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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

**Tomato, watermelon and feta salad** (vg on req)

**Crispy calamari**

*ponzu dipping sauce*

**Gently spiced hummus** (VG, GF on req)

*crispy chickpeas, flat bread*

## Mains

**Farm and field grazing board** (GF on req)

*cured meats and cheeses, focaccia bread, pickles, preserves*

**River and sea grazing board** (GF on req)

*smoked Boscastle trout, poached prawns, smoked mackerel, focaccia bread, lemon mayonnaise*

**Veggie mezze grazing board** (VG & GF on req)

*Pickled and salt baked vegetables, antipasti, focaccia, preserves, pickles*

## Desserts

**Chocolate brownie** (GF, V, VG on req)

*Cornish clotted cream*

**Cornish strawberries** (V, GF, VG on req)

*Chantilly 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 &amp; raspberry, apple &amp; mango, orange &amp; 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

Berry burst 7

blackberries, blackcurrants, blueberries, banana

Organic sunshine 7

passion fruit, pineapple, banana, mango

Super green 7

spinach, avocado, apple, spirulina, lime, basil

## Tea &amp; coffee

Americano 3.35

Espresso, macchiato 2.95

Double espresso 3.8

Flat white 3.85

Cappucino, latte, mocha, hot chocolate 3.95

"The Works" hot chocolate, cream &amp; marshmallows 4.2

Pot of loose leaf tea 3.2

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