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Spa day lunch menu
12pm – 4pm

Our team will confirm how many courses are included as part of your Spa Day, you may add an extra course for £8.

Starters

Smoked Mora Farm beetroot (v) (vg on req)

Radicchio, hazelnut, honey, yoghurt

Pumpkin soup (v) (vg on req)

toasted pumpkin seeds, focaccia

Gently spiced hummus (gf & vg on req)

crispy chickpeas, flat bread

Mains

Chicken Caesar salad (v & vg on req)

Parmesan, croutons, organic gem lettuce

Niçoise salad

trout, lettuce, tomatoes, green beans, new potatoes, egg

Sandwiches served on granary or white bread, with vegetable crisps and salad:

Coronation chicken sandwich

Cornish Smuggler cheese & chives sandwich (v)

Red pepper, courgette & spiced yoghurt sandwich (vg)

Desserts

Chocolate brownie (v) (gf & vg on req)

Cornish clotted cream

Lemon crème brûlée (v) (gf on req)

almond amaretti biscuit

Callestick Farm ice-cream/sorbet (V, GF & VG on req)

Many flavours available

If you have any allergies, please let us know, so we can take good care of your requirements. Please do not forget to log your car registration at Reception.

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A la carte drinks

Softs

Juices: apple, orange, cranberry, pineapple 3.35

Fizzy: Coca Cola, Diet Coke, Lemonade 3.35

Frobishers' Fruit Fusion 3.35

Apple & raspberry, apple & mango, orange & passion fruit

Healeys' Farm 'Avalade' sparkling apple 3.35

Healeys' Farm traditional lemonade

Jamu prebiotic wild sparkling water 5

Blood orange, raspberry, lemon

Headland still or sparkling water (glass) 3.35

Headland still or sparkling water (1L bottle) 4.50

Smoothies

Acai Kick super smoothie 7

acai berries, blueberries, mango, strawberries

Green Reviver smoothie 7

banana, kale, lemongrass, mango

Golden Glow super smoothie 7

chili, coconut milk, ginger, mango, orange, papaya, tumeric

Tea & coffee

Americano 3.75

Espresso, macchiato 3.25

Double espresso 4.0

Flat white 4.25

Cappuccino, latte, mocha, hot chocolate 4.25

"The Works" hot chocolate, cream & marshmallows 5.25

Pot of loose leaf tea 3.95

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