

FORUMSPA

CELTIC MANOR RESORT

TO BEGIN

🌿 **Soup of the Day** (V)

Served with bread roll (V,W,B,Se)

BENTO LUNCH BOX

🌿 **Jacket Potato** (V)

Served with Welsh butter (V,D)

🌿 **Salad**

Cherry tomatoes, fresh mozzarella, baby rocket leaves,
toasted pumpkin seeds and balsamic glaze (V,D,SD)

MAIN

Please choose one of the following:

Cajun Roasted Salmon Supreme (F,Mu)

Cajun Roasted Chicken Breast (SD)

🌿 **BBQ Marinated Plant-Based Strips** (V,S)

Served with a roasted butternut squash,
black quinoa and kale salad and a sweet chilli dip (V)

eat well & feel good

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

Gluten Allergy: (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat **Nut (Tree Nut) Allergy:** (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts

Other Allergy: (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide

Lifestyle: 🌿 Plant-based, (V) Vegetarian

hydrate to feel great

HOT & REVIVING

Americano 🌿	£4.50
Single Espresso 🌿	£4.50
Double Espresso 🌿	£4.50
Cappuccino (D) 🌿	£5.50
Mochaccino (D) 🌿	£5.50
Macchiato (D) 🌿	£5.50
Café Latte (D) 🌿	£5.50
Flat White (D) 🌿	£5.50
Hot Chocolate (S,D,B) 🌿	£5.50
Syrups	£1.50
Caramel, Gingerbread, Vanilla, Hazelnut (H)	
Tea (Selection of Speciality Teas)	£4.50

CANNED BEERS

Heineken (B) 5.0%	£6.00
Birra Moretti (B) 4.6%	£6.00
Brixton Low Voltage IPA (B) 4.3%	£6.00
Inch's Cider (SD) 4.5%	£6.50
Guinness (B) 4.2%	£6.50
Heineken 0.0% (B) 0.05%	£4.50
Guinness 0.0% (B) 0.00%	£5.00

COOL & REFRESHING

Pepsi / Pepsi Max 330ml	£3.00
7Up Zero 330ml	£3.00
Tango Orange 330ml	£3.00
Still / Sparkling Radnor Hills Water 330ml	£3.00
Red Bull (SD) 250ml	£5.50
Lucozade Sport Orange 500ml	£4.50
Ribena 250ml	£4.50
Fruit Juices Glass	£3.00
Apple Juice, Cranberry Juice, Orange Juice, Pineapple Juice, Tomato Juice (B,C)	

ICED COFFEE AND TEA

Iced Black Americano 🌿	£4.50
Iced Cappuccino (D) 🌿	£5.50
Iced Latte (D) 🌿	£5.50
Iced Flat White (D) 🌿	£5.50
Iced Mocha (D) 🌿	£5.50
Peach Iced Tea	£4.50

Milk options include Semi-Skimmed Milk, Oat Milk, Almond Milk & Soya Milk

WINES

	175ml	250ml	Bottle
RED Pico Alto, Cabernet Sauvignon, Chile 12.50% (SD)	£10.00	£12.00	£33.50
WHITE Pico Alto Chardonnay, Chile 12.50% (SD)	£10.00	£12.00	£33.50
ROSÉ Pico Alto, Rose, Chile 12.50% (SD)	£10.00	£12.00	£33.50
NO ALCOHOL Bottega Sparkling White, Italy 0.00% (SD)			£20.00

CHAMPAGNE & SPARKLING

	125ml	Bottle
Borgo Alato Prosecco Extra Dry Spumante 11.00% (SD)	£10.00	£47.00
Laurent-Perrier La Cuvée 12.00% (SD)	£16.00	£90.00

All wines by the glass are available in 125ml measures upon request

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