



FOREST SPA

We believe that feeling good starts from within, and with that in mind, we have created a delicious and nutritious food menu, inspired by and supplied in part from our kitchen gardens.

Two courses are included in the Spa packages, but you are also very welcome to order other items from the menu.

STARTERS

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| Israeli Cous Cous Salad, Pickled Vegetables, Coriander & Pomegranate ^(vg) | £13 |
| Beetroot Glazed in Raw Apple Cider Vinegar, Almonds, Blueberries & Mascarpone ^(vg) | £14 |
| Bleikers Smoked Salmon, Buckwheat Pancakes, Seaweed Creme Fraiche ^(gf/df available) | £20 |

SNACKS & SIDES

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| Freshly Baked Gluten Free Bread ^(gf/vg) | £4 |
| Gordal Olives/Marinated Anchovies/Sweet Potato Fries ^(gf/vg) | £4.50 |

MAINS

Steamed Chalk Stream Trout, Samphire, Mayan Gold Potatoes, Courgette
Flat Iron Chicken, Broad Beans, Ramsons Gremolata
Grilled Chicken or Portobello Mushroom Burger with Seeded Brioche Bun,
Homegrown Lettuce, Smoked Cheese, Smashed Avocado and Chipotle

SWEET

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| Estate Honey Panna Cotta, Thyme Roasted Peaches (gf) | £9 |
| Homegrown Strawberry with Chia, Rosehip & Chamomile Granita (gf/vg) | £8 |
| Plum & Apple bircher museli with Estate Birch Sap Syrup | £9 |



DRINKS

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| Estate Strawberry & Apple Marigold Juice, Lemon Verbena (gf/vg) | £4 |
| Ginger, Rocket, Dandelion Leaf & Lemon Fizz (gf/vg) | £4 |
| Kefir with Matcha Green Tea (gf/vg) | £4 |
| Cappucino/Latte/Flat White (Oat Milk Available) | £3.75 |
| Taylor's of Harrogate Tea (English Breakfast, Lemon & Ginