



SWINTON ESTATE

## Spa Day Menu

### Break Time

Smoothie of the Day from our Walled Garden (Vg/Gf)

Cocoa, Almond, and Coconut Bliss Balls (Vg/Gf)

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### Mains

*(Please choose one of the following dishes)*

#### Grilled Chalk Stream Trout

Estate Garden Herb Emulsion, Puffed Grains, Crispy Yorkshire Garden Chilli, Onion and Garlic Dressing, Today's Freshly Prepared Walled Garden Salads

#### Walled Garden Roots

Roasted Red Onion Hummus, Pickled Padron Pepper, Grilled Seeded Sourdough, Today's Freshly Prepared Walled Garden Salads (Vg)

#### Miso Grilled Breast of Chicken

Estate Aubergine Marinated in Garden Herbs, Black Garlic Ketchup, Puffed Wild Rice, Today's Freshly Prepared Walled Garden Salads

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### Dessert

#### Walled Garden Strawberry Jelly (VgO)

Joconde Sponge, Garden Berry Compôte, Lemon Verbena, Madagascan Vanilla

**Allergies and Dietary Requirements** | Please speak to a member of the team about allergies and dietary requirements. We cannot guarantee the absence of allergens in our food.

**Allergen Key** | V - Vegetarian VO - Optional Vegetarian Vg - Vegan VgO - Optional Vegan  
Gf - Gluten Free GfO - Optional Gluten Free

A 12.5% discretionary service charge will be applied for non-resident diners.



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### Open Sandwiches

*Served on Seeded Sour Dough from our Local Baker, with a Selection from Today's Freshly Prepared Walled Garden Salads*

#### Smoked Trout

Pickled Garden Cucumber, Low Fat Homemade Cream Cheese with Garden Herbs

#### Corn Fed North Yorkshire Waterford Farm Coronation Chicken

Raisins, Garden Coriander and Lime (GFO)

#### Honey Roasted Ham From R&J

Garden Apple and Mustard Seed Chutney

#### Yorkshire Free Range Eggs

Plant Based Mustard "Mayonnaise", Watercress

### Dessert

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