



Three Graces Spa

Nourish

STRAWBERRY AND COCONUT GRANOLA (V) £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



Sandwiches

All served with crisps & salad

THE GRANTLEY CLUB £21.50

OAK SMOKED SALMON £17.50

FREE RANGE EGG MAYO £15.50

Refresh £6.50 each

GREEN REVIVER
Kale, lemongrass, banana, mango

ACAI KICK
Blueberries, strawberries, mango, acai, pomegranate

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



Indulge

DARK CHOCOLATE BROWNIE £7.00
Vanilla bean ice cream, toasted hazelnuts

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

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



Cream Tea £20.00 per person

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



Tasty Treats

Please see our delicious cake, fresh fruit & pastry selection

Alcoholic Beverages

	125ml	Bottle
CHAMPAGNE		
Ruinart, R De Ruinart, Brut NV	£20.00	£105.00
Moët & Chandon Impérial	£18.00	£84.00
Moët & Chandon Impérial Rosé	£22.00	£115.00
Veuve Clicquot Yellow Label		£99.00
Laurent Perrier Rosé		£180.00
Dom Pérignon		£300.00
Louis Roederer Cristal		£335.00
Prosecco 'Il Fresco' Villa Sandi	£9.50	£43.00
Copenhagen Sparkling Tea Blue	£13.00	£80.00
<i>A non alcoholic blend of Jasmine, Darjeeling and White Tea. A more sophisticated and complex non-alcoholic option.</i>		

WINE

WHITE

	125ml	Bottle
Talisman Gruner Veltliner, Hungary	£7.50	£36.00
Kuki, Marlborough Sauvignon Blanc, New Zealand	£9.00	£44.00
Jonty's Duck, Chenin, South Africa	£12.00	£55.00

ROSÉ

Château Terrabonne, Côtes de Provence, France	£11.00	£48.00
Whispering Angel, Château d'Esclans, Côtes de Provence, France	£14.00	£65.00

RED

El Picador Merlot, Chile	£7.50	£36.00
Beaujolais, Gry-Sabon, France	£11.30	£48.00
Jonty's Duck, Syrah/ Cabernet, South Africa	£12.00	£55.00

BEER & CIDER

Norton Lager £6.50 | Peroni £6.00 | Aspall Cyder £6.25 | Peroni Libera (0%) £4.50

Soft Drinks & Hot Beverages

Still / Sparkling Water		Frobisher's Jubilant Juice (250ml)	£4.00
Fever Tree Tonic / Light	£3.50	<i>Orange Apple Cranberry Grapefruit</i>	
Fever Tree Soda	£3.50	Frobisher's Spectacular Sparklers (330ml)	£4.50
Coca Cola / Diet	£3.50	<i>Crisp Apple & Elderflower</i>	

COFFEE

Americano	£4.95
Latte	£4.95
Cappuccino	£4.95
Flat White	£4.95
Espresso	£2.85
Double espresso	£4.95
Cafetière for two	£4.95

TEA £4.95 each

English Breakfast Tea	Jasmine Green
Decaf English Breakfast Tea	Flowering Tea
Earl Grey	Raspberry Leaf
Peppermint	Apple & Cinnamon
Lemongrass & Ginger	Kukicha Sencha
Cloud Catcher	Jasmine Yin Hao

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.