



Three Graces Spa

Nourish

BIRCHER MUESLI (V) £6.00

Soaked oats, apple & cranberry, low fat yoghurt, sliced banana

CHANA MASALA (GF/V/VE) £12.50

Spicy chickpea curry, tomatoes, coriander

HERB FED CHICKEN BOWL (GF)

Small £11.00 | Large £18.00

Avocado, gem lettuce, chickpea, gremolata salad

COLD POACHED SALMON (GF)

Small £12.00 | Large £19.00

Black sesame, pickled cucumber, mango, spring onions, coriander salad

BULGUR & BEANS (V)

Small £8.00 | Large £15.00

Seeded bulgur wheat & beans, Yorkshire fettle, mint, Wharfe Valley rapeseed oil

EGGS & SALAD CREAM (GF)

Small £8.00 | Large £15.00

Soft boiled Clarence Court eggs, anchovies, bitter leaves, salad cream

FLAKED SMOKED TROUT SALAD (GF)

Small £12.00 | Large £19.00

Smoked trout fillet, shaved fennel, beetroot, dill, horseradish crème fraîche



Cream Tea £15.00 per person

Available from midday. Please confirm details with a member of the team.

Refresh £4.00 each

SUPER GREEN

Avocado, broccoli, spinach, mango, lime, ginger, coconut water

DE-STRESS

Kale, spinach, mango, apple juice

DETOX

Ginger, courgette, banana, carrot, blueberry, orange juice

BREAKFAST ENERGY SMOOTHIE

Raspberry, blueberry, banana, flax seed, Stamford Farm yoghurt, apple juice



Tasty Treats

Please see our delicious cake, fresh fruit & pastry selection



Indulge

DARK CHOCOLATE BROWNIE £7.00

Vanilla bean ice cream, toasted hazelnuts

TROPICAL FRUIT SALAD (GF/V/VE) £7.00

Seasonal sorbet, garden fresh mint

COCONUT CHIA PUDDING (GF/V/VE) £8.50

Agave syrup, seasonal berries

GF - Gluten Free, V - Vegetarian, VE - Vegan. Some of our cheese selection may be unpasteurised. Some of our foods contain allergens. Please ask to speak to a member of the team for more information. A discretionary service charge of 12.5% will be added to the total bill.

We kindly ask that all phones are turned to silent and guests take their phone calls in the Reception area.

Alcoholic Beverages



WINE	125ml	Bottle
WHITE		
Talisman Gruner Veltliner, Hungary	£5.50	£29.00
Kuki, Marlborough Sauvignon Blanc, New Zealand	£8.00	£37.00
Jonty's Duck, Chenin, South Africa	£11.00	£48.00

ROSE		
Henri Gaillard Cotes de Provence, France	£8.50	£39.00
Angels Flight, Zinfandel Blush, USA	£8.00	£35.00

RED		
El Picador Merlot, 2018, Chile	£5.50	£29.00
Beaujolais, Guy Sabon, 2016, France	£8.50	£37.00
Jonty's Duck, Syrah/ Cabernet, 2016, South Africa	£12.00	£47.00

SPARKLING		
Prosecco Il' Fresco', Villa Sandi, Italy	£8.50	£43.00
Gardet, Brut NV, France	£14.50	£65.00

BEER & CIDER £5.00 each

Peroni | 54 degrees North Lager | Cornish Orchards Gold | Cornish Orchards Blush

Soft Drinks

Still / Sparkling water		Frobisher's Jubilant Juice (250ml)	£4.00
Fever Tree tonic	£3.00	Orange Apple Cranberry Grapefruit	
Fever Tree light tonic	£3.50		
Fever Tree soda	£3.50	Frobisher's Spectacular Sparklers (330ml)	£4.50
Kinoko Classic Kombucha	£5.00	Apple, Pear & Elderflower	
		Ginger & Juniper Raspberry & Grape	

Hot Beverages

COFFEE		TEA £4.75 each	
Americano	£4.75	English Breakfast Tea	Jasmine Green
Latte	£4.75	Decaf English Breakfast Tea	Flowering tea
Cappuccino	£4.75	Earl Grey	Raspberry Leaf
Flat White	£4.75	Peppermint	Apple & Cinnamon
Espresso	£2.75	Lemongrass & Ginger	Kukicha Sencha
Double espresso	£4.75	Cloud Catcher	Jasmine Yin Hao
Cafetière for two	£4.75		

In keeping with our wellness philosophy here at the Three Graces Spa, we only offer a limited range of alcoholic beverages. If you wish to enjoy any other alcoholic beverages, please visit the Norton Bar and Courtyard.