

# COAST

Bed & Breakfast

## 2011 ROOM RATES

**PRICES ARE BASED ON 2 SHARING & INCLUDE BREAKFAST**

### HIGH SEASON JULY-SEPT 2011

5% DISCOUNT FOR 4 NIGHTS OR MORE

10% DISCOUNT FOR 7 NIGHTS OR MORE

SEA CAMPION (Double) **£72**– Panoramic sea view  
SEA HOLLY (Double) **£68**– Panoramic sea view  
BELL HEATHER (Double) **£70**– Good sea view  
GREAT WILLOWHERB (Double) **£70** – Good sea view  
TREE MALLOW (Twin) **£68** – Garden view  
RED FIELD POPPY (Small Double) **£62**  
WOOD SAGE (Double) **£66**

**SINGLE OCCUPANCY FROM £40 PER ROOM**  
MINIMUM 3 NIGHT BOOKINGS DURING AUGUST

### MID SEASON – MAY, JUNE & EASTER

5% DISCOUNT FOR 3 NIGHTS OR MORE 10% DISCOUNT FOR 7 NIGHTS OR MORE

SEA CAMPION (Double) **£70**– Panoramic sea view  
SEA HOLLY (Double) **£66**– Panoramic sea view  
BELL HEATHER (Double) **£68**– Good sea view  
GREAT WILLOWHERB (Double) **£68**– Good sea view  
TREE MALLOW (Twin) **£66**– Garden view  
RED FIELD POPPY (Small Double) **£60**  
WOOD SAGE (Double or twin) **£64**

**SINGLE OCCUPANCY FROM £38**

### LOW SEASON—OCT-APRIL—(excluding easter and half terms)

5% discount for 3 nights or more 10% for 7 nights or more

SEA CAMPION **£66**  
SEA HOLLY **£60**  
BELL HEATHER **£62**  
GREAT WILLOWHERB **£62**  
TREE MALLOW **£62**  
RED FIELD POPPY **£58**  
WOOD SAGE **£60**

**SINGLE OCCUPANCY FROM £35**

**SPECIAL OFFERS ARE ALSO AVAILABLE –  
SEE WEBSITE OR PHONE OR E MAIL FOR DETAILS**

**SINGLE OCCUPANCY FROM £35 PER ROOM**

### TERMS & CONDITIONS

ALL ROOMS ARE ON A B&B BASIS, A SINGLE NIGHT BOOKING MAY INCURR A SURCHARGE OF £6 PER ROOM. 1 NIGHTS DEPOSIT IN ADVANCE IS REQUIRED TO SECURE YOUR BOOKING; THIS DEPOSIT IS NON-REFUNDABLE UNLESS YOUR ROOM IS RE-BOOKED. FULL PAYMENT IS REQUESTED ON ARRIVAL. SHOULD YOU NEED TO CURTAIL YOUR STAY WE WILL ENDEAVOUR TO RE-LET YOUR ROOM AND YOUR PAYMENT WILL BE REFUNDED MINUS ANY ADMINISTRATION FEES. COAST IS A NON SMOKING ESTABLISHMENT & NO PETS ARE ALLOWED.

## WILD PLANET ART GALLERY

at **COAST B&B**

[www.katrinaslack.co.uk](http://www.katrinaslack.co.uk)

Handmade cards & art for sale

**FOR FAMILIES WHY NOT  
CONSIDER OUR HOLIDAY CHALET ON  
THE HAYLE TOWANS. SLEEPS SIX,  
REASONABLE RATES,CHECK OUT OUR  
WEBSITE FOR FULL DETAILS**

[www.coastcornwall.co.uk](http://www.coastcornwall.co.uk)

### USEFUL TRAVEL CONTACTS

NATIONAL RAIL ENQUIRIES

08457 48 49 50

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

NATIONAL EXPRESS COACHES

0121 423 8479

[www.nationalexpress.com](http://www.nationalexpress.com)

RYAN AIR

(Flights from Stanstead to Newquay)

[www.ryanair.co.uk](http://www.ryanair.co.uk)

(on line bookings)

