

Spa Menu

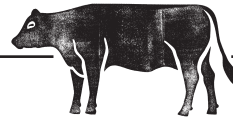


Starter

Cucumber, dill, beetroot gazpacho with fresh mint

Half of cantaloupe melon filled fresh berries, mint and sweet wine

Crushed avocado and lemon crème fraiche on toast



Main

Caesar salad, parmesan shavings with choice of:

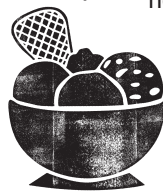
- avocado
- chicken
- bacon
- anchovies
- grilled halloumi

Lime & coriander prawn salad

Grilled aubergine sandwich, roasted peppers and hummus

Strips of minute steak, roasted peppers, Hampshire watercress salad

Super food salad with mix seeds, hems and pine nuts



Dessert

Black forest cheesecake

Poached mango, fresh raspberries, coconut flakes, lime sorbet

New Park Manor mess, meringue, fresh strawberries

Spa Day package includes 2 courses.

Morning Refresh Spa Day package includes 1 course.

If you wish to add a starter or dessert these will be an additional charge of £6.95 per course.

If you wish to upgrade to a three course menu an additional charge of £6.95 will apply.

Please note food items are served cold.

Spa Drinks



Wine by the glass

| | |
|--|------------|
| Prosecco NV Stelle d'Italian | 7.00 125ml |
| Sartori Pinot Grigio Light fruit flavours and refreshing with notes of honeydew melon. The perfect summer wine. | 7.50 175ml |
| Rosé Sicilia DOC, Planeta, Italy Inspired by a pink Sicilian sunset, this wine has a light and attractive nose with notes of rose petals, pomegranate and strawberries. Delicate and light rosé. | 9.00 175ml |
| Vinamar Merlot, Chile Merlot from Chile with dark fruits such as plums and blackberries with a hint of spice. | 7.00 175ml |

Beer, Spirit & Cider

| | |
|---|----------------|
| Tanqueray & Fever Tree Tonic Huge juniper, spicy notes of orange and lemon peel, a little aniseed. | 7.00 25ml |
| New Forest Cider 6% Clearer in appearance but as full flavored as our traditional still. Lightly sparkling. | 4.00 330ml btl |
| Birra Moretti 4.6% The ultimate Italian lager since 1859. | 4.50 330ml btl |

Non-alcoholic

| | |
|--|------|
| Fever Tree Tonic, light tonic, ginger beer, lemonade | 2.50 |
| Fruit Juice Apple, orange, pineapple, cranberry | 2.00 |
| Coca-Cola or Diet-Coke | 2.50 |