

FORUMSPA

CELTIC MANOR RESORT

TO BEGIN

Soup of the Day (V,C)

Served with bread rolls (V,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 (V,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 (V,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 (V)

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. (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	£5.50
Blackcurrant, blackberry, banana, blueberry	
Pineapple Sunset	£5.50
Pineapple, papaya, mango	
Green Reviver	£5.50
Mango, kale, banana, lemongrass	
Blue Blast	£5.50
Peach, apple, pineapple, banana, lime, spirulina	
Tropical Carrot	£5.50
Mango, carrot, kiwi, banana, guava	

GO ON, TREAT YOURSELF...

	125ml	175ml	250ml	Bottle
White Wine (SD)				
Chardonnay Reserva, Pico Alto, Valle Central, Chile	£5.95	£8.45	£10.95	£29.50
Rose Wine (SD)				
Pico Alto Rose Reserva, Valle Central, Chile	£5.95	£8.45	£10.95	£29.50
Red Wine (SD)				
Cabernet Sauvignon Reserva, Pico Alto, Chile	£5.95	£8.45	£10.95	£29.50
Champagne & Sparkling Wine (SD)	125ml			Bottle
Heidsieck Monopole Silver N.V.				£69.50
Prosecco Spumante DOC Borgo Alato, Italy	£7.95			£39.50

BOTTLED BEER & CIDER

Heineken (No Alcohol) (G) 0.0% 330ml	£4.45
Budweiser (G) 4.5% 330ml	£5.95
Bulmers (SD) 4.5% 500ml	£6.95

COOL & REFRESHING

Still/Sparkling Water	£3.25
Fruit Juice	£3.15
J2O	£3.95
Pepsi/Diet Pepsi/Tango/7Up	£3.50

HOT & REVIVING

Cappuccino (V,D)	£5.45
Latte (V,D)	£5.45
Mochaccino (V,D)	£5.45
Hot Chocolate (V,D)	£5.45
Americano	£4.45
Tea	£4.45
(including a selection of speciality teas) (V,D)	
Iced Coffee (V,D)	£5.45

All items containing dairy (D) can be substituted for soya milk (S). All hot beverages are served with biscuits which contain Gluten (G). Please inform us of any special dietary requirements.