

LOUNGE MENU

the  spa

SPA LOUNGE MENU

(Available between 9am to 7pm unless specified)

Breakfast (Available from 9am to 12pm)

Eggs Benedict £9.50

Toasted muffin, serrano ham, poached egg, hollandaise sauce

Eggs Royale £12.50

Toasted muffin, smoked salmon, poached egg, hollandaise sauce

Eggs Florentine £8.50

Toasted muffin, sautéed baby spinach, poached egg, hollandaise sauce

Granola, Natural Greek Yoghurt & Red Berries £5.50

Compote of red berries under smooth natural greek yoghurt, topped with granola

Butter Croissant £3.50

With a selection of preserves

Butter Croissant filled with Ham & Cheese £6.50

Avocado on Toast £4.50

Ripe avocado sliced, served on a choice of white or whole-wheat toast (vegan)

Vegan Granola with Mixed Berries & Chia Seed £5.50

Your choice of plant-based milks, seasonal berries (vegan)

Tortilla Wraps, Paninis & Toasties

Coronation Chicken £8.50

Sultanas, crisp iceberg lettuce & sweet red onions

Golden Roast Smoked Salmon & Avocado £9.25

Peppery rocket, shallots & crème fraiche

Falafel, Hummus & Baby Spinach £7.95

Roasted peppers & Virgin olive oil dressing (v)

Serrano Ham, Plum Tomato, Suffolk Brie £8.95

Goats Cheese, Suffolk Tomato Chutney & Pea Shoots (v) £7.95

Tuna Mayonnaise, Red Onion & Capers £8.95

Soups & Salads

Soup of the Day £6.50

Served with fresh flavoured breads (v)

Salmon & Crab Salad £9.50/£16.50

Sourdough bread, lime mayonnaise, mixed salad leaves

Serrano Ham & Asparagus Salad £13.50

Rocket leaves, toasted whole almonds, fig & lemon dressing (gf)

Roast Vegetable Quinoa Salad with £6.50/£16.50

Grilled Halloumi

Roast artichoke hearts, pepper, aubergine & courgette (v, gf)

Black Bean Salad with Lime, Chilli & Avocado £11.50

Chargrilled artichoke hearts roasted red pepper (vegan, gf)

Something More

Satay Sweet Potato Curry & Rice (vegan, gf) £11.50

Black Bean Chicken & Rice Noodles (gf, df) £12.50

Orange & Miso Glazed Tofu, Orange & Baby Leaf Salad (vegan, gf) £10.00

Pad Thai (vegan, gf) £10.00

Platters to Share for Two or More

Moroccan Super Food Platter £10.50/£18.50

Hummus, grilled pitta, pickled vegetables, asparagus tips, tabbouleh, olives, Medjool dates sun-blushed tomatoes, dressed baby spinach leaves, balsamic onions (df, v)

Spanish Cured Meats & Char-Grilled Vegetables £10.50/£19.50

Serrano ham, Bellota chorizo & cured pork, Manchego cheese, valencia almonds, sun-dried tomato, rocket, sourdough bread, balsamic & olive oil

Plant Based Smoothies £4.50

Carrot Juice

Pomegranate Juice

Bedford Lodge Smoothie

(flavour of the day)

Organic Pressés £4.25

Elderflower, Lemonade, Orange & Mandarin, Raspberry

Paddy & Scott's Coffee Selection £3.95

(A selection of plant based milks are available)

Espresso, Double Espresso, Cafetiere, Cappuccino,

Mocha, Latté, Americano, Hot Chocolate, Decaf Cafetiere

Tea Pig Selection £3.95

(A selection of plant based milks are available)

English Breakfast Tea, Rooibos (decaf), Super Fruits,

Green Tea, Peppermint, Earl Grey, Chamomile

Cakes/Desserts £6.50

Lemon Drizzle (df)

Tiptree Orange Marmalade Bread & Butter Pudding, Custard

Double Chocolate Brownie, Chocolate Sauce (gf)

Orange & Semolina Cake (vegan)

Carrot Cake (gf)

Alco Ice Pops (gf) £3.00

Cookies £5.00

Double Chocolate Chip

Mixed Berry

White Chocolate Chip Cookie

Hot Drink and Mini Cake

Light Afternoon Tea and Cream Tea £10.50/£8.95

Should you like your dish a little simpler, please ask the floor manager 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.

Champagne

Moët & Chandon Brut Impérial	NV	£59.00
Moët & Chandon Brut Rosé	NV	£111.00
Moët & Chandon Grand Vintage	2008	£90.00
Bollinger Special Cuvée	NV	£83.00
Dom Pérignon	2009	£220.00
Krug Grande Cuvée	NV	£220.00
Louis Roederer Cristal Brut	2009	£270.00

Prosecco

Prosecco Spumante, Borgo Alato, Italy	NV	£39.00
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White Wine

Karu Sauvignon Blanc, Central Valley, Chile	£27.00
Viognier Caoba, Mendoza, Argentina	£31.00
Pinot Grigio, Terrazze Della Luna, Cavit, Trentino, Italy	£33.00
Ana Sauvignon Blanc, Marlborough, New Zealand	£37.00

Rosé Wine

La Brouette Rosé, Producteurs Plaimont, Comte Tolosan, France	£27.00
Corvina/Negroamaro Rosé Premo, Antica Murrina, Italy	£31.00
Sancerre Rosé Domaine De La Grande Maison Chaumeau-Balland, Loire, France	£49.00

Red Wine

Karu Merlot, Central Valley, Chile	£27.00
Montepulciano d'Abruzzo Il Roccio Natale Verga, Abruzzo, Italy	£29.00
Château Mayne-Graves, Bordeaux, France	£34.00

Champagne *by the glass*

		125ml
Moët & Chandon Brut Impérial	NV	£10.00
Moët & Chandon Brut Rosé	NV	£19.00

Prosecco *by the glass*

		125ml
Prosecco Spumante, Borgo Alato, Italy	NV	£7.00

Due to the evolving nature of wine vintages, we have omitted these from our list.
Please ask our server for the current year of our wines.

White Wine <i>by the glass</i>	175ml	250ml
Karu Sauvignon Blanc, Central Valley, Chile	£7.20	£10.30
Viognier Caoba, Mendoza, Argentina	£8.50	£12.10
Pinot Grigio, Terrazze Della Luna, Cavit, Trentino, Italy	£8.90	£12.70
Ana Sauvignon Blanc, Marlborough, New Zealand	£9.50	£13.60

Rosé Wine <i>by the glass</i>	175ml	250ml
La Brouette Rosé, Producteurs Plaimont, Comté Tolosan, France	£7.20	£10.30
Corvina/Negroamaro Rosé Premo, Antica Murrina, Italy	£8.50	£12.10
Sancerre Rosé Domaine De La Grande Maison Chaumeau-Balland, Loire, France	£13.80	£19.70

Red Wine <i>by the glass</i>	175ml	250ml
Karu Merlot, Central Valley, Chile	£7.20	£10.30
Montepulciano d'Abruzzo Il Roccolo Natale Verga, Abruzzo, Italy	£8.00	£11.40
Château Mayne-Graves, Bordeaux, France	£9.20	£13.10

Beer

Peroni – La Birra Italiana 4.7%	£4.60
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Paddy & Scott's Coffee Selection £3.95

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

Tea Pig Selection £3.95

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

Soft Drinks

Coke, Diet Coke	£2.20
Schweppes Lemonade	£1.90
Small Mineral Water	£2.35
Large Mineral Water	£3.95

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.

