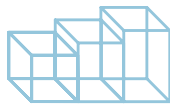




Spa
DAY
MENU



ALLERGENS



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES

Smoothies

STRAWBERRY SUPREME

Strawberries, Raspberries
& Bananas

KALE & GINGER

Kale, Ginger, Cucumber, Celery &
Apple

APPLE & PINEAPPLE

Pineapple, Apple & Cucumber

MANGO & TURMERIC

Orange, Mango & Turmeric



Set Menu

TOMATO & BASIL SOUP

Served with crostini.



CARROT & CORIANDER SOUP

Served with flaxseed crackers.



TOMATO AVOCADO WRAP

Avocado & tomato wrapped in grilled zucchini & served with nuts.



CHILLI TACO SALAD

A warm vegetable chilli, with gluten free taco shells, topped with fresh salsa & guacamole.



VEGETABLE PAELLA

A mix of Mediterranean vegetables with a mix of Spanish olives.



BLACK BEAN HOISIN STIR FRY

Stir-fried vermicelli noodles with chilli, vegetables & black bean sauce.



ASIAN SPRING ROLL

A selection of colourful fruit & vegetables encased in soft rice paper, paired with sweet chilli sauce.



LENTIL & PEPPER DAHL

Mildly spiced dahl and red pepper, topped with fresh coriander and a coconut glaze.

