

# THE HEADLAND *Spa*

*Relaxing \* Indulging \* Welcoming*



## *Nibbles*

Available from 12pm – 6pm

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



## *Starters / Light Bites*

Available from 12pm – 3pm

Soup of the day, tearing loaf  £6  
Smoked mackerel pate, beetroot & horseradish relish, rocket, crostini £8  
Spinach & ricotta tortelloni, toasted pine nuts  £8/£15

## *Main*

Available from 12pm – 3pm



Vegan burger £14  
vegan cheddar, chilli jam, avocado mayo, red onion, gherkin, lettuce and tomato on a sesame seed bun with sweet potato fries   
The Terrace cheeseburger £14  
Homemade peppercorn cheese, American mustard, burger sauce, red onion, gherkin, lettuce and tomato on a sesame brioche bun with fries  
Pan-fried bream fillet, piperade, roasted new potatoes, salsa verde  £15

## *Sides*

Mixed leaf salad £4    |    New potatoes £4  
Fries £4    |    Sweet potato fries £4  
Halloumi fries, sweet chilli dip £5


## *Salads*

Available from 12pm – 3pm

New superfood salad - Asparagus, beans, red quinoa, orange, tofu & cashew dressing, toasted seeds  £8/£15  
Chicken, avocado & bacon Caesar salad £8/15  
Classic Greek salad - red onion, mixed peppers, cucumber, feta, olives  £7/£12  
with fried calamari & grilled lemon £9/£16

## *Sandwiches*

Available from 12pm – 6pm

Rib-eye steak ciabatta, piquillo peppers, Emmental, watercress, crisps, rocket £15  
Roast turkey & honey glazed ham 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  
BBQ pulled jackfruit & Asian slaw wrap, vegetable crisps  £11


Sandwiches can be made GF upon request


*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.*


# THE HEADLAND *Spa*

## *Sharing boards for 2*

Available from 12pm – 3pm

Seafood - Smoked mackerel, king prawns, smoked salmon, anchovies, aioli, crostini  £18

Meat – Parma ham, chorizo, pastrami, bresaola, pesto, crostini  £17

Vegetable – Antipasti grilled vegetables, stuffed vine leaves, hummus, olives, crostini  £15



Cheese – Cornish cheeses, crisp bread, grapes, chutney, membrillo, celery, biscuits £18


## *Indulge*

Available from 12pm – 6pm

Banana Split for two   £10

Triple chocolate cake, salted caramel ice cream £8

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

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

Ask your host about our wide range of delicious homemade cakes.

## *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.*

*Served with your choice of Cornish loose leaf tea or a cup of freshly ground coffee*

£9.00

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

# THE HEADLAND *Spa*

## Hot Drinks

Pot of tea	£2.95
<i>We have a selection of chamomile, green, Cornish breakfast, red berry, peppermint, decaff Cornish breakfast, lemon verbena, earl grey, chai spice, orange &amp; passionfruit from Cornish Tea</i>	
Macchiato	£2.75
Americano	£3.15
Mocha	£3.75
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

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

## 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 / Frappés

Hazelnut Mocha Frappé		£3.95
Almond and Caramel Frappé	  	£3.95
Coconut and Vanilla Frappé	  	£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*

## *White*

		175ml	250ml	Bottle
102	Headland Hotel Colombard, Côtes de Gascone, France, 10.5% Medium dry, peardrops, starfruit	£7.75	£9.50	£28.00
103	Lost Weekend Chardonnay, Hesketh, Australia, 13% 	£7.75	£11.00	£31.00
252	Sauvignon Blanc "Bolitho's Block", Marlborough, NZ, 12.5% Current leaf, capsicum, crushed	£9.25	£13.00	£36.00
127	Pinot Grigio, Berry Bros & Rudd, Italy, 12% Almonds, fresh citrus, easy going	£7.50	£10.50	£29.00
121	Domaine Felines Jourdan, Picpoul de Pinet, France, 13.5% Bracing, green apple, born for seafood	£7.75	£11.00	£31.00



## *Rosé*

352	Coreto Rosado, Lisboa, Portugal, 12% 	£7.25	£9.50	£28.00
353	Vondeling Merlot Rosé, Paarl, South Africa, 13% 	£8.50	£12.00	£32.00
350	Provence Rosé, Le Grand Cros, France, 12.5% Cranberry, salmon pink, classic Provence	£9.25	£13.00	£35.00

## *Red*

580	Headland Hotel Shiraz – Cabernet, SE Australia, 13% Sweet berries, soft, juicy	£7.25	£9.50	£28.00
401	El Caminito, Malbec, Argentina, 13% Smooth, chocolate, well structured	£7.50	£10.00	£29.00
405	Chacotero, Merlot, Central Valley, Chile, 13% Crunchy, blackberry, lively	£7.50	£10.00	£29.00
437	Rioja Crianza, Berry Bros & Rudd, Spain, 13.5% Traditional, smokey vanilla, oak aged	£8.50	£12.00	£32.00
428	Pinot Noir, Leap in the Dark, New Zealand, 12% Light, elegant, sweet tip raspberry	£9.75	£13.75	£39.00

## *Sparkling*

		125ml	Bottle
671	Prosecco Spumante Divici, 11%  	£7.50	£34.00
673	Botter Rosato Spumante, Veneto, Italy, 11%	£7.50	£34.00
650	Ayala Brut Majeur, Champagne, France, 12%	£11.75	£69.00

*All wines by the glass are also available in a 125ml measure.*

*Please ask a member of staff should you require guidance*



: Vegan



: Vegetarian



: Biodynamic, Organic, Sustainable or Natural