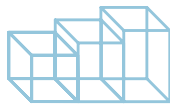




Spa
DAY
MENU



ALLERGENS



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES

Smoothies

STRAWBERRY SUPREME

Strawberries, Raspberries,
Bananas & Cucumber

KALE & GINGER

Kale, Ginger & Apple

APPLE & PINEAPPLE

Pineapple, Apple & mint

MANGO & TURMERIC

Orange, Mango & Turmeric



TOMATO & BASIL SOUP

Served with a lentil roll.



FRENCH ONION SOUP

Served with cheese croutons.



MUSHROOM BROTH

TOMATO AVOCADO WRAP

Avocado & tomato wrapped in grilled courgette with a chopped nut base, drizzled with herb oil and topped with pickled red onion.



CHILLI TACO SALAD

A warm vegetable chilli served with two Corn Taco Shells filled with gem lettuce, cherry tomatoes, cucumber and spiced Mayonnaise topped with Guacamole.



BLACK BEAN STIR FRY

Courgette Noodles with Sweet Chilli & Vegetables in a sunflower seed & date sauce.



Set Menu

LENTIL & PEPPER DAHL

Mildly Spiced Dahl with Peppers & Sweet Potato topped with Fresh Coriander and served with a Lentil Bun.



CEASER SALAD

Gem lettuce, croutons, roasted fennel and parmesan drizzled with Caesar dressing.



ZUCCHINI RAVIOLI

Zucchini parcels stuffed with fresh spinach pesto, roasted. Served with tomato sauce & vegan cheese.



MUSHROOM RISOTTO

Roasted Portobellos in Balsamic Vinegar with a creamy thyme Risotto topped with Parmesan.

