



Three Graces Spa

Nourish

STRAWBERRY AND COCONUT GRANOLA £8.00

Toasted oats and nuts, dried strawberries,
and soya yoghurt (V)

CHANA MASALA £12.50

Spicy chickpea curry, tomatoes, coriander
(GF/VE)

HERB FED CHICKEN BOWL £23.00

Avocado, gem lettuce, chickpea,
gremolata salad (GF)

OAK SMOKED SALMON £23.00

Spinach, cucumber, radish,
dill vinaigrette (GF)

COUS COUS AND CHICKPEAS £17.00

Roasted Mediterranean vegetables, pine
nuts and basil pesto (VE)

GREEN SALAD £17.50

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



Sandwiches

All served with crisps & salad

GRANTLEY CLUB £23.50

Smoked chicken, bacon, dressed iceberg
lettuce & tomato

OAK SMOKED SALMON £21.50

Oak smoked salmon, chive cream cheese &
cucumber

FREE RANGE EGG MAYO £16.50

Free range egg, shallot mayonnaise &
watercress

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 £7.00

Seasonal sorbet, garden fresh mint (GF/VE)

COCONUT CHIA PUDDING £8.50

Agave syrup, seasonal berries (GF/VE)



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

ALLERGENS & DIETARIES: GF - GLUTEN FREE | V - VEGETARIAN | VE - VEGAN.

PLEASE SPEAK TO A MEMBER OF STAFF TO ADVISE OF ANY DIETARY NEEDS OR TO REQUEST CALORIFIC INFORMATION.

A discretionary 12.5% service charge will be added to your bill.

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