



In an area renowned for its natural beauty outside... there is now a place dedicated to the inner you.

MENU

For Pamper Days & Group Bookings



Sandwiches

(Soft white rusk coated torpedo roll / soft wholemeal cracked wheat topped torpedo roll)

- Char-roasted chicken strips
- Farmhouse cooked roast ham
- Grated cheddar & crunch vegetable pickle
- Tuna chunks with low fat mayo
- Reduced salt crispy bacon, crunchy lettuce & locally sourced tomatoes
- North Atlantic prawns & traditional Marie Rose sauce



Grilled Panini

(Italian-style baguette, enriched with extra virgin olive oil)

- Char-roasted chicken strips & reduced salt crispy bacon
- Farmhouse cooked roast ham & grated cheddar cheese
- Grated cheddar cheese & locally sourced tomatoes
- Tuna chunks, grated cheddar cheese & freshly chopped onions
- Feta cheese & tomato



Jacket Potatoes

(Oven-baked King Edward potato with a choice of filling)

- Feta cheese
- Grated cheddar cheese
- Tuna chunks with low fat mayo
- North Atlantic prawns & traditional Marie Rose sauce
- Chicken Tikka



Salad Bowls

(Freshly tossed salad with pine kernels)

- Char-roasted chicken strips
- Farmhouse cooked roast ham
- Grated cheddar cheese
- Tuna chunks
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Please ensure your lunch is ordered before arriving for your Spa Day. Thank you

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