

SPA MENU



COFFEES

Espresso 3.10

Double Espresso 3.30

Americano 3.60

Cappuccino 3.85

Cafe Latte 3.85

Flat White 3.60

Cafe Mocha 3.85

Hot Chocolate 3.85

Add your extras

Flavoured syrup 1.00
caramel, vanilla or hazelnut

Extra espresso shot 1.00

Soya Milk available on request

BREWED TEA SELECTION

English Breakfast 3.60

Decaf English Breakfast 3.60

Energy - Assam Tea 3.60

Detox - Cranberry and Raspberry 3.60

Digest - Peppermint 3.60

Purify - Pure Green 3.60

Calming - Earl Grey 3.60

Food and Drink Menu

SPA JUICES & BUBBLES

Strawberry smoothie 4.00

Mango, rosehip and goji berry smoothie 4.00

Large cloudy apple juice 3.00

Large orange juice with bits 3.00

Exclusive Offer

This range is exclusive to our spa guests

Chio Spumante Rose "Pink Fizz" 18.95 (bottle)

Il Cortigiano Prosecco 20.00 (bottle)

Ill Cortigiano Prosecco Minature 7.00 (20cl)

Full drinks list available

V Suitable for Vegetarians **Ve** Suitable for Vegans

GF Gluten Free (GFA) Gluten Free Alternative Available

Allergen details: Our food is prepared in a kitchen where nuts, gluten and other known allergens/intolerances may be present. If you would like information on ingredients within our menu items in relation to allergens and food intolerance including GF please ask a member of staff who will be able to assist you. Where, due to circumstances beyond our reasonable control, we may need to substitute menu items or ingredients. If you have any questions, please ask your server.

INCLUSIVE SPA LUNCH

Starter

Plum tomato and basil soup **V** (GFA)

Main

Chargrilled chicken Caesar (GFA)
gem lettuce, parmesan and sourdough croutons

or

Spiced freekeh grain and cauliflower salad **Ve**
lime and pomegranate salad

or

Hand stretched sourdough flatbread
tomato, mozzarella and pepperoni

Add: French fries or thick cut chips 3.50

Add: Rocket, gem and Parmesan salad 3.50

Dessert

Mixed fruit and berry pot

Indulge

Sticky toffee pudding 7.00 **V** **GF**
salted caramel ice cream

Clementine tart and dark chocolate sauce 6.50

Baked vanilla cheesecake 6.50 **GF**
red berry compote

Selection of ice creams

4 scoops 6.00, 2 scoops 3.00 (GFA)
your choice of flavours: salted caramel, pistachio,
mint, chocolate, strawberry or vanilla

Afternoon Tea

Finger sandwiches, warm fruit and plain
scones and a selection of sweet treats

Supplement £9.00 or £14.00 with a Glass of Fizz