



SPA LUNCH MENU

STARTER

CHICKEN CAESAR SALAD

BABY COS, CRISPY BACON, PARMESAN, CIABATTA CROUTONS,
CAESAR DRESSING **(1,2,5,9,11 WHEAT)**

SOUP OF THE DAY

HOMEMADE BROWN BREAD **(1,2, 11 GLUTEN,12)**

RAVENPORT CHOWDER

SEAFOOD, CREAM, MIREPOIX, HOMEMADE BROWN BREAD
(2,3,5,9,11 GLUTEN)



MAIN COURSE

PAN FRIED SALMON

RED PEPPER, COCONUT COULIS, LEEKS, SHRIMP BEURRE BLANC
(2,3,5,9)

CHICKEN SUPREME

CARROT AND CUMIN PUREE, MUSHROOM SAUCE **(2,9,13)**

VEGAN CURRY

MILD SPICES, MANGO CHUTNEY, POPPADOM, TURMERIC RICE
(2,11 GLUTEN,13)

DESSERT

CHEESECAKE OF THE DAY

TOFFEE SAUCE, VANILLA CHANTILLY CREAM, FRESH BERRIES
(2,11 WHEAT)

WARMED APPLE CRUMBLE

CRÈME ANGLAISE, VANILLA ICE CREAM **(1,9,11 WHEAT)**

SET LEMON CREAM

CRUSHED MERINGUE, FOREST BERRY SORBET, GRANOLA
(1,2,9, 11 WHEAT, 14 OATS)

GLENFIELD FARM ICE CREAM

BUTTER BISCUIT SAND
(1,2,6,8,10)

Allergen Index

1. Eggs, 2. Dairy, 3. Crustaceans, 4. Molluscs, 5. Fish, 6. Peanuts, 7. Sesame, 8. Soya, 9. Sulphur Dioxide,
10. Nuts, 11. Gluten (Wheat, Semolina, Wholemeal, Bran, Rye), 12. Celery, 13. Mustard, 14. Lupin (Barley, Oats)
*Whilst we make every effort to ensure the accuracy & comprehensiveness of our allergen information, all 14
allergens are used in the Kitchen*