
BOTTLED BEERS

Peroni (5.1% abv)	330ml	4.50
Innis & Gunn Oak Cask, Ale (6.6% abv)	330ml	5.00

WINE

Luis Felipe, Sauvignon Blanc, Chile	175ml / Bottle	5.50 / 21.00
Luis Felipe Merlot, Chile	175ml / Bottle	5.55 / 21.00
Antonio Rubini Pinot Grigio Rosè, Italy	175ml / Bottle	5.75 / 22.00
Fantinel Prosecco Extra Dry, Italy	125ml / Bottle	8.00 / 32.00
Moët & Chandon Brut Impérial NV Champagne, France	125ml / Bottle	12.00 / 69.00

HOT BEVERAGES

Flat White	3.55
Americano	3.35
Café Macchiato	2.75
Espresso	2.45
Double Espresso	3.55
Cappuccino	3.95
Café Latte	3.75
Café Mocha	3.75
Hot Chocolate	3.55
English Breakfast Tea	3.35
Selection of herbal & fruit teas	3.35

Decaffeinated coffee & tea, skimmed or soya milk are available upon request.
All hot beverages are served with shortbread biscuits.

one

SPA CAFÉ



(N) Contains nuts (V) Vegetarian (GF) Gluten-Free

Allergy Advice We welcome enquiries from customers who wish to know whether any dishes contain particular ingredients. Please inform your server of any allergy or special dietary requirements that we should be made aware of, when preparing your menu request.

BREAKFAST (served 09:00am – 11:30am)

Fresh fruit salad (V)	3.00
Cinnamon Bircher muesli with apple, hazelnut crunch & low fat natural yogurt (V) (N)	3.00
Selection of freshly baked morning pastries (V)	2.50
Croissant served with butter, jam & preserves (V)	3.00

ALL DAY DINING (served 11.30am – 17.30pm)

SOUP & LIGHT BITES

Freshly homemade soup of the day with crusty roll (V)	6.00
Marinated olives with orange & rosemary (V) (GF)	5.50
Chickpea hummus with crisp grissini sticks (V)	5.50

SALADS

As our salads are freshly made in our main hotel kitchen, they may take up to 30 minutes from ordering to prepare. We recommend pre-ordering prior to any work-out or treatment directly with Spa Reception or Spa Café.

Classic Caesar salad	13.00
Baby gem, garlic croûtons, anchovies, soft-boiled free range hen's egg & aged Parmesan <i>Add chargrilled chicken or smoked salmon</i>	15.00
Crumbled goat's cheese salad (GF) (N)	11.00
Candied walnuts & baby spinach salad with Cox apple & honey mustard vinaigrette	
Tomato & mozzarella salad (GF) (N)	10.00
Vine ripened tomatoes with buffalo mozzarella & pesto	
Quinoa salad (V) (N)	9.50
Toasted almonds, raisins, broccoli florets & grapefruit	

CIABATTAS

You can enjoy either hot or cold, please inform your server of your preference.
Served with salad leaves, dressing & crisps.

Heritage tomato & buffalo mozzarella with Parma ham	8.50
BLT with smoked turkey	8.00
Roasted beef with caramelised onions, mushrooms & Swiss cheese	8.75
Italian meatball, Parmesan & pesto (N)	8.75
Brie with red onion, roasted pepper & aubergine (V)	7.50

BENTO BOXES

As our Bento Boxes are freshly made in our main hotel kitchen, they may take up to 30 minutes from ordering to prepare. We recommend pre-ordering prior to any work-out or treatment directly with Spa Reception or Spa Café.

Indulgent Box

16.50

Lime & honey marinated chicken with Israeli couscous, chickpea & pomegranate salad

Connage Crowdie cheesecake with roasted figs (V)

Classic Caesar salad with herb croûtons, anchovies, soft boiled free-range hen's egg, aged Parmesan & smoked salmon

Thai style roast salmon on Asian style noodles with pak choi (GF)

Gluten free passion fruit & almond sponge with mango purée & crème fraîche (V) (GF) (N)

Deluxe Box

17.50

Homemade chicken liver pâté with nectarine jelly & toasted sourdough

Air dried Oxsprings ham with chilli roasted pineapple & rocket (GF)

Crayfish with baby gem & cherry tomato cocktail salad (GF)

Quinoa salad, ripe mangos, butternut squash with coriander & lime (V)

Strawberry yoghurt mousse with granola crunch & blueberry compote (V) (N)

Afternoon Tea Box

19.50

Available from 14:30pm – 17:00pm

Enjoy our seasonal Afternoon Tea complete with a delicious assortment of sandwiches, scones & home made preserves, not to mention a tempting selection of sweet treats – courtesy of our expert pastry chefs. Includes one hot beverage of your choice.

DAILY DELIGHTS

Homemade from our pastry kitchen

Cake of the day (V)

3.50

Sweet treats (V)

2.75

Homemade scone with butter, jam & clotted cream (V)

4.50

HOMEMADE SMOOTHIES, MILKSHAKES & TREATS

Recovery & Balance Smoothie (V) (GF)

4.50

Pear, banana, low fat natural yoghurt & honey with orange juice

Hydrating & Refreshing Smoothie (V) (GF)

4.50

Banana, strawberries & raspberries with pineapple juice

Why not ask your server what the tempting smoothie of the week is today?

Milkshakes (V) (GF)

3.95

Made from our delicious homemade ice cream & low fat milk

Chose from the following flavours: Chocolate / Vanilla / Strawberry

Ice Cream (V)

3.95

Vanilla, chocolate & strawberry with marshmallows & fruit coulis

SOFT DRINKS

Coke	200ml	2.50
Diet Coke	200ml	2.50
Appletiser	275ml	3.00
Lemonade	125ml	2.00
Tonic Water	125ml	1.90
Slimline Tonic	125ml	1.90
Soda Water	200ml	1.90
Ginger Ale	125ml	1.90

JUICES

Fresh Orange	200ml	2.85
Apple	200ml	2.50
Pineapple	200ml	2.50
Cranberry	200ml	2.50
Tomato	200ml	2.50
Rubicon (Passionfruit or Mango)	200ml	2.60

MINERAL WATER

Highland Spring Still	330ml / 1L	2.45 / 4.75
Highland Spring Sparkling	330ml / 1L	2.45 / 4.75