

LOUNGE MENU

the  spa

SPA LOUNGE MENU

(Available between 9am to 7pm unless specified)

Breakfast (Available from 9am to 12pm)

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 under smooth natural greek yoghurt, topped with granola</i>	
Butter Croissant	£3.50
<i>With a selection of preserves</i>	
Butter Croissant filled with Ham & Cheese	£7.50
Avocado on Toast	£6.00
<i>Ripe avocado sliced, served on a choice of white or whole-wheat toast (vegan)</i>	
Vegan Granola with Mixed Berries & Chia Seed	£5.50
<i>Your choice of plant-based milks, seasonal berries (vegan)</i>	

Sandwiches & Wraps

£9.50

Served on herb focaccia or tortilla wrap

Falafel, Hummus & Baby Spinach

Suffolk Ham, Plum Tomato & Brie

Smoked Salmon & Dill Cream Cheese

Poached Chicken, Lettuce & Sweet Red Onion

Poke Bowls

A bowl of rice noodles & sliced raw vegetables finished with your favourite topping and served with a chilli, soy & lime dressing

Shredded Jack Fruit	£11.00
Crispy Duck	£14.00
Smoked Mackerel	£12.50
Crab	£15.00

Platters to Share for Two or More

Moroccan Super Food Platter £10.50/£18.50

Hummus, pitta, roast vegetables, Medjool dates, dressed spinach & falafel

Mezze Platter £10.50/£19.50

Serrano ham, chorizo, lomo pork, Manchego cheese, toasted almonds, olives, vegetables, fresh baked bread

Plant Based Smoothies £4.95

Carrot Juice

Pomegranate Juice

Bedford Lodge Smoothie

(flavour of the day)

Organic Pressés £4.95

Elderflower, Lemonade, Orange & Mandarin, Raspberry

Paddy & Scott's Coffee Selection £4.95

(A selection of plant-based milks are available)

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

Tea Pig Selection £4.95

(A selection of plant-based milks are available)

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

Cakes/Desserts £7.50

Lemon Drizzle (gf)

Double Chocolate Brownie, Chocolate Sauce (gf)

Tiptree Marmalade Bread & Butter Pudding, Custard

Carrot Cake

Light Afternoon Tea and Cream Tea

Cream Tea £9.95

*Scones, clotted cream & strawberry jam
Served with tea or coffee*

Light Afternoon Tea £14.95

*Selection of finger sandwiches, carrot cake,
scones, clotted cream & strawberry jam
Served with tea or coffee*

Champagne & Prosecco

Moët & Chandon Brut Impérial, NV Champagne, France	£65.00
Moët & Chandon Brut Impérial Rose, France	£120.00
Prosecco Spumante Borgo Alato, NV, Vento, Italy	£37.00

White Wine

Caracara, Sauvignon Blanc, Central Valley, Chile	£28.00
Chablis, Domaine Vincent Dampt, Burgundy, France	£59.00
Ana Sauvignon Blanc, Marlborough, New Zealand	£38.50
Soave Classico, Montresor, Italy	£32.00
Terre de Lumiere Viognier Pays d'Oc, France	£28.50

Rosé Wine

Corvina/Negroamaro Premo, Italy	£29.00
Sancerre Rosé, Roland Tisser et fils, Loire, France	£54.00
Chateau la Tour de l'Eveque Rose AOC Cotes de Provence, France	£38.00

Red Wine

Caracara Merlot, Central Valley, Chile	£28.00
Château Mayne-Graves, Bordeaux, France	£37.00
Montepulciano d'Abruzzo Roccastella, Abruzzo, Italy	£29.00
Rioja Joven, Bodegas Larchago, Rioja, Spain	£34.00

Champagne & Prosecco *by the glass (125ml)*

Moët & Chandon Brut Impérial, NV Champagne, France	£11.50
Moët & Chandon Brut Impérial Rose, France	£21.00
Prosecco Spumante Borgo Alato, NV, Vento, Italy	£6.50

White Wine *by the glass*

	175ml	250ml
Caracara, Sauvignon Blanc, Central Valley, Chile	£6.25	£9.50
Chablis, Domaine Vincent Dampt, Burgundy, France	£13.75	£19.75
Ana Sauvignon Blanc, Marlborough, New Zealand	£9.50	£13.50
Soave Classico, Montresor, Italy	£7.50	£10.95
Terre de Lumiere Viognier Pays d'Oc, France	£6.95	£9.50

Rosé Wine <i>by the glass</i>	175ml	250ml
Corvina/Negroamaro Premo, Italy	£6.95	£9.50
Sancerre Rosé, Roland Tisser et fils, Loire, France	£12.75	£18.00
Chateau la Tour de l'Eveque Rose AOC Cotes de Provence, France	£9.50	£13.60

Red Wine <i>by the glass</i>	175ml	250ml
Caracara Merlot, Central Valley, Chile	£6.95	£9.50
Château Mayne-Graves, Bordeaux, France	£8.95	£12.50
Montepulciano d'Abruzzo Roccastella, Abruzzo, Italy	£6.95	£9.95
Rioja Joven, Bodegas Larchago, Rioja, Spain	£8.25	£11.50

Beer

Peroni – La Birra Italiana 4.7%	£4.60
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Paddy & Scott's Coffee Selection	£4.95
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(A selection of plant-based milks are available)

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

Tea Pig Selection	£4.95
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(A selection of plant-based milks are available)

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

Soft Drinks

Coke, Diet Coke	£2.40
Schweppes Lemonade	£3.10
Small Mineral Water	£2.55
Large Mineral Water	£4.50

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.

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.

