



Poolside Menu

Served 12 noon until 5.00pm

Salad Bar 6.5

of your choice from today's selection

Sandwiches

All sandwiches are served with potato crisps and salad on a choice of white or brown bread

Free Range Egg Mayonnaise & Watercress. 8.5

Cucumber & Cream Cheese. 8.5

Three Cheese Savoury, Red Onion & Chive. 8.5

Corn Fed Chicken, Truffle & Tarragon. 9.5

Honey Roasted Ham & Walled Garden Chutney. . 9.5

Smoked Streaky Bacon, Baby Gem Lettuce,
Beef Tomato, Mustard Mayonnaise. 9.5

Desserts

Lemon Posset, Forced Rhubarb, Oat Crumble. . . 10.5

Three Scoops of Northern Bloc TM Ice Cream. 6

Vanilla, Strawberry, Chocolate, Hazelnut,

Ginger, Raspberry Sorbet

Selection of Yorkshire Cheese

Quince Jelly, Honeycomb, Celery, Grapes

& Crackers. 10.5



Poolside Drinks

Wellness Teas - £4.50

Digestive Diva

*Egyptian Camomile Flowers and Peppermint Leaves
Ease stomach upsets, bloating and excess gas*

Ultimate Detox

*Green Tea, Green Mate, Gynostemma Leaves, Strawberry and Papaya pieces
High in antioxidants. The combination of herbs used are reported to help with mental alertness, physical and mental fatigue.*

Body Tonic

*Rosehip, Anise, Raspberry, Nettle, Liquorice, Cardamom, Rooibos, Clove, Calendula and Safflower Petals
The herbs used help by keeping things moving and helping your body find its equilibrium*

Mind Restore

*Luxury Camomile, Rooibos, Lemon Balm, Lemon Verbena, Linden Flowers, Anise, Cinnamon, Oat Straw, Hops, Passion Flower and Orange Peel
The herbs are chosen for their reported relaxing and calming effect on the brain.
Unwind, relax and restore*

Something from the Bar

Peroni 330ml Bottle	£5.80
Peroni 0% Bottle	£5.00

Sparkling

Prosecco Glass (125ml)	£9.50
Prosecco Bottle	£40.00

Wine

	175ml	250ml
Merlot	£9.00	£11.00
Sav Blanc	£9.00	£11.00
Rosé	£9.00	£11.00
A bottle of Wine	£32.00	

Selection of Energy & Wellness Bites

Ginger Bliss Balls	£1.50
Chocolate Bliss Balls	£1.50
Porridge Bars	£1.50
Blueberry & Oat Muffins	£1.50

Soft Drinks

Coca Cola / Diet Coca Cola	£3.75
Soda Water	£3.00
Franklin & Sons Tonic Premium, Light, Elderflower Soda Water & Lemonade	£3.00
Appletizer	£3.75
Frobishers Juice Orange, Pineapple, Apple, Cranberry	£3.75

Teas

English Breakfast	£4.00
Earl Grey	£4.00
Green Tea	£4.00

Coffee

Americano	£4.50
Latte	£4.50
Cappuccino	£4.50
Espresso	£4.50