

# Spa Menu

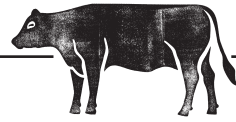


## Starter

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:

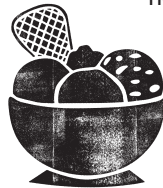
- avocado
- chicken
- bacon
- anchovies
- grilled halloumi

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

Apple crumble, vanilla custard

Chocolate brownie, raspberry sorbet

White chocolate mousse with raspberry gel and fresh raspberries

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

## Beer, Spirit & Cider

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

## Non-alcoholic

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