

Forest Spa Day, Signature Spa Days and Recharging Spa Day

VITALÉ
CAFÉ BAR

As part of your spa day package, please enjoy your choice of one item from the menu below.

Guests enjoying the above spa packages will also receive a glass of prosecco.

Breads and Wraps

Seasonal Special

Turkey, bacon and brie flatbread GFO

With roast turkey, cranberry sauce, crispy bacon, melted brie and caramelised roast squash. Finished with baby spinach, squash and sage pesto and roasted pumpkin seeds. 835 kcal | GF 670 kcal

Grilled vegetable focaccia v

Served with a mixed salad. 447 kcal

Harissa chicken and garlic flatbread GFO

With whipped feta, grilled peppers, olive, garlic pesto and rocket. 931 kcal | GFO 630 kcal

Grilled vegetable wrap v VEO

Served with a mixed salad. 323 kcal

Pasta Dishes

Each served with a mixed salad.

Seasonal Special

Caramelised onion and pepper pasta v GFO

Linguine tossed in a rich slow cooked onion and pepper reduction. Topped with parsley and toasted pine kernels. 580 kcal | GF 870 kcal

Tagliatelle Bolognese 668 kcal

Tomato and basil Garganelli v GFO VEO 610 kcal

GFO - Served as gluten free pasta. | VEO - Served as gnocchi.

Ricotta and spinach cannelloni v 588 kcal

Beef lasagne 482 kcal

Soups and Salads

Buddha Bowl v GFO VEO

Rocket, carrot, beetroot, tomato, cucumber, avocado, grilled broccoli and chilli salad, spring onion, radish, watercress and sesame seeds, lemon and garlic dressing and hummus. 675 kcal

Add garlic & herb chicken 195 kcal

4.00

Chicken Caesar salad

Garlic marinated chicken, bacon, lettuce, croutons and shaved hard cheese with a creamy Caesar dressing. 940 kcal

Seasonal Specials

Cumin and lentil soup v GFO VEO

A warm lightly spiced cumin and red lentil soup, with focaccia. 355 kcal

Roasted sweet potato, sprout and cavolo nero salad v GFO VEO

Caramelised roast sweet potato and crispy Brussel sprouts, apple, tossed with cavolo nero finished with a punchy Dijon and maple dressing and toasted pine kernels. 755 kcal | GF 585 kcal

Add garlic & herb chicken 195 kcal

4.00

Additional extras

Garlic focaccia v VEO 499 kcal

5.95

With olive oil and balsamic vinegar dip.

Garlic focaccia and hummus v 415 kcal

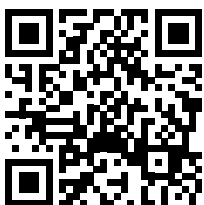
5.95

Crispy seasoned wedges v GFO VEO 740 kcal

4.95

With chilli oil, parsley and sour cream dip.

VEO - Served without sour cream. 630 kcal



V - No meat or fish | GF / GFO - Ask for gluten free | VE / VEO - Ask for vegan

Please note that some of our meat/fish dishes may contain bones.

Adults need around 2000 kcal a day.

IMPORTANT ALLERGEN INFORMATION

Use the QR code to access important allergy information and to select suitable items for your specific food allergy or intolerance. It is your responsibility to ensure that items are suitable based on the information provided on the portal. Menu descriptions may not include all ingredients.