



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 £20.00 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, 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

Alcoholic Beverages



WINE

WHITE	125ml	Bottle
Talisman Gruner Veltliner, Hungary	£7.50	£34.00
Kuki, Marlborough Sauvignon Blanc, New Zealand	£9.50	£42.00
Jonty's Duck, Chenin, South Africa	£12.70	£53.00

ROSÉ

Henri Gaillard Cotes de Provence, France	£10.00	£44.00
Angels Flight, Zinfandel Blush, USA	£9.70	£40.00

RED

El Picador Merlot, 2018, Chile	£7.50	£34.00
Beaujolais, Gry-Sablon, 2016, France	£9.70	£43.00
Jonty's Duck, Syrah/ Cabernet, 2016, South Africa	£12.70	£47.00

SPARKLING

Prosecco 'Il Fresco', Villa Sandi, Italy	£9.50	£45.00
Ruinart, R De Ruinart, Brut NV, France	£18.50	£96.00

BEER & CIDER

Peroni £5.00 | 54 Degrees North Lager £5.00 | Aspalls Cyder £5.75

Soft Drinks

Still / Sparkling Water	Frobisher's Jubilant Juice (250ml)	£4.00	
Fever Tree Tonic	£3.50	Orange Apple Cranberry Grapefruit	
Fever Tree Light Tonic	£3.50	Frobisher's Spectacular Sparklers (330ml)	£4.50
Fever Tree Soda	£3.50	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.