



Spa Day Lunch Menu

Select Two Courses

Starters

Chef's soup of the day(V)

Served with sourdough baguette and butter.
Ask about today's choice.(168kcal)

Houmous(V)

Served with toasted seeds and warm flatbread. (539Kcal)

Salt & pepper squid

Served with lemon chipotle mayonnaise. (513Kcal)

Sandwiches

Sandwich of choice on white or brown bread.
Served with petite salad and crisps.

Egg mayo & cress (681kcal)

Ham, cheese, gherkins & mustard (559kcal)

Cheddar cheese & onion chutney (559kcal)

Tuna mayo & spring onion (261Kcal)

**Smoked salmon, caper & cream cheese
(698kcal).**

Or choose from one of the below mains...

Mains

Stone baked margherita pizza (V) (1081kcal)

Stone baked Parma ham with parmesan, rocket leaves, balsamic pizza (1168kcal)

Vegan and gluten free pizza options are available.

Caesar salad with baby gem lettuce, anchovy fillets, crunchy croutons, hardboiled egg and Italian crisps all tossed in a Caesar dressing (413kcal)

Includes Chicken or bacon add on

Spaghetti Bolognese with shaves of Italian cheese

Please inform a member of our team before dining If you have a food allergy or intolerance. All food is prepared in an area where allergens are present.

(V) vegetarian, (VG) vegan, (GF) Gluten free options available upon request

Calories have been calculated using the Food Standards Agency calculator.

Written information is available on request.

2,000 calories a day is used for general nutritional advice, but individual calorie needs may vary.