



Three Graces Spa

Nourish

STRAWBERRY AND COCONUT GRANOLA (VE) £8.00
Toasted oats and nuts, dried strawberries, and soya yoghurt

CHANA MASALA (GF/VE) £12.50 Spicy chickpea curry, tomatoes, coriander

HERB FED CHICKEN BOWL (GF) £21.00
Avocado, gem lettuce, chickpea, gremolata salad

OAK SMOKED SALMON (GF) £21.00
Spinach, cucumber, radish, dill vinaigrette

COUS COUS AND CHICKPEAS (VE) £17.00
Roasted Mediterranean vegetables, pine nuts and basil pesto

GREEN SALAD (VE/GF) £17.50
Avocado, olives, artichokes, spring onions, edamame beans, lettuce leaves, extra virgin olive oil



Cream Tea £20.00 per person

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

Refresh £6.50 each

GREEN REVIVER
Kale, lemongrass, banana, mango

COCONUT CRUSH
Pineapple, coconut milk, skimmed milk

ACAI KICK
Blueberries, strawberries, mango, acai, pomegranate

BREAKFAST ENERGY SMOOTHIE
Raspberry, blueberry, banana, flax seed, yoghurt, apple juice



Tasty Treats

Please see our delicious cake, fresh fruit & pastry selection



Indulge

DARK CHOCOLATE BROWNIE £7.00
Vanilla bean ice cream

TROPICAL FRUIT SALAD (GF/VE) £7.00
Seasonal sorbet, garden fresh mint

COCONUT CHIA PUDDING (GF) £8.50
Agave syrup, seasonal berries

Alcoholic Beverages

CHAMPAGNE	125ml	Bottle
Ruinart, R De Ruinart, Brut NV	£18.50	£96.00
Veuve Clicquot Yellow Label Brut, N.V		£90.00
Laurent Perrier Rosé		£120.00
Dom Pérignon		£225.00
Louis Roederer Cristal		£320.00

Copenhagen Sparkling Tea Blue £13.00 £80.00
A non alcoholic blend of Jasmine, Darjeeling and White Tea. A more sophisticated and complex non-alcoholic option.

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

BEER & CIDER

Peroni £6.00 | *Asahi* £6.00 | *Aspall Cyder* £6.25 | *Peroni Libera (0%)* £4.50

Soft Drinks

Still / Sparkling Water		Frobisher's Jubilant Juice (250ml)	£4.00
Fever Tree Tonic	£3.50	<i>Orange Apple Cranberry Grapefruit</i>	
Fever Tree Light Tonic	£3.50	Frobisher's Spectacular Sparklers (330ml)	£4.50
Fever Tree Soda	£3.50	<i>Crisp Apple & Elderflower Sicilian Lemon Ginger & Juniper Raspberry & Rhubarb</i>	

Hot Beverages

Americano	£5.50	TEA £5.50 each	
Latte	£5.50	English Breakfast Tea	Jasmine Green
Cappuccino	£5.50	Decaf English Breakfast Tea	Flowering Tea
Flat White	£5.50	Earl Grey	Raspberry Leaf
Espresso	£2.75	Peppermint	Apple & Cinnamon
Double Espresso	£5.50	Lemongrass & Ginger	Kukicha Sencha
Cafetière for Two	£9.50	Cloud Catcher	Jasmine Yin Hao