



DINNER MENU

Starters

- **Spiced pork belly bites** 528 kcal (GF) £6.50
- **Whipped goats cheese & roasted beetroot**
with toasted sourdough & sweet walnuts 710 kcal (GFA) £7.50
- **Thai chicken cakes**
with sweet chilli sauce 250 kcal (GF) £7.00
- **Butter bean hummus**
with smoked paprika & pita chips 318 kcal (V) (VE) £6.00

Mains

- **Lamb cutlets** minty crushed new potatoes, spring greens, spring peas & lamb jus 871 kcal (GF) £19.00
(Spa supplement £5)
- **Creamy pesto gnocchi**
with spinach, pine nuts & lemon zest (GF) (V) 860 kcal £13.00
(Spa supplement £2)
- **Spiced Lamb burger** with minted yoghurt
caramelised onions & rocket (GFA) 1122 kcal £16.00
(Spa supplement £4)

Salads

- **Steak & romesco salad** (GF) 530 kcal £13.00
5oz Sirloin steak with roasted red peppers, potatoes,
toasted almonds, green beans, cherry tomatoes & roasted chillies
(Spa supplement £2)
- **Baked salmon with quinoa salad** (GF) 838 kcal £13.00
Baked salmon supreme glazed in honey & tamari, with
quinoa, cucumber, peppers, chickpeas, mint, parsley,
bok choy & sunflower seeds dressed with lemon dressing
(Spa supplement £2)
- **Avocado & grilled courgette salad
with chilli prawns** 504 kcal (GF) £11.50
Avocado salad with courgette, tomatoes, feta, spinach &
basil with a lemon dressing topped with baked chilli prawns
- **Superfood salad** 849 kcal (VEA) (GF) (V) £11.50
Roasted sweet potato with quinoa, broccoli, toasted
almonds, salad cress, avocado, and pomegranate. Topped
with chilli flakes, feta, pine nuts and fresh lime juice.
- **Caesar salad** 300 kcal £10.00
(add chicken £2.00) 491 kcal

Sides & Nibbles

- **Sides Garlic stuffed olives**
with balsamic glaze 273 kcal (V) (VE) (GF) £5.00
- **Sweet & spicy corn & nut mix**
428 kcal (V) (VE) (GF) £3.00
- **Homemade focaccia**
with butter, oil & balsamic 717 kcal (V) (VE) £5.50
- **Roasted broccoli**
with toasted flaked almonds 188 kcal (V) (VE) (GF) £6.00
- **Rustic chips**
with infused sea salts 602 kcal (V) (VE) (GF) £5.00
- **Chefs house salad**
161 kcal (V) (VE) (GF) £4.00

Dishes labelled with GF and DF can be requested when ordering. GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan

Concerns about allergies & intolerances? Visit allergymenu.uk & enter the code BAN476

Please ask the Food and Beverage Team for allergen information, in order to make your own menu choice. Please note some products on the menu contain allergens and not all ingredients are listed. This product information may change due to suppliers therefore please make sure you ask for allergen information or inform us of your allergies/dietary requirements every time you make a purchase. You can access allergen information about our menu using the 'allergy menu uk' app or website <https://allergymenu.uk>. This information covers the 14 major allergens. If you are having difficulty viewing this please ask a member of our Team. Equipment in a restaurant kitchen area is shared and cross contamination may occur, therefore some products may not be suitable for those with allergies. Allergens are only declared if they are intentionally added to a product.

