

Spa Day Menu

Tomato & Basil Soup

Oriental Raw Stir Fry

A selection of crisp sweet peppers, cabbage & spring onions marinated with rice noodles & topped with charred sesame pineapple.

Heirloom Tomato Salad

A fresh combination of English heirloom tomato's, crisp cucumber & sweet fresh figs dressed in herb oil.

Thai Curry

A fragrant vegetable & coconut curry served on a bed of rice noodles, topped with fresh bean shoots, mange tout and a rice cracker.

Tomato and Avocado Parcel

Layered seasonal avocado & tomato wrapped in grilled zucchini & served on a bed of mixed nuts.

Chilli Taco Salad

A bowl of warm and hearty vegetable chilli, accompanied by two gluten free taco shells brimming with a delicious freshly made salsa topped with guacamole.

Paella

Our signature paella dish doesn't have to include meat and fish to taste great. Saffron wild rice infused with onion, peppers, artichokes and zucchini, accompanied by mixed spanish olives.

Smoothies:

Strawberry

Kale & Ginger

Apple & Pineapple

Mango & Turmeric