

Spa Lunch Menu

12.00PM - 02.00PM

La Terrasse

Entrées

La Soupe Pho

Aromatic broth with ginger, mint, red chilli & lemongrass, shredded chicken, rice noodles, bean sprouts, coriander, spring onions

Celery · Soya

Available as vegan on request

Turmeric & Mango Chia Pot (VG)

Coconut milk, cinnamon, cardamom, sweet Medjool date, diced mango, lime wedge

Watermelon & Halloumi Salad (V)

Couscous, watermelon, grilled halloumi, cucumber, fresh mint, goji berries, lime

Dairy · Wheat · Soya

Les Plats Principaux

Feta Buddha Bowl (V)

Kale, beetroot, quinoa, carrots, courgette spaghetti, feta cheese, toasted linseeds, soy sauce dressing

Dairy · Sesame · Soya

Pan Fried Seabass

Almonds, orange confit, spinach & asparagus

Sulphites · Fish · Soya · Almonds · Dairy

Grilled Chicken Miso Bowl

Buckwheat soba noodle, tamarind salt, green beans, toasted sesame seed, miso dressing

Sesame · Soya

Available as vegan on request with smoked tofu

Harissa Sweet Potatoes (VG)

Sweet potatoes roasted with garlic, baby spinach salad, sweet tahini & Koko yoghurt dressing

Soya · Sesame · Sulphites

Spa Lunch Menu

12.00PM - 02.00PM

La Terrasse

Entrées

La Soupe Pho

Aromatic broth with ginger, mint, red chilli & lemongrass, shredded chicken, rice noodles, bean sprouts, coriander, spring onions

Celery · Soya

Available as vegan on request

Turmeric & Mango Chia Pot (VG)

Coconut milk, cinnamon, cardamom, sweet Medjool date, diced mango, lime wedge

Watermelon & Halloumi Salad (V)

Couscous, watermelon, grilled halloumi, cucumber, fresh mint, goji berries, lime

Dairy · Wheat · Soya

Les Plats Principaux

Feta Buddha Bowl (V)

Kale, beetroot, quinoa, carrots, courgette spaghetti, feta cheese, toasted linseeds, soy sauce dressing

Dairy · Sesame · Soya

Pan Fried Seabass

Almonds, orange confit, spinach & asparagus

Sulphites · Fish · Soya · Almonds · Dairy

Grilled Chicken Miso Bowl

Buckwheat soba noodle, tamarind salt, green beans, toasted sesame seed, miso dressing

Sesame · Soya

Available as vegan on request with smoked tofu

Harissa Sweet Potatoes (VG)

Sweet potatoes roasted with garlic, baby spinach salad, sweet tahini & Koko yoghurt dressing

Soya · Sesame · Sulphites



All food is prepared in a kitchen containing common food allergens. If you have a food allergy, please advise our service team. Menu available daily in conjunction with our 'Full Day and Seasonal Spa Packages'. Menu valid from July 2023 and subject to change without prior notice.



All food is prepared in a kitchen containing common food allergens. If you have a food allergy, please advise our service team. Menu available daily in conjunction with our 'Full Day and Seasonal Spa Packages'. Menu valid from July 2023 and subject to change without prior notice.



La Terrasse

www.defrance.co.uk



La Terrasse

www.defrance.co.uk