AA route planner at

[www.theaa.com](http://www.theaa.com)

follow the link to routes in Britain

LOCAL TAXI COMPANIES

DJ CARS 01736 796633

ACE CARS 01736 797799

**COAST**  
Bed & Breakfast



**COAST BED & BREAKFAST**  
ST IVES ROAD, CARBIS BAY  
CORNWALL TR26 2RT

**01736 795918**

[www.coastcornwall.co.uk](http://www.coastcornwall.co.uk)

[info@coastcornwall.co.uk](mailto:info@coastcornwall.co.uk)

Coast is in the unique location of Carbis Bay, situated between the historic seaside town of St Ives and the golden sands of Hayle with Carbis Bay beach a mere 10 minutes walk from Coast and St Ives Centre less than 20.

Coast is ideally situated for nature lovers being close to RSPB reserves, moorlands, exotic gardens and miles of National Trust coastline.

With St Ives brimming with art galleries including the Tate and Barbara Hepworth Museum, Coast is an ideal holiday location for lovers of art, nature, wildlife, surfing, diving and life.



Breakfast at Coast is provided by THE BEAN INN which is situated on the ground floor. Evening meals can also be arranged on most nights even when the restaurant is closed to the public although a more limited menu will then be available.

Packed lunches can also be arranged.

All food is freshly prepared on the premises using organic & local products as often as possible. A sample menu is included in this leaflet.

BREAKFAST is served between 8.30 & 9.30 & consists of cereals, juice & toast plus a choice of the following:

#### FULL ENGLISH

Vegetarian Sausage, free range egg, sauté potatoes, tomato, beans & mushrooms

#### TOASTED BREAKFAST MUFFIN

with a breakfast filling of your choice

#### SCOTCH PANCAKES

With bananas and maple syrup

#### SCRAMBLED EGGS, BAKED BEANS

or something else on toast.

#### MORNINGBOCKERGLORY

Fresh fruit, yoghurt, muesli & toasted nuts

Most food can be adapted for a vegan option.

Please inform us if you have any food allergies or special dietary needs.



#### Sample evening menu

OUR MENU CHANGES WITH THE SEASONS PLEASE CHECK DAILY

**FRESH HOMEMADE SOUP** & warm crusty bread

#### **FATTOUSH**

A mouth-watering Lebanese salad of crunchy vegetables with crisp lettuce, flat bread and sumac

#### **FRESH LOCAL ASPARAGUS**

served on a bed of watercress with a lemon vinaigrette

**GARLIC MUSHROOMS** cooked in white wine, tarragon & wild rocket served with warm crusty bread

#### **HOMEMADE GARLIC & HERB BREAD**

#### MAIN COURSES £9.25

#### **SZECHEUAN SPICED TOFU & VEGETABLE SKEWERS**

with aduki bean patties, crunchy salad & a satay sauce

#### **MIXED VEGETABLE and CASHEW NUT STIR FRY**

cooked in an exotic ginger, Vietnamese coriander, coconut & soy sauce & served with brown basmati rice

#### **PORTOBELLO MUSHROOM**

Stuffed with leeks & Cornish goats cheese, served with a fresh salad & rosemary roasted new potatoes

#### **STUFFED PEPPER**

filled with chilli, rice & vegetables, with Corn chips, salsa dip, fresh salad & a dollop of sour cream

#### **MOROCCAN SPICED VEGETABLE CASSEROLE**

with roasted almond cous cous & homemade humus

#### **PASTA RIGATONI**

with wild mushrooms & sun dried tomatoes in a tomato & fresh basil sauce topped with shavings of Cornish village green cheese & toasted pine nuts

#### **BLUE CHEESE, WHITE GRAPE & RED ONION TART**

served with a rocket, watercress & walnut salad & rosemary roasted potatoes

#### DESSERTS FROM £3.95

#### **LUSH DARK CHOCOLATE ORANGE POT**

#### **SCOTCH PANCAKES**

with ice cream & maple syrup

**RASPBERRY RIPPLE CHEESECAKE** with raspberry coulis

#### **BAKED BANANA**

in an orange & ginger sauce with ice cream

**HOMEMADE CRUMBLE** with ice cream or custard

