

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

125ml - £11.00 | Bottle - £40.00

Champagne Pommery, Brut Rosé Royal

125ml - £12.00 | Bottle - £55.00

Wine

	125ml	175ml	250ml	Bottle
Domaine Gordonne Rosé	£7.50	£10.00	£25.00	
Merlot	£7.00	£9.00	£11.00	£32.00
Sav Blanc	£7.00	£9.00	£11.00	£32.00
Rosé	£7.00	£9.00	£11.00	£32.00

Selection of Energy & Wellness Bites

Ginger Bliss Balls	£1.50
Chocolate Bliss Balls	£1.50
Porridge Bars	£1.50

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

Soft Drinks

Coca Cola / Diet Coca Cola	£4.00
Kingsdown Sparkling Water	£2.50
Franklin & Sons Tonic	£3.50
Premium, Light, Elderflower Soda Water & Lemonade	
Frobishers Juice	£4.00
Orange, Pineapple, Apple, Cranberry	
Firefly Revitalising Botanical Drink	£4.00
Peach & Green Tea, Pomegranate & Elderflower	