Forest Spa Day, Signature Spa Days and Recharging Spa Day

VITALÉ
CAFÉ BAR

As part of your spa day package, please enjoy your choice of one item from the menu below.

Guests enjoying the above spa packages will also receive a glass of prosecco.

Breads *and* Wraps

Seasonal Special

Turkey, bacon and brie flatbread GFO
With roast turkey, cranberry sauce, crispy bacon, melted brie and caramelised roast squash. Finished with baby spinach, squash and sage pesto and roasted pumpkin seeds.

Grilled vegetable focaccia V
Served with a mixed salad.

Harissa chicken and garlic flatbread GFO
With whipped feta, grilled peppers, olive, garlic pesto and rocket.

Grilled vegetable wrap V VEO
Served with a mixed salad.

Pasta Dishes

Each served with a mixed salad.

Seasonal Special

Caramelised onion and pepper pasta V GFO
Linguine tossed in a rich slow cooked onion and pepper reduction. Topped with parsley and toasted pine kernels.

Tagliatelle Bolognese

Tomato and basil Garganelli V GFO VEO
GFO - Served as gluten free pasta. | VEO - Served as gnocchi.

Ricotta and spinach cannelloni V

Beef lasagne

Signature dish

Mediterranean vegetable tart V
Served with a mixed salad and crispy seasoned wedges

Soups *and* Salads

Buddha Bowl V GFO VEO
Rocket, carrot, beetroot, tomato, cucumber, avocado, grilled broccoli and chilli salad, spring onion, radish, watercress and sesame seeds, French dressing and hummus.
Add garlic & herb chicken **4.50**

Chicken Caesar salad
Garlic marinated chicken, bacon, lettuce, croutons and shaved hard cheese with a creamy Caesar dressing.

Seasonal Specials

Cumin and lentil soup V GFO VEO
A warm lightly spiced cumin and red lentil soup, with focaccia.

Roasted sweet potato, sprout and cavolo nero salad V GFO VEO
Caramelised roast sweet potato and crispy Brussel sprouts, apple, tossed with cavolo nero finished with a punchy Dijon and maple dressing and toasted pine kernels.
Add garlic & herb chicken **4.50**

Additional extras

Garlic focaccia V VEO **6.50**
With olive oil and balsamic vinegar dip.

Garlic focaccia and hummus V **6.50**

Crispy seasoned wedges V GFO VEO **6.50**
With chilli oil, parsley and sour cream dip.
VEO - Served without sour cream.

V - No meat or fish | GF / GFO - Ask for gluten free | VE / VEO - Ask for vegan
Please note that some of our meat/fish dishes may contain bones.

IMPORTANT ALLERGEN INFORMATION

Use the QR code to access important allergy information and to select suitable items for your specific food allergy or intolerance. It is your responsibility to ensure that items are suitable based on the information provided on the portal. Menu descriptions may not include all ingredients.