



# Three Graces Spa

## Refresh

£4 EACH

### SUPER GREEN

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

### BREAKFAST ENERGY SMOOTHIE

Raspberry, blueberry, banana, flax seed,  
Stamfrey farm yoghurt, apple juice

### DETOX

Ginger, Courgette, Banana, Carrot,  
Blueberry, Orange juice

### DE-STRESS

Kale, spinach, mango,  
apple juice

## Nourish

### BIRCHER MUESLI (V)

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

£6.00

### CHANA MASALA (V,VE)

Spicy chickpea curry, tomatoes,  
coriander

£6.00

### HERB FED CHICKEN BOWL (GF)

Avocado, gem lettuce, chickpea,  
gremolota salad

SMALL £11.00 | LARGE £18.00

### COLD POACHED SALMON (GF)

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

SMALL £12.00 | LARGE £19.00

### BULGUR & BEANS (V)

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

SMALL £8.00 | LARGE £15.00

### FLAKED SMOKED TROUT SALAD (GF)

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

SMALL £12.00 | LARGE £19.00

## *Indulge*

### DARK CHOCOLATE BROWNIE

Vanilla bean ice cream, toasted hazelnuts  
£7.00

### COCONUT CHIA PUDDING (GF, V, VE)

Agave syrup, seasonal berries  
£8.50

### TROPICAL FRUIT SALAD (GF, V, VE)

Seasonal sorbet, garden fresh mint  
£7.00

## *Cream Tea*

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

£15.00 per person

## *Tasty Treats*

Please see our delicious cake, fresh fruit  
and pastry selection

£8.50



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 10% will be added to the total bill.