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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

Monkfish scampi

seaweed, sesame, citrus miso mayonnaise

Jerusalem artichoke soup (v) (vg on req)

warm focaccia

Roasted Crown Prince pumpkin (vg)

pumpkin hummus, hazelnut & truffle pesto, sage

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

Cornish Smuggler cheese and chive (v)

Romesco, piquillo peppers, hazelnut butter (vg)

Desserts

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

Cornish clotted cream

Sticky toffee pudding (v)

miso caramel sauce, Balvenie DoubleWood whisky ice-cream

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 3.9

Espresso 3.5

Macchiato 3.75

Double espresso 4.3

Flat white 4.6

Cappuccino, latte, mocha 4.6

Hot chocolate 4.9

"The Works" hot chocolate, cream & marshmallows 5.75

Pot of loose-leaf tea 3.95