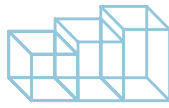


*Spa*  
DAY  
MENU



# ALLERGENS



**GLUTEN**



**NUTS**



**SOY**



**SESAME**



**CELERY**



**MUSTARD**



**SULPHITES**



# Smoothies

## **RASPBERRY SUNRISE**

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

## **GUT BALANCE**

Kale, Pineapple, Ginger, banana & Avocado Smoothie

## **REVIVE**

Watermelon, Raspberry, Celery & Mint Juice

## **IMMUNISE**

Strawberry, Apple & Ginger Juice



# Set Menu

## TOMATO & BASIL SOUP

Served with Flaxseed Crackers



## AVOCADO & MINT GAZPACHO

A Chilled soup with avocado, Mint, Lime, Peppers, Tomato, Cucumber and a touch of chilli.



## 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



## CEASER SALAD

Gem lettuce, croutons, roasted fennel and parmesan drizzled with Caesar dressing.  
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

