



*Spa*  
DAY  
MENU



# ALLERGENS



**GLUTEN**



**NUTS**



**SOY**



**SESAME**



**CELERY**



**MUSTARD**



**SULPHITES**



**LACTOSE**



**CRUSTACEANS**



**FISH**



# Smoothies

## RASPBERRY SUNRISE

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

## GUT BALANCE

Kale, Pineapple, Ginger, banana & Avocado Smoothie

# Juices

## DIGESTIVE NECTAR

Carrot, Celery, Orange

## IMMUNISE

Strawberry, Apple & Ginger



## 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 BUDDAH BOWL

Teriyaki Buddha bowl, served with quinoa, pearly barley, cous cous, edamame, avocado & broccoli.  
Lighter Choice



## TUNA NICOISE

Grilled served on mixed leaves, cherry tomatoes, green capers, baby potatoes, egg, and vinaigrette.



## 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

