

## LOUNGE MENU

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# SPA LOUNGE MENU

(Available between 10am - 5pm midweek 9am - 5pm weekends)

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## Breakfast (Available from 10am - 12pm midweek 9am - 12pm weekends)

**Eggs Benedict** (gluten, milk, egg) £12.50  
Toasted muffin, smoked ham, poached egg, hollandaise sauce

**Eggs Royale** (eggs, fish, milk, gluten) £14.50  
Toasted muffin, smoked salmon, poached egg, hollandaise sauce

**Eggs Florentine** (gluten, milk, egg) £12.50  
Toasted muffin, sautéed baby spinach, poached egg, hollandaise sauce

**Granola, Natural Greek Yoghurt & Red Berries** (gluten, milk) £8.50  
Compote of red berries under smooth natural greek yoghurt, topped with granola

**Vegan Granola with Mixed Berries & Chia Seed** (gluten) £8.50  
Your choice of plant-based milks, seasonal berries (vegan)

**Butter Croissant** (gluten, milk) £5.00  
With a selection of preserves

**Butter Croissant filled with Suffolk Ham & Brie** (gluten, milk) £9.75

**Avocado on Toast** (gluten) £9.50  
Ripe avocado sliced, served on a choice of white or whole-wheat toast (vegan)

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## Sandwiches & Wraps £11.00

Served on herb focaccia or tortilla wrap

**Roast Chicken, Red Onion Marmalade, Little Gem, Vine Tomato**  
(gluten, sulphites, milk)

**Chickpea Hummus, Roasted Vegetables, Vine Tomato, Crisp Lettuce**  
(gluten, sesame)

**Suffolk Ham, Plum Tomatoes, Goats' Cheese, Gem Lettuce**  
(gluten, milk, sulphites)

**Oak Smoked Salmon, Dill Cream Cheese and Rocket Leaves**  
(gluten, fish, milk)

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## Salads £14.50

**Sweet Potato and Lentil Salad** (milk, sulphites)  
Roasted Sweet Potatoes with Cumin, Spinach, Crumbled Feta Cheese, Lentils, Pomegranate Seeds and Pomegranate Molasses Dressing

**Chef's Salad** (celery, milk, sulphites)  
Shredded Smoked Ham, Celery, Apple, Grapes, Sultanas, Gem Lettuce, Blue Cheese Dressing

**Roasted Chickpea Salad** (sulphites, milk, nuts)  
Tomatoes, Olives, Rocket, Radish and Green Pesto, Chickpeas

**Mediterranean Vegetable Salad** (gluten, sulphites)  
Roasted Mixed Peppers, Aubergine, Courgette, Red Onion, Rocket, Spinach, Harissa Dressing. Chunky Croutons

**Add Chargrilled Chicken** £6

**Add Smoked Salmon** £5

**Add Crumbled Feta Cheese** (milk) £4

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## Grazing Boards

**Bedford Lodge Grazing Board** (milk, gluten, nuts, sulphites) £15.00/£29.00  
Serrano Ham, Chorizo, Lomo Pork, Mediterranean Vegetables, Manchego Cheese, Olives, Almonds, Focaccia, Balsamic and Olive Oil

**Vegetarian Board** (milk, nuts, gluten, sulphites, seasame) £14.00/£27.00  
Mediterranean Vegetables, Manchego Cheese, Hummus, Dates, Almonds, Olives, Focaccia, Balsamic and Olive Oil,

Cakes/Desserts

£9.50

**Lemon Drizzle** *(egg, milk)*

**Death by Chocolate Cake** *(sulphites, egg, soya, gluten, milk)*

**Tiptree Marmalade Bread & Butter Pudding, Custard** *(gluten, milk, egg)*

**Carrot Cake** *(gluten, nuts)* *(vegan)*

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Light Afternoon Tea and Cream Tea

**Cream Tea** *(gluten, milk, sulphites)* £19.95

*Scones, clotted cream & strawberry jam*

*Served with tea or coffee*

**Light Afternoon Tea** *(gluten, milk, sulphites, nuts, fish, egg)* £22.50

*Selection of finger sandwiches, carrot cake,*

*scones, clotted cream & strawberry jam*

*Served with tea or coffee*

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**Paddy & Scott's Coffee Selection** £4.95

*(A selection of plant-based milks are available)*

**Espresso, Double Espresso, Cafetière, Cappuccino,  
Mocha, Latté, Americano, Hot Chocolate, Decaf Cafetière**

*Served with freshly baked cookies*

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**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**

*Served with freshly baked cookies*

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**Plant Based Smoothies** £4.95

**Bedford Lodge Smoothie**

*(flavour of the day)*

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**Juices & Soft Drinks** £4.95

**Cranberry Juice**

**Orange & Passionfruit Juice**

**Elderflower**

**Raspberry Lemonade**

**Organic Lemonade**

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Soft Drinks

**Coke, Diet Coke** £3.50

**Fevertree Premium Lemonade** £3.50

**Small Mineral Water** £3.00

**Large Mineral Water** £5.50

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.

White Wine <i>by the glass</i>	175ml	250ml
Caracara, Sauvignon Blanc, Central Valley, Chile	£8.50	£11.50
Chablis, Domaine Vincent Damp, Burgundy, France	£15.50	£22.00
Ana Sauvignon Blanc, Marlborough, New Zealand	£10.95	£14.75
Soave Classico, Montresor, Italy	£8.75	£12.25

Rosé Wine <i>by the glass</i>	175ml	250ml
Pinot Grigio ‘Montevento’ Rosé, Italy	£8.00	£11.95
Sancerre Rosé, Roland Tisser et fils, Loire, France	£13.95	£19.95
Chateau la Tour de l’Eveque Rosé AOC Cotes de Provence, France	£10.95	£14.85

Red Wine <i>by the glass</i>	175ml	250ml
Caracara Merlot, Central Valley, Chile	£8.50	£11.50
Château Mayne-Graves, Bordeaux, France	£9.50	£14.00
Montepulciano d’Abruzzo Roccastella, Abruzzo, Italy	£8.50	£11.80

Champagne & Prosecco <i>by the glass (125ml)</i>	
Billecart-Salmon Brut Reserve NV, Champagne, France	£13.50
Billecart-Salmon Brut Rosè NV, Champagne, France	£18.50
Prosecco Spumante Borgo Alato, NV, Vento, Italy	£7.50

Beer	
Peroni – La Birra Italiana 4.7%	£5.50

## Champagne & Prosecco

Billecart-Salmon Brut Reserve, NV, Champagne, France	£85.00
Billecarte-Salmon Brut Rosè, NV, Champagne, France	£110.00
Prosecco Spumante Borgo Alato, NV, Vento, Italy	£40.00

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## White Wine

Caracara, Sauvignon Blanc, Central Valley, Chile	£32.00
Chablis, Domaine Vincent Dampt, Burgundy, France	£63.00
Ana Sauvignon Blanc, Marlborough, New Zealand	£42.00
Soave Classico, Montresor, Italy	£36.00

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## Rosé Wine

Pinot Grigio ‘Montevento’ Rosé, Italy	£34.00
Sancerre Rosé, Roland Tisser et fils, Loire, France	£59.00
Chateau la Tour de l’Eveque Rosè AOC Cotes de Provence, France	£43.00

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## Red Wine

Caracara Merlot, Central Valley, Chile	£32.00
Château Mayne-Graves, Bordeaux, France	£40.00
Montepulciano d’Abruzzo Roccastella, Abruzzo, Italy	£34.00
Rioja Crianza “Artesa”, Bodegas 2020, Rioja, Spain	£43.00

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.

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.



