



# 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.

## Small Tasting Plates

<b>IBERICO HAM, SHAVED PARMESAN, EXTRA VIRGIN OLIVE OIL</b>	£6.50
<b>PLUM TOMATOES, BASIL, POACHED EGG, HOLLANDAISE</b>	£4.95
<b>SMOKED SALMON, CAPERS, LIME, GLUTEN FREE BREAD</b>	£6.75
<b>BABY ROAST POTATOES, ROSEMARY, GARLIC, CRÈME FRAICHE</b>	£3.50
<b>FRESHLY MADE SOUP WITH FOCACCIA</b>	£4.95

## Spa Lunch Boards

<b>CHICKEN</b>	£17.50
Thai marinated strips of corn fed chicken breast Thai vegetable salad, jalapenos, Pad Thai noodles Mere superfood salad Ginger Crème Brulee	
<b>COD FILLET</b>	£18.50
Steamed fillet of Atlantic cod Warm potato and chorizo salad, hollandaise, seasoned greens Mere superfood salad Fruit salad in a light mint syrup	
<b>KING PRAWNS</b>	£22.50
Pan seared king prawns in chilli, garlic and ginger Piquillo pepper salad, vegetable tortilla, garlic and parsley anchovies Mere superfood salad Mere mess	
<b>SWEETCORN AND BRIE</b>	£16.50
Sweetcorn fritter, baba ganoush and melted brie Quinoa black bean salad, baby spinach, roasted almonds Mere superfood salad Roasted figs in natural cheshire yoghurt	
<b>FREE RANGE PORK</b>	£19.50
Minced pork skewers on lemon grass Pearl barley risotto, pickled cabbage, crunchy chick peas Mere superfood salad Blueberry mousse, roasted almonds	

## Nutribullet Shakes

<b>CHOLESTEROL CRUSHER</b>	£3.00
Kale, blueberries, banana, oatmeal, almonds, cacao	
<b>HORMONE HELPER</b>	£3.00
Beetroot, grapes, broccoli, raspberries, goji berries, avocado, olive oil	
<b>YOUTHFUL</b>	£3.00
Kale, avocado, nectarine, blueberries, walnuts	
<b>SKINNY BLAST</b>	£3.00
Spinach, banana, pumpkin seed, orange, carrot, hemp seeds	

## Street Food

with "just crisps" and a tomato and pomegranate salad

<b>BEEF WRAP</b>	£12.50
Strips of tender British beef, field mushrooms, creamed brie	
<b>THE HOT CHICKEN PITTA</b>	£10.25
Slow cooked chicken, harissa, chopped coriander, red onion	
<b>THE SMOKED TROUT - OPEN SANDWICH</b>	£9.50
Smoked trout fillet, fennel, broad beans, ricotta	
<b>THE VEGETARIAN - OPEN BAGEL</b>	£8.50
Pecan and maple roasted sweet potato, soft herbs, spring onions	
<b>THE SHELLFISH WRAP</b>	£13.50
Quinoa tabouleh, chilli, grilled king prawns, soft herbs, crisp roots	

## Desserts

<b>GINGER CRÈME BRULEE</b>	£5.75
<b>ROASTED FIGS IN CHESHIRE NATURAL YOGHURT</b>	£5.75
<b>VANILLA CRÈME FRAICHE "MERE MESS"</b>	£5.75
<b>BLUEBERRY MOUSSE, ROASTED ALMONDS</b>	£5.75
<b>FRUIT SALAD, LIGHT MINT SYRUP</b>	£5.75

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