

POOL BAR MENU

Our menu is focused on an alkaline diet, one of the most exciting new healthy eating programmes for 2013. Consuming mostly vegetarian foods, choosing wholegrain over processed food and cutting back on acid-forming foods such as meat and dairy, will help maintain the body's PH balance giving you more energy and promoting good health. Following a diet based on the 70/30 principle will leave mind and body feeling energised for life To preserve tranquillity, please switch off your mobile phone.

LUNCH BUFFET - £20

Served from 12 noon - 3.30pm

Our alkaline based buffet, has a selection of daily energizing salads, locally sourced cold meats and seafood, with delicious sweet or jacket potatoes. The wonderful flavours and ingredients are not only healthy but taste fantastic, allowing 30% to be used on a dessert selection.

WRAPS AND SANDWICHES

Served from 12 noon - 8.00pm

All freshly made to order on a soft tortilla wrap, brown or white bread.

Smoked salmon and Cream Cheese £8.75

Chicken, Avocado and rocket leaves £8.25

Prawn and Yogurt Marie Rose £8.75

Buffalo Mozzarella, Tomato and Pesto £8.75

Roasted vegetables and ricotta cheese (v) £7.15

HOT DRINKS

Before you order have a think about swapping your cow's milk for buffalo milk.

Buffalo milk contains;

- 58% more calcium
- 40% more protein
- 43% less cholesterol

Most importantly you can't taste any difference

Americano, Cappuccino, Latté £4.95

Double Espresso £4.95

Single Espresso £3.50

Hot Chocolate £3.95 (made with water or semi-skimmed milk)

LOOSE TEA SELECTION £4.95

English Breakfast Tea, Earl Grey Supreme, Jasmine Yu Luo, Darjeeling Margaret's Hope

Lapsang Souchong, Kenya De-caffeinated, Green Curve, Sencha Springtime

FRUIT INFUSIONS, HERBALS AND TISANES £4.95

Apple & Ginger, Sun Fruits, Lemon Verbena, Peppermint, Chamomile, Green Rooibos Mirabelle

Organic Rooibos

A discretionary 12.5% service charge will be added to your bill, of which every penny goes to the team. If the service did not exceed your expectations then please do not pay for it but allow us the opportunity to rectify any errors that have been made.