

FORUMSPA

CELTIC MANOR RESORT

TO BEGIN

Soup of the Day (Ve,C)

Served with bread rolls (Ve,G,S,Se)

BENTO LUNCH BOX

Please choose one of the following:

Roasted Salmon with Coriander and Lemon (F)

Herb Roasted Chicken Breast

Hickory BBQ Flavoured Plant-Based Strips (Ve,S)

To be served with all of the following:

Black and White Quinoa Superfood Salad

Garden peas, sliced radish, pomegranate, lemon and lime zest, black and white quinoa, mixed peppers and diced pineapple (Ve,SD)

Greek Salad

Diced tomato, sliced red onion, black olives, fresh oregano, diced feta and olive oil (V,D)

Chunky New Potato Salad

Boiled new potatoes, spring onions and vegan mayonnaise (Ve)

Mixed Salad

Mixed leaves, boiled egg, tomato, beetroot, pickled cucumber, lime wedge and toasted pine nuts (V,E)

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. (Ve) Vegan, (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.

hydrate to feel great

SUPER SMOOTHIES

Berry Burst	£4.90
Blackcurrant, blackberry, banana, blueberry	
Pineapple Sunset	£4.90
Pineapple, papaya, mango	
Green Reviver	£4.90
Mango, kale, banana, lemongrass	

GO ON, TREAT YOURSELF...

	125ml	175ml	250ml
White Wine (SD)			
Sauvignon Blanc Reserva Pico Alto, Valle Central, Chile 2019	£4.40	£6.05	£8.55
Chardonnay Reserva, Pico Alto, Valle Central, Chile 2018	£4.40	£6.05	£8.55
Rose Wine (SD)			
Pico Alto Reserva, Valle Central, Chile 2019	£4.40	£6.05	£8.55
Red Wine (SD)			
Merlot, Kintu, Valle Central, Chile 2018	£4.60	£5.75	£8.15
Cabernet Sauvignon Reserva, Pico Alto, Chile 2018	£4.60	£5.75	£8.15
Champagne & Sparkling Wine (SD)	125ml		Bottle
Heidsieck Monopole Silver N.V.	£10.50		£55.00
Prosecco Favola, Italy	£7.50		£38.80

BOTTLED BEER & CIDER

Budweiser (G) 4.5% 330ml	£5.50
Bulmers (SD) 4.5% 500ml	£6.55

COOL & REFRESHING

Still/Sparkling Water	£2.95
Fruit Juice	£3.00
J2O	£3.80
Pepsi/Diet Pepsi/Tango/7Up	£3.30

HOT & REVIVING

Cappuccino (V,D)	£5.20
Latte (V,D)	£4.95
Mochaccino (V,D)	£4.40
Hot Chocolate (V,D)	£5.00
Americano	£4.40
Tea	£4.40
(including a selection of speciality teas) (V,D)	
Iced Coffee (V,D)	£4.90