

LOUNGE MENU

the  spa

Breakfast

(Available from 9am to 11am)

Eggs Benedict	£9.50
<i>Toasted muffin, Serrano ham, poached egg, hollandaise sauce</i>	
Eggs Royale	£12.50
<i>Toasted muffin, smoked salmon, poached egg, hollandaise sauce</i>	
Eggs Florentine	£8.50
<i>Toasted muffin, sautéed baby spinach, poached egg, hollandaise sauce</i>	
Granola, Natural Greek Yoghurt & Red Berries	£5.50
<i>Compote of red berries with natural Greek yoghurt, topped with granola</i>	
Butter Croissant	
<i>With a selection of preserves</i>	£3.50
<i>Filled with ham & cheese</i>	£6.50
Toasted White or Granary Bread	£3.50
<i>With a selection of preserves</i>	

Tortilla Wraps, Paninis & Toasties

(Plain or seeded)

Coronation Chicken	£8.50
<i>With sultanas, crisp iceberg lettuce & sweet red onions</i>	
Hot Smoked Salmon & Lemon Mayonnaise	£9.25
<i>With peppery rocket & shallots</i>	
Grilled Courgette, Feta & Baby Spinach	£7.95
<i>With hummus, roasted peppers & basil dressing (v)</i>	
Serrano Ham, Plum Tomato & Suffolk Brie	£8.95
Goats Cheese	£7.95
<i>With Suffolk tomato chutney & pea shoots (v)</i>	
Tuna Mayonnaise	£8.95
<i>With red onion & spinach</i>	

Soups & Salads (Salads also available as a starter)

Soup of the Day	£6.50
<i>Served with fresh flavoured breads (v)</i>	
Cromer Crab Salad	£9.50/£16.50
<i>Sour doughbread, lime mayonnaise & mixed salad leaves</i>	
Serrano Ham & Asparagus Salad	£8.50/£13.50
<i>Rocket leaves, toasted whole almonds, fig & lemon dressing</i>	
Roast Vegetable Quinoa Salad with Grilled Halloumi	£6.50/£10.50
<i>Roast artichoke hearts, peppers, aubergine & courgettes (v)</i>	
Black Bean Salad with Lime, Chilli & Avocado	£7.00/£11.50
<i>Chargrilled artichoke hearts & roasted red peppers (v)</i>	

Something More

Satay Sweet Potato Curry & Rice (v)	£11.50
Black Bean Chicken & Rice Noodles	£12.50

Platters to Share for two or more

Mediterranean Platter Selection	£10.00/£19.00
<i>Chicken Liver parfait, hummus, pickled cauliflower, stuffed green olives, balsamic onions, dressed baby spinach leaves, tomato chutney, whole grain bread</i>	
Vegetarian Super Food Platter	£9.00/£17.00
<i>Marinated tofu, baby mozzarella, stuffed green olives, hummus, sun-blushed tomatoes, dressed baby spinach leaves, balsamic onions, walnut bread</i>	
Italian Cured Meats & Grilled Vegetables	£10.50/£19.50
<i>Serrano ham, bellota chorizo & cured pork, ricotta cheese, Valencia almonds, dried fig, rocket, sourdough bread, balsamic vinegar & olive oil</i>	

Essential Smoothies & Detox Drinks £4.50

Tropical Fruit Smoothie	
Strawberry & Soy Shake	
Blueberry, Banana & Grapes	
Apple, Mango, Pineapple, Spinach, Spirulla, Green Algae	

Organic Pressés £3.95

Elderflower, Lemonade, Raspberry

Cakes/Desserts £6.50

Carrot & Walnut Cake	
Tiptree Orange Marmalade Bread & Butter Pudding	
Double Chocolate Brownie (gf)	
Banana Bread with Toffee Banana Sauce	
Honey, Sultana & Bran Muffin	
A Platter of Carved Seasonal & Exotic Fruits with Pomegranate Pearls, Coconut Foam & Mango Salsa	

Cookies £5.50

Double Chocolate Chip	
Mixed Berry	
Macadamia Nut & White Chocolate	

Light Afternoon Tea £10.50

Warm Fruit or Plain Scone with Preserves,
Lemon Curd & Clotted Cream, Carrot & Walnut Cake.
Selection of Teas & Coffee

Cream Tea £8.95

Warm Fruit or Plain Scone with Preserves,
Lemon Curd & Clotted Cream. Selection of Teas & Coffee

Nibbles £3.50

Pesto Peanuts, Smoked Almonds, Giant Corn,
Harrissa Mixed Nuts, Spanish Olives, Garlic Olives

Champagne

Moët & Chandon Brut Imperial	NV	£55.00
Moët & Chandon Brut Rosé	NV	£95.00
Moët & Chandon Grand Vintage	2008	£90.00
Bollinger Special Cuvée	NV	£80.00
Dom Perignon Cuvée Prestige	2006	£165.00
Krug Grande Cuvée	NV	£220.00
Louis Roederer Cristal Brut	2009	£270.00

Prosecco

Prosecco Spumante, Borgo Alato, Italy	NV	£35.00
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White Wine

Karu Sauvignon Blanc, Valle Central, Chile	2016	£23.00
Viognier, Mas La Chevaliere, Languedoc-Roussillon, France	2015	£31.00
Pinot Grigio Grave del Friuli, Ponte del Diavolo, Italy	2016	£29.50
Ana Sauvignon Blanc, Marlborough, New Zealand	2016	£32.50
Sancerre Chavignol Paul Thomas, France	2016	£49.00
Chablis, Laroche, Burgundy, France	2016	£42.00

Rosé Wine

Bourgogne Rosé, Cuvée, Margoton Olivier Leflaive, Burgundy, France	2010	£30.00
Sancerre Rosé Domaine Tissier, Loire, France	2015/6	£46.00
Coopers Croft, Wickhambrook, England	2016	£28.00

Red Wine

Karu Merlot, Valle Central, Chile	2016	£23.00
Valpolicella, Allegrini, Veneto, Italy	2015/6	£29.50
Fleurie, Domaine de Gry-Sablon, Dominique Morel, France	2015	£39.50
Chateau Haut-Plantey Grand Cru St-Emilion, Bordeaux, France	2012	£49.50
Pinot Noir, Greywacke, Marlborough, New Zealand	2013	£59.00

Champagne *by the glass*

Moët & Chandon Brut Imperial	NV	£9.50
Moët & Chandon Brut Rosé	NV	£17.00

Prosecco *by the glass*

Prosecco Spumante, Borgo Alato, Italy	NV	£6.50
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White Wine *by the glass*

	125ml	175ml	250ml
Karu Sauvignon Blanc, Valle Central, Chile	£3.80	£5.60	£7.40
Viognier, Mas La Chevaliere, Languedoc-Roussillon, France	£5.70	£8.40	£10.50
Pinot Grigio Grave del Friuli, Ponte del Diavolo, Italy	£5.10	£7.50	£9.95
Ana Sauvignon Blanc, Marlborough, New Zealand	£5.60	£8.50	£11.00

Rosé Wine *by the glass*

Bourgogne Rosé, Cuvée, Margoton Olivier Leflaive, Burgundy, France	£5.10	£7.80	£10.50
Sancerre Rosé Domaine Tissier, Loire, France	£7.70	£11.50	£15.30
Coopers Croft, Wickhambrook, England	£4.65	£6.50	£9.30

Red Wine *by the glass*

Karu Merlot, Valle Central, Chile	£3.80	£5.60	£7.40
Valpolicella, Allegrini, Veneto, Italy	£5.25	£7.50	£10.50
Fleurie, Domaine de Gry-Sablon, Dominique Morel, France	£6.75	£9.25	£13.50

Beer

Peroni – La Birra Italiana 4.7%	£4.40
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Paddy & Scott's Coffee Selection

Espresso, Double Espresso, Cafatiere, Cappuccino	
Mocha, Latté, Americano, Hot Chocolate, Decaf Cafatiere	

Tea Pig Selection

English Breakfast Tea, Rooibos (decaf)	
Super Fruits, Green Tea, Peppermint, Earl Grey, Chamomile	

If you require further information on ingredients which may cause allergy or intolerance, please speak to your server before ordering your meal. Should you like your dishes more simplified, please just inform your server, when placing your order. Some dishes may contain nuts or traces of nut oils. We try and use sustainable fish wherever possible. All the dishes on the menu are inclusive of VAT.

