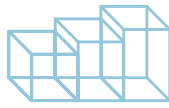




Spa
DAY
MENU



ALLERGENS



FISH



EGG



LACTOSE



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES



RASPBERRY SUNRISE

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

GUT BALANCE

Kale, Pineapple, Ginger, banana
& Avocado Smoothie

DIGESIVE NECTAR

Carrot, orange, celery

IMMUNISE

Strawberry, Apple & Ginger
Juice



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 gnoch, 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