

Welcome to The Spa Lounge & Bar

Enjoy a menu of fine food created using fresh, locally sourced ingredients, a delicious cocktail or something from the extensive wine list.

Exuding warmth and style, complemented with bright and airy surroundings, The Spa Lounge & Bar is an ideal spot for morning coffee, a delicious lunch or refreshments throughout the day.

Nibbles

OLIVES	£3.50
SWEET POTATO CRISPS	£1.50
SPICED PEANUTS	£1.50
The above items are available as a platter for	£5.50

Light Bites and Salads

FRESHLY PREPARED SOUP WITH CRUSTY BREAD (v)	£4.95
CAESAR SALAD SHAKER (v) Crisp cos lettuce, parmesan, sour dough garlic crisps and classic Caesar dressing	£6.50
SUPER FOOD SALAD (v) Mediterranean vegetable and herb cous-cous, broccoli, pumpkin seeds, olive oil With Kiln Smoked Salmon small £6.90 /large £13.50 With Freshwater Prawns small £6.90 /large £13.50	
SKEWERED ORIENTAL GINGER SPICED CHICKEN £7.50 Noodle, bean sprout and spring onion salad, coriander, lime and Thai basil dressing	
KIDDERTON ASH GOAT'S CHEESE AND RED ONION MARMALADE TART (v) £7.95 Apple salad	
CAPRESE SALAD (v) £9.80 Buffalo mozzarella, vine tomato and avocado, pesto dressing	

Freshly Prepared Sandwiches and Wraps

All served with sweet potato crisps

THE "SPA" BLT	£7.90
ROAST RED PEPPER, AVOCADO AND GOAT'S CHEESE WRAP (v)	£8.25
ORIENTAL GINGER SPICED CHICKEN WRAP	£9.25
SEARED MINUTE STEAK CIABATTA £11.95 With onion relish	

Ideal for Sharing

ANTIPASTO BOARD £17.50 Cured and smoked Italian meats, balsamic marinated onions, olives, bocconcini mozzarella, preserved plum tomatoes, smoked mussels, cured trout, lemon mayonnaise, sour-dough garlic bread toasts	
---	--

From The Grill

Served with super food salad or French fries

MERE BEEF BURGER £12.50 Topped with cheese and crispy bacon with brioche bun	
CORN-FED CHICKEN BREAST £12.80	
SCOTTISH SALMON FILLET £13.50	
LEMON AND GARLIC SCENTED SEA BASS £14.50	

Pasta and Risotto

WILD MUSHROOM AND SHALLOT RISOTTO £10.50 Dressed rocket	
KILN SMOKED SALMON £12.75 Courgette, spinach and pappardelle pasta, parmesan cream	
GOAT'S CHEESE AND LEEK RAVIOLI £13.50 Savoury granola crumb	

Sides

HOUSE SALAD £3.25	
FRENCH FRIES £3.25	
NEW POTATOES £3.25	
SEASONAL GREEN VEGETABLES £3.25	
SUPER FOOD SALAD £3.25	

Desserts

VANILLA PANNA COTTA £3.95 Milk chocolate, rum and raisin ice-cream and dark chocolate sauce	
YOGHURT OF THE GODS £4.30 Farmhouse yoghurt with fresh raspberries, chocolate flakes and honey	
GUILT FREE LEMON CAKE £5.15 Lemon and mascarpone sorbet	
PLATTER OF FRESH SEASONAL FRUIT £6.50 Green apple sorbet	

All meat weights denoted are uncooked. (v) denotes vegetarian dishes.
Food Allergies and Intolerances: Before ordering food and drink please speak to a team member if you would like to know more about our ingredients