

Forest Awakening Spa Day, Soothing Spa Day & Early Bird Spa Escape

Our breakfast packages include one of our breakfast items below, along with your choice of a hot drink or a soft drink.

Bacon, avocado and poached egg on sourdough toast 530 kcal

Grilled back bacon, smashed avocado and a free-range poached egg on toasted sourdough, finished with cool tomato salsa and olive oil.

Tomato and avocado on sourdough toast V 382 kcal

Grilled tomatoes and smashed avocado on toasted sourdough, topped with toasted pumpkin seeds and finished with cool tomato salsa and olive oil.

Ask for Tomato and avocado made vegan VE 406 kcal

Free-range scrambled eggs on sourdough toast V 651 kcal

Toasted sourdough served with free-range scrambled eggs.

Ask for Free-range scrambled eggs made gluten free GF 692 kcal

Poached eggs, pesto and ricotta on sourdough toast V 603 kcal

Light ricotta cheese, nut-free pesto, two free-range poached eggs, and chilli flakes on toasted sourdough.

Smoked salmon and free-range scrambled eggs on sourdough toast 756 kcal

Toasted sourdough served with smoked salmon and free-range scrambled eggs.

Ask for Smoked salmon and scrambled eggs made gluten free GF 848 kcal

Baked eggs shakshuka with sourdough V 461 kcal

A rich, slow-cooked tomato sauce with onions, peppers, smoked paprika and cumin, oven baked with free-range eggs.

Ask for Baked eggs shakshuka made gluten free GF 623 kcal

Morning Spa Escape

Our Morning spa escape package includes one of the below platters, along with your choice of a hot drink or soft drink.

Morning Escape

Vitalé Breakfast Platter 605 kcal

Warm mini waffles with maple syrup and strawberries V
Fresh baked cheese straw V
Brie and bacon focaccia with cranberry sauce
Smoked salmon and dill brioche roll
Natural yoghurt with fruit compote V

Morning Escape Gluten Free

Vitalé Breakfast Platter 720 kcal

Gluten free chocolate muffin V GF
Brie and bacon sandwich with cranberry sauce GF
Smoked salmon, cucumber and cream cheese sandwich GF
Natural yoghurt with fruit compote V GF

Morning Escape Vegan

Vitalé Breakfast Platter 525 kcal

Fresh vegan blueberry croissant VE
Vegan 'egg' mayonnaise VE
Vegan chocolate muffin VE
Fresh fruit salad with coconut yoghurt and fruit compote VE

Twilight Spa Escape

Our twilight spas include one of our Mediterranean antipasti platters and a glass of sparkling prosecco, non-alcoholic prosecco, a hot drink, or a soft drink from our menu.

Vitalé Platter 904 kcal

A Mediterranean platter of balsamic onions, Serrano ham, chorizo, martini olives, sun-dried tomatoes, grilled artichokes, mozzarella and pesto, red pepper tapenade and garlic flatbread.

Ask for Vitale platter made gluten free GF 712 kcal (served without flatbread, but with garlic crouton)

Vitalé Vegetarian Platter V 955 kcal

A Mediterranean platter of balsamic onions, stuffed vine leaves, martini olives, sun-dried tomatoes, grilled artichokes, mozzarella and pesto, red pepper tapenade and garlic flatbread.

Ask for Vitale platter made vegan VE 844 kcal (served without mozzarella and pesto, but with vegan feta and olive oil)

Afternoon Tea Spa Escape & Indulgent Spa Escape

Our Afternoon Tea packages include one of the options below, along with your choice of sparkling prosecco, non-alcoholic prosecco, a hot drink or a soft drink from our menu.

Afternoon Tea 1744 kcal

Sandwich selection

Salmon and dill brioche roll
Chicken salad
Tickler Cheddar and tomato V

Savoury

Whipped goats cheese and chive choux bun V

Sweet

Honeybee cake
Mini cherry and chocolate dessert V
Caramel, chocolate and coffee layered opera cake
Scone, jam, and clotted cream V

Gluten Free

Afternoon Tea 1900 kcal

Sandwich selection

Egg mayonnaise V GF
Chicken salad GF
Tickler Cheddar and tomato V GF

Savoury

Mini goats cheese and Cheddar tart V GF

Sweet

Scone, jam and clotted cream V GF
Eton mess finger V GF
Apple tart V GF

Vegan

Afternoon Tea 1300 kcal

Sandwich selection

Vegan 'egg' mayonnaise VE
Grated vegan cheese and tomato VE
Coronation chickpea VE

Savoury

Red pepper tapenade and grilled artichoke crostini VE

Sweet

Scone, jam and whipped cream VE
Eton mess finger VE
Apple tart VE

Vegetarian

Afternoon Tea 1905 kcal

Sandwich selection

Egg mayonnaise V
Coronation chickpea V
Tickler Cheddar and tomato V

Savoury

Whipped goats cheese and chive choux bun V

Sweet

Mini cherry and chocolate dessert V
Eton mess finger V
Scone, jam and whipped cream V



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

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

Please note that some of our meat/fish dishes may contain bones. Adults need around 2000 kcal a day.