	£3.95
Lemon Iced Tea	  	£2.95

The Headland Spa History

Built in 2013 The Headland Spa is a multi-award winning 5 bubble spa. The spa has been designed and built to the highest standards making it a truly wonderful place to spend time in. Each team member has training delivered by professionals from renowned product houses. All in all, these factors have come together in natural synergy to create the spa journey.

Welcoming

become a part of the family from the moment you arrive

Relaxing

the most tranquil and relaxing of environments for you to enjoy

Indulgent

the deliverance of treatments by highly trained and knowledgeable staff using sumptuous and luxurious products

It's all about you at The Headland Spa.



THE HEADLAND *Spa*

Wines

White Wine

	175ml	250ml	Bottle
Headland Hotel Colombard, Côtes de Gascone, France, 10.5%	£7.00	£9.25	£26.00
Little Yering Chardonnay, Australia, 2016, 13.0%	£7.75	£11.00	£31.00
Alois Lageder Riff, Pinot Grigio, Italy, 12.5%	£7.50	£10.50	£29.00
Bolithos Block, Sauvignon Blanc, Marlborough, N. Z., 13%	£9.25	£13.00	£36.00
Jean Biecher Riesling, Alsace, France, 2017, 12.0%	£9.25	£12.75	£35.00

Rosé Wine

Wandering Bear Rosé, South Africa, 2017, 13.0%	£6.25	£8.95	£26.00
Conde Villar Vinho Verde Rosé, Vinho Verde, 2016, 11.5%	£6.25	£8.95	£26.00
Chateau La Coste Rosé, 2017, 14.0%	£10.00	£13.75	£38.00

Red Wine

Headland Hotel Shiraz Cabernet, Australia, 13.5%	£7.00	£9.25	£26.00
Tilia Malbec, Mendoza, Argentina, 12.5%	£8.50	£12.00	£31.00
Pasarisa Patagonia Pinot Noir, Argentina, 14.0%	£9.25	£13.25	£37.00
Lorosco Reserva Merlot, Chile, 13.5%	£7.50	£9.50	£28.00

Prosecco and Champagne

	125ml	Bottle
Nos Amours, Sparking Brut NV, France, 11.0%		£29.00
Belstar Prosecco, 11.0%	£7.00	£31.00
Belstar Rosé Cuvée Sparkling, 11.5%	£7.00	£31.00
Prosecco Brut Jeio, Italy, 11.5%	£9.00	£39.00
Ayala Brut Champagne, 12.0%	£11.75	£69.00

Wines on this list may contain sulphites, egg or milk products.

All wines are also available in a 125ml measure. Please ask a member of staff should you require guidance.