



Spa

DAY
MENU



ALLERGENS



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES



LACTOSE



CRUSTACEANS



FISH



RASPBERRY SUNRISE

A layer of Raspberry & Pear topped with Mango, Orange & Turmeric Smoothie

GUT BALANCE

Kale, Pineapple, Ginger, banana & Avocado Smoothie

DIGESTIVE NECTAR

Carrot, Celery, Orange

IMMUNISE

Strawberry, Apple & Ginger

Smoothies

Juices



Set Menu

TOMATO & BASIL SOUP

Served with Flaxseed Crackers
VE



MUSHROOM BROTH

VE



HEARTY BURGER

4oz Beef Burger in a brioche bun. With spiced mayo, gem, tomato and courgette pickles, served with Onion Rings, skin on fries and spiced mayonnaise.

VE option available



SALMON NICOISE

Flaked Salmon served on mixed leaves, cherry tomatoes, green capers, baby potatoes, egg, and vinaigrette
Lighter Choice



Set Menu

SAAG ALOO

A Lightly spiced spinach and potato curry, served with wild rice and poppadoms.

Choose between Lightly spiced chicken or butterbeans. Ve Option

JACKET POTATO YOUR WAY

Choice of Cheese, Tuna, Creamy Leek Carrot & Butternut squash, or Beef Chilli, served with a salad garnish
Lighter Choice VE options

ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach pesto. Served with tomato sauce & vegan cheese. VE

KALE & SWEET POTATO SALAD

Roasted sweet potato, cashew nuts & chickpeas in a warm sunflower & date sauce garnished with pomegranate.
Lighter Choice VE

