

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  £6.50


Smoked chicken terrine, celeriac remoulade, pickles, radish, focaccia crisp  £8

Prawn cocktail, cucumber, avocado, sourdough wedge  £9


Gnocchi, Heritage tomatoes, mozzarella, basil, black olives  £8/£15
(vegan mozzarella on request)

Salads

Available from 12pm – 3pm


Buddha bowl - vine leaves, edamame beans, Heritage tomatoes, chickpeas, tofu, toasted seeds  £8/£15

Classic Greek salad - mixed peppers, olives, red onion, cucumber, feta, tomatoes  £7/£12


Classic Caesar salad - baby gem & cos lettuce, Parmesan cheese, garlic croutons  £7/£13
with grilled chicken breast £9/£16


Mains

Available from 12pm – 3pm

Vegan burger, vegan cheddar, chilli jam, avocado mayo, red onion, gherkin, lettuce & tomato on a sesame seed bun with sweet potato fries  £14

The Terrace cheeseburger £14.50
Homemade peppercorn cheese, American mustard, burger sauce, red onion, gherkin, lettuce and tomato on a sesame brioche bun with fries

Pan-fried bass fillet, tender stem broccoli & roasted peppers, salsa verde, coco beans  £17

Cajun blackened chicken breast, garlic green beans, roast sweet potato, mango coconut sauce  £16

Whole dressed crab, lemon dressed rocket, aioli, fries & brown bread  £18

Sides

New potatoes £4

Fries £4 | Sweet potato fries £4

Halloumi fries, sweet chilli dip £5

*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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Antipasti boards

for 2 £18 / for 1 £9

Meat – Parma ham, chorizo, pastrami, salami, pesto, crostini

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

Vegetables – Antipasti grilled vegetables, stuffed vine leaves, hummus, olives, crostini 

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

Sandwiches

Available from 12pm – 6pm

The Terrace Club - Roast turkey & honey £15
glazed ham on toasted granary or white bread,
fries

Toasted open local crab and avocado £15
sandwich on granary, rocket and orange salad

Breaded fish finger roll, tartare sauce, £13
baby gem lettuce, fries

Mozzarella, tomato & pesto ciabatta, £11
vegetable crisps & rocket 


Coronation chicken sandwich on white £11
bread, vegetable crisps & rocket

BBQ pulled jackfruit & Asian slaw wrap, £11
vegetable crisps 

Sandwiches can be made GF on request,
please note our breads contain trace amounts of soy.

Indulge

Available from 12pm – 6pm

Espresso martini cheesecake, chocolate £8
ice cream 

Vanilla panna cotta, strawberries, shortbread £7

Callestick Farm ice creams and sorbets
*Vanilla, chocolate, strawberry ice creams,
lemon, blood orange sorbets*

£4 two scoops / £5 three scoops

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

Headland Cream Tea

Available from 12pm – 6pm

*Freshly baked scones with Boddington's
strawberry jam and Rodda's 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.

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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 & 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

Apple, Orange, Cranberry juice	£2.50
Belvoir elderflower pressé	£2.95
Bottled Still or Sparkling Water (250ml)	£2.15
Coca-Cola, Diet Coke, Lemonade Bottles	£2.95

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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>	

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 Gascogne, 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
350	Provence Rosé, Le Grand Cros, France 12.5% Cranberry, salmon pink, classic Provence	£9.25	£13.00	£35.00

Red

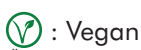
580	Headland Hotel Shiraz – Cabernet, SE Australia, 13% Sweet berries, soft, juicy	£7.25	£9.50	£28.00
401	El Caminito, Malbec, Argentina, 13% Smooth, chocolate, well structured	£7.50	£10.00	£29.00
405	Chacotero, Merlot, Central Valley, Chile, 13% Crunchy, blackberry, lively	£7.50	£10.00	£29.00
437	Rioja 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