



RESTAURANT MENU

Nibbles

- **Soup of the Day** (please ask server for the soup of the day) £6.00
- **Garlic stuffed olives** with balsamic glaze 273 kcal (V) (VE) (GF) £5.00
- **Spiced pork belly bites** 447 kcal (GF) £6.50
- **Sweet & spicy corn and nut mix** 428 kcal (V) (VE) (GF) £3.00
- **Homemade focaccia**
with butter, oil & balsamic 716 kcal (V) (VE) £5.50
- **Butter bean hummus**
with smoked paprika & pita chips 318 kcal (V) (VE) £6.00

Starters

- **Broad bean, garlic & feta bruschetta** 244 kcal (GFA) £6.00
- **Mini yorkshire puddings**
filled with slow cooked lamb 384 kcal £8.00
- **Smoked mackerel pate crostini** with capers & dill 317 kcal £8.00
- **Fish goujons** with lemon & dill mayo 423 kcal £8.00

Mains

- **Roasted butternut squash & sage risotto** 451 kcal (V) (VE) (GF) £10.00
- **Beef bourguignon** with creamy mash 707 kcal (GF) £15.00
(spa day supplement £3)
- **Chorizo, kale & parmesan gnocchi** 972 kcal £13.00
- **Jerk chicken** with rice & peas 518 kcal (GF) £13.00
- **Spinach, sweet potato & lentil dahl** 490 kcal (V) (VE) £10.00
- **Lamb ragu** with linguine & parmesan 648 kcal £15.00
(spa day supplement £3)
- **Beef burger** with bacon jam, cheddar, lettuce & tomato 852 kcal £15.00
(spa day supplement £3)
- **Baked cod loin** with butter bean colcannon 792 kcal (GF) £16.00
(spa day supplement £3)
- **Courgette & tomato linguine** 473 kcal (V) (VE) £10.00

Salads

- **Steak & romesco salad** (GF) £13.00 530 kcal
5oz Sirloin steak with roasted red peppers, potatoes, toasted almonds, green beans, cherry tomatoes & roasted chillies
- **Baked salmon with quinoa salad** (GF) £13.00 838 kcal
Baked salmon supreme glazed in honey and tamari, with quinoa, cucumber, peppers, chickpeas, mint, parsley, bok choy and sunflower seeds dressed with lemon dressing
- **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

- **Roasted broccoli**
with toasted flaked almonds 188 kcal (V) (VE) (GF) £6.00
- **Rustic chips** with infused sea salts 602 kcal (V) (VE) (GF) £4.95
- **Chefs house salad** 140 kcal (V) (VE) (GF) £4.00
- **Cubed potato** with garlic butter 283 kcal (GF) £5.00

Dishes labelled with GF, DF & VEA can be requested when ordering. GF = Gluten Free DF = Dairy Free V = Vegetarian Ve = Vegan VEA = Vegan alternative available

Concerns about allergies & intolerances? Visit allergymenu.uk & enter the code BAN474

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.