

SAMPLE SPA LUNCH MENU

Lunch Menu 1

Chilli and lime red mullet, green papaya, cucumber, coriander and peanut salad

Smoked salmon with Lilliput capers, cucumber ribbons, lemon crème fraiche

Moroccan spiced chicken, Israeli cous cous, pomegranate, dried apricot, sultanas and mint

Harissa spiced cauliflower, sultanas and hazelnuts

Chilli and garlic tofu, soya bean, green bean and radicchio

Baby watercress, pea, samphire, grapefruit and horseradish

Roasted figs, honey, crème fraiche and toasted almonds

Lunch Menu 2

Hot smoked salmon, watercress, ratte potato, avocado and pickled fennel

Lemon, coriander and garlic grilled chicken breast, smoked aubergine, roasted butternut squash, tahini dressing

Sweet potato, feta, caramelised red onion 'crustless' quiche

Black quinoa, kale, bulgur wheat, pistachio nut, beetroot and yogurt salad

Chargrilled broccoli with black sesame, chilli and manuka honey

Salad of Heritage tomatoes, bocconcini mozzarella, basil, aged balsamic and English rapeseed oil

Red wine poached pears with mascarpone and amaretti biscuits

Lunch Menu 3

Parma ham, fig, goats curd and Charentais melon

Seared Tuna niçoise with green beans, hen egg, ratte potatoes, gordal olives, heritage cherry tomatoes and baby gem

Confit tomato, basil and mozzarella quiche with sun blush tomato pesto and English rapeseed oil

German potato salad with pickled cucumber, walnuts, shallots and dill

Roasted beetroot, orange, walnut and bulls blood salad

Korean BBQ sweetcorn, seaweed, carrot, daikon, spring onion peanut and sesame dressing

Coconut and yuzu cheesecake with fresh shaved coconut and candied lime