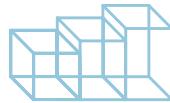


*Spa*  
**DAY  
MENU**



# ALLERGENS



FISH



EGG



LACTOSE



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES



# Smoothies

## RASPBERRY SUNRISE

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

## GUT BALANCE

Kale, Pineapple, Ginger, banana  
& Avocado Smoothie

## DIGESTIVE NECTAR

Carrot, orange, celery



## IMMUNISE

Strawberry, Apple & Ginger  
Juice

# Lunch Menu

## TOMATO & BASIL SOUP

Served with croutons.

## MUSHROOM BROTH

## CHICKEN BROTH

## JACKET POTATO YOUR WAY

Choice of Cheddar Cheese, Tuna mayo, Creamy Leek & Butternut squash, or Chilli Con Carne, served with a side salad & coleslaw. VE option  
Lighter Choice

## THE BURGER

4oz Beef served in a brioche bun. With spiced mayo, cheese, baby gem, tomato, pickle, served with Onion Rings and skin on wedges.  
VE option available. Bean Burger.

## BUDDHA BOWL

Teriyaki Buddha bowl, served with quinoa, pearl barley, cous cous, edamame, avocado & broccoli. Comes with a choice of, teriyaki tofu, salmon or chicken.



# Lunch Menu

## TUNA NICOISE

Grilled Tuna served on mixed leaves, cherry tomatoes, olives, capers, French beans, baby potatoes, egg, and vinaigrette.



## KALE & SWEET POTATO SALAD

Roasted sweet potato, cashew nuts & chickpeas in a warm miso glaze, garnished with pomegranate & sesame.  
VE



## SWEET POTATO GNOCHI

Hand made sweet potato gnocchi, with kale and hazlenut pesto. VE



## SAAG ALOO

A Lightly spiced spinach and potato curry, served with wild rice and poppadoms.  
Choose between Lightly spiced chicken or butterbeans.  
Equilibrium