


# Spa Lunch Menu

DAILY 11AM - 2PM

## STARTERS

### BEETROOT CARPACCIO

Whipped goats cheese, roasted seeds & nuts, pickled baby beetroot with  jersey wild foraged wood sorrel

(D) (N) (V)

### ROASTED SWEET PEPPER

Puy lentils, capers, sundried tomatoes, parmesan

(D) (V)

### MUNG BEAN SOUP

Detoxifying & delicious

(VE)

## MAINS

### POMEGRANATE & GOATS CHEESE SALAD

Rocket, pomegranate, orange, crumbled goats cheese, lemon, chickpeas, toasted almond flakes, kalamansi dressing

(D) (N) (V)

### FRESH STRAWBERRY SALAD

Mixed leaves, fresh strawberries, cucumber, goats cheese, croutons, pomegranate reduction

(D) (G) (V)

### BLACK BEAN & CORN SALAD

Peppers, spring onion, black beans, sweet corn, jalapeño, coriander, lime, ginger & lime dressing

(VE)

### FALAFEL PITTA POCKET

Mint yoghurt, cucumber, tomato, spring onion

(D) (E) (G) (V)

### CHICKEN TACO

Soft flour tortilla, marinated chicken, shredded lettuce & vegetables, guacamole, sour cream

(D) (G)

### PAN FRIED SEA BASS


Tender stem broccoli, baby carrots, crushed potato cake, fresh parsley, meunière sauce

(D) (SF)

UPGRADE YOUR SALAD WITH

TOFU • SMOKED SALMON (SF) • GRILLED CHICKEN BREAST

ALLERGENS: DAIRY | EGG | GLUTEN | NUTS | SEAFOOD | VEGETARIAN | VEGAN

All food is prepared in a kitchen containing common food allergens, if you have a food allergy please advise our service team. All prices are incl. of the current Goods & Services tax. A discretionary 10% service charge will be applied to all checks.  Ingredient sourced from a member of Genuine Jersey.

