

Spa Lounge Menu

Breakfast

(Available from 9am to 11am)

Egg Benedict <i>Toasted muffin, ham, poached egg, hollandaise sauce</i>	£9.50
Egg Royale <i>Toasted muffin, smoked salmon, poached egg, hollandaise sauce</i>	£12.50
Egg Florentine <i>Toasted muffin, sautéed baby spinach, poached egg, hollandaise sauce</i>	£8.50
Butter Croissant <i>With a selection of preserves</i>	£3.50
Avocado on Toast <i>Smashed avocado on toast your choice of white or whole-wheat toast (vegan)</i>	£4.50
Vegan Granola with mixed Berries & Chai seed <i>Your choice of plant-based milks, seasonal berries (vegan) natural greek yoghurt available</i>	£5.50

Tortilla Wraps, Paninis & Toasties

Poached Chicken <i>Crisp iceberg lettuce & sweet red onion, mayonnaise, wrap</i>	£8.50
Falafel, Humus & Baby Spinach (v) <i>Roasted pepper, wrap</i>	£7.95
Serrano Ham, Plum Tomato, Suffolk Brie <i>Roasted pepper, panini</i>	£8.95
Smoked Salmon & Cream Cheese Bagel <i>New York style bagel, dill cream cheese</i>	£9.95
Tuna mayonnaise, Red onion & Caper <i>Roasted pepper, rocket on focaccia (or panini)</i>	£10.00

Soup & salads

Soup of the Day <i>Served with fresh flavoured breads (v)</i>	£6.50
Your choice of Salad and topping (supplement of £5 for crab & £4 for duck on spa day/break bookings) <i>Banana Blossom £10.50, Shredded Jack Fruit £11.00, Crispy Duck £14.00, Smoked Mackerel £12.50, Crab £15.00</i>	
Chicory & Endive Salad, toasted Almonds with Flax Seeds (gf, df)	
Shredded Fennel, Red Onion, Charred Pear and Blue cheese (g/f, nf)	
Quinoa, Pak Choi, Beansprouts, Mixed Leaves, Yoghurt & Coriander dressing (gf, nf)	

the spa

BEDFORD LODGE HOTEL

Spa Lounge Menu

Platters to Share for two or more

Moroccan Super Food Platter £10.50/ £18.50
*Humus, 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, sour dough bread, balsamic & olive oil*

Essential Smoothie & Detox drinks £5.00

*Pomegranate juice
Chocolate banana superfood smoothie
Blueberry, banana, wheatgrass smoothie*

Organic Pressés £4.45

Elderflower, lemonade or raspberry

Paddy & Scott's Coffee Selection (A selection of plant based milks are available) £3.95

*Espresso, double espresso, cafeteria, cappuccino
mocha, latté, americano, hot chocolate, decaf cafeteria*

Tea Pig Selection (A selection of plant based milks are available) £3.95

*English breakfast tea, rooibos (decaf)
super fruits, green tea, peppermint, earl grey, chamomile*

Cakes/ Desserts

Lemon drizzle (df) £4.50

Tiptree orange marmalade bread & butter pudding, custard £6.50

Double chocolate brownie, chocolate sauce (gf) £6.50

Fresh fruit salad, clotted cream optional (ve, gf) £6.50

Cookies

Double chocolate chip cookie

Cranberry & oat cookie

White chocolate chip cookie

Should you like your dishes more simplified, please just inform 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.