



## SPA CAFÉ

### Drinks

<b>Soft drinks</b>		<b>£1.90</b>
Coca-cola, Diet coke, Lemonade, Appletise, Tonic Water, Slimline Tonic, Soda Water, Ginger Ale, Bitter Lemon, Ginger Beer		
<b>Juices</b>		
Fresh Orange Juice		<b>£2.50</b>
Cranberry, Apple, Pineapple, Tomato		<b>£2.30</b>
<b>Mineral Water</b>		
San Pellegrino 50cl		<b>£2.30</b>
Panna Aqua 50 cl		<b>£2.30</b>
San Pellegrino 75cl		<b>£3.50</b>
Panna Aqua 75cl		<b>£3.50</b>
<b>Hot Beverages</b>		
Espresso		<b>£1.70</b>
Double Espresso		<b>£2.50</b>
Cappuccino		<b>£2.20</b>
Caffé Latte		<b>£2.20</b>
Americano		<b>£1.70</b>
English Breakfast Tea		<b>£2.00</b>
Selection of Herbal and Fruit Teas		<b>£2.00</b>
Hot Chocolate		<b>£2.20</b>
<b>Bottled Beer</b>		
Peroni Nastro Azzurro		<b>£3.50</b>
<b>White wine</b>		
Sommelier Selected	Glass (175ml)	<b>£4.75</b>
	Bottle	<b>£20.00</b>
Pinot Grigio	Glass (175ml)	<b>£5.25</b>
	Bottle	<b>£22.00</b>
<b>Red Wine</b>		
Sommelier Selected	Glass (175ml)	<b>£4.75</b>
	Bottle	<b>£20.00</b>
<b>Champagne</b>		
Taittinger Brut NV	Glass	<b>£9.25</b>
	Bottle	<b>£55.00</b>

## Smoothies

£4.00 (200ml)

### Berry Blast

Fresh cranberry juice, raspberries, blueberries and low fat natural yoghurt

### Almond & Honey Acia Berry

Almond, honey, acia berry, banana, ice and natural yoghurt

### Kiwi and Passion Fruit

Kiwi, fresh apple, passion fruit, apple juice and ice

### Citrus Cleanse

Orange, lemon & grapefruit juices, banana and passion fruit

### One Spa Refresher

Fresh orange juice, ice, yoghurt, bananas and raspberries

### Detox

Carrot, celery, avocado and apple juice

### Strawberry Milkshake

Strawberries, ice-cream, milk, whipped cream and strawberry syrup

## Raw Energy

### Caesar Salad (V)

Traditional Caesar salad with baby gem, parmesan and focaccia croutons

*Approximate Calories 360*

Starter £5.00

### Pomegranate, Walnut and Goats Cheese Salad (V)

Salad of pomegranate, goats cheese, walnut, tomato, lemon and orange zest with pumpkin and sunflower seeds

*Approximate Calories 422*

Starter £5.00

Main £8.00

### Fresh Fruit (V)

Selection of the season's fruit and berries

*Approximate Calories 154*

£6.50

### Homemade Granola Crunch (V)

Honeyed oats and nuts with blueberries, pomegranate, apricots and low fat yoghurt

*Approximate Calories 320*

£6.00

## Low Carb

### Grilled Vegetable Salad (V)

Char grilled Mediterranean vegetables with balsamic and olive oil

*Approximate Calories 135/270*

Starter £5.00

Main £8.00

### Char-grilled Chicken

Char-grilled chicken breast with grilled seasonal vegetables and pesto dressing

*Approximate Calories 155*

£13.00

### Steamed Sea Bream

Sesame and peanut dressed oriental coleslaw

*Approximate Calories 375*

£11.00

### Chicken Caesar Salad

Grilled chicken served with traditional Caesar salad

*Approximate Calories 465*

£10.00

## Fit For Recovery

<b>Almond &amp; Oat Crusted Salmon</b> New potato & steamed greens <i>Approximate Calories 751</i>	£11.00
<b>Pizza Vegetariana V</b> Diced tomato with garlic, grilled courgette, feta cheese and roquette <i>Approximate Calories 563</i>	£7.50
<b>Pizza Prosciutto</b> Prosciutto, tomato, mozzarella, Parma ham & roquette <i>Approximate Calories 725</i>	£8.50

## Snack Attack

<b>Soup of the Day</b> with Focaccia bread	£4.00
<b>Toasted Focaccia (V)</b> Taleggio cheese, roquette salad, basil marinated tomatoes and pesto crème fraiche <i>Approximate Calories 300</i>	£6.00
<b>Tuna &amp; Cheese Bagel</b> Baked cheese bagel topped with tuna & light herb mayonnaise & red onion <i>Approximate Calories 575</i>	£5.00
<b>Grilled Chicken &amp; Bacon Wrap</b> Soft tortilla filled with gilled chicken, bacon, tomato and salad <i>Approximate Calories 340</i>	£6.00
<b>Tomato &amp; Mozzarella Panini (V)</b> Panini filled with vine ripened tomato, mozzarella and fresh basil <i>Approximate Calories 460</i>	£5.00
<b>Prawn &amp; Lemon Mayonnaise Sandwich</b> Brown bread filled with prawn mayonnaise and seasonal leaves <i>Approximate Calories 610</i>	£7.00
<b>Sushi Californian Style Rolls (V)</b> With avocado and cucumber and mango and red pepper, wasabi and soy on the side	£5.00
<b>Something sweet</b> Please ask your server for today's selection of desserts	£4.50

## One Spa Bento Box Lunch

*Inspired by the convenience and variety offered in Japanese Bento boxes the One Spa Bento Boxes are served in a compartmentalised box offering five delicious mini-courses*

### **Fitness Box**

**£11.00**

Wholemeal pasta and grilled turkey salad  
Asian coleslaw with sesame and peanuts  
Tuna Nicoise salad with baby gem, potato, green beans, onion, olives and egg with citrus dressing  
Homemade Granola Crunch with fruit and yoghurt  
Banana and peanut butter crêpe

### **Superfood Box**

**£11.00**

Salad of pomegranate, goats cheese, walnut, tomato, lemon and orange zest with pumpkin and sunflower seeds.  
Oatmeal crusted salmon with avocado & pickled broccoli  
Quinoa, mint, cucumber and red onion salad  
Homemade Granola Crunch with honeyed oats, blueberries, pomegranate, apricots and low fat natural yoghurt  
Dark chocolate and beetroot Madelines

### **Vegetarian Box**

**£10.00**

Roasted red pepper hummus, chick peas, parsley with carrot and cucumber sticks  
Asian coleslaw with sesame and peanuts  
Quinoa, mint, cucumber and red onion salad  
Sushi Californian style rolls filled with avocado, cucumber, mango and red pepper with soy and wasabi.  
Banana and peanut butter crepes

### **Healthy Low GI Box**

**£10.00**

Roasted red pepper hummus with chick peas, parsley, carrot and cucumber sticks  
Quinoa, mint, cucumber and red onion salad  
Shrimp salad with tomato, baby gem, water melon and lime dressing  
Wholemeal pasta and grilled turkey salad  
Strawberry, kiwi and pineapple fruit skewers