

SPA PACKAGE LUNCH MENU

As part of your spa package please select either a Starter & Main or a Main & Dessert.
You are more than welcome to add a third course for an additional charge.

STARTER

(Vg) Pitted Black & Green Olives Marinated with Lemon & Oregano

(V, MVg) Selection of Breads with Balsamic Vinegar & Butter (g,m,su)

(V) Pickled Onion Cheese & Gherkins (m,su)

(V, MVg) Chef's Soup (so,gm,g,c,m)

Tomato Focaccia Roll and Butter. Please enquire with your served for today's special and allergens

(Vg) Roasted Vegetable Tian (so,gm,su,g)

Pesto, Balsamic, Rocket

Cardigan Bay Crab Arancini (so,gm,cr,g,c,su,mu,m,e)

Minted Pea & Lemon Salad

MAIN

Welsh Beef Burger (so,gm,g,f,mu,e,m,su)

7oz Burger, Crispy Bacon, Mexicana Cheese, Tomato Relish, Lettuce, Red Onion, Dijon Mayo, Slaw, Fries

(Vg) Chickpea & Quinoa Burger (so,gm,su,g,mu)

Roasted Mediterranean Vegetables, Salsa Verde, Baby Gem, Salad, Fries

Fish & Chips (f,so,gm,g,su,mu,e,m)

Tartar Sauce, Minted Crushed Peas, Home Cut Chips, Lemon

(MV, MVg) Cliff Cobb Salad (e,mu,g,c,m,su)

Cucumber, Tomato, Red Onion, Boiled Egg, Pancetta Lardons, Moroccan Couscous, Celery, Avocado, Fine Beans, Garlic Croûtes, Mustard & Basil Crema

-add Chicken £3.50

(V) Wild Mushroom Tagliatelle (so,gm,m,g,e,mu)

Parmesan, Parsley, Garlic, Cream

-add Chicken £3.50

(Vg) Open Mediterranean Focaccia (g,so)

Toasted Focaccia, Roasted Mediterranean Vegetables, Pesto, Sundried Tomato, Rocket, Fries

Chicken & Roasted Red Pepper Wrap (g,e,m,so,gm,mu,su)

Cos Lettuce, Red Onion, Cucumber, Mozzarella, Chorizo Mayo in an oven baked Wrap with Fries and Slaw

DESSERT

(V, MVg) Cheesecake of the Day (m,g)

please enquire with your server for today's special and allergens

(V) Warm Chocolate Brownie (e,m,so,su)

Vanilla Ice Cream, Chocolate Sauce

(V) Strawberry Pavlova (e,m,so)

Italian Meringue, Chantilly Cream, Berries, Coulis, Pomegranate Molasses

(V, MVg) Assiette of Sorbet (so,gm,su,m,g)

Chocolate Soil, Berries, Tuille

Please advise us of any dietary requirements or concerns that you may have

Allergy Key: (V) Vegetarian; (MVg) Modified Vegetarian; (Vg) Vegan; (MVg) Modified Vegan; (c) Celery; (cr) Crustacean; (e) Egg; (f) Fish; (g) Gluten; (gm) Genetically Modified; (l) Lupin; (m) Milk; (mu) Mustard; (mo) Mollusc; (n) Nut; (pn) Peanut; (s) Sesame; (so) Soya; (su) Sulphur