



Spa
DAY
MENU



ALLERGENS



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES



Smoothies

RASPBERRY SUNRISE

A layer of Raspberry & Pear topped with Mango, Orange & Turmeric Smoothie

GUT BALANCE

Kale, Pineapple, Ginger, banana & Avocado Smoothie

CRANBERRY VITALITY

Cranberry, Orange & Red Cabbage

IMMUNISE

Strawberry, Apple & Ginger Juice



Set Menu

TOMATO & BASIL SOUP

Served with Flaxseed Crackers



LENTIL SOUP

A chunky lightly spiced lentil and Mediterranean vegetable soup.



MUSHROOM BROTH



TOMATO AVOCADO PARCEL

Avocado & tomato wrapped in grilled courgette with a chopped nut base, drizzled with herb oil and topped with pickled red onion.
[Lighter Choice](#)



CRISPY TOFU BAO BUNS

Lightly spiced tofu in breadcrumbs served in soft bao buns with spinach, peanut sauce and crispy onions. Served with a lightly spiced chilli slaw.
[Equilibrium](#)



BLACK BEAN STIR FRY

Courgette Noodles with Sweet Chilli & Vegetables in a sunflower seed & date sauce.
[Lighter Choice](#)



SAAG ALOO

A Lightly spiced spinach, potato and butterbean curry, served with wild rice and poppadoms.
[Equilibrium](#)



BABY VEGETABLE GARDEN

Warm baby vegetables served with kale, sweet potato, roast beetroot and humous.
[Lighter Choice](#)



ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach pesto. Served with tomato sauce & vegan cheese.



FALAFEL WRAP

Gem lettuce, peppers, tomato, red onion and falafels with sweet chilli sauce wrapped in a tortilla, served with Sweet potato fries & spicy mayo.
[Equilibrium](#)



KALE & SWEET POTATO SALAD

Roasted sweet potato, cashew nuts & chickpeas in a warm sunflower & date sauce garnished with pomegranate.
[Lighter Choice](#)



SMOOTHIE OF THE DAY

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CRANBERRY VITALIY

Cranberry, Orange & Red Cabbage



IMMUNISE

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