

# SPA

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.

# S P A

## 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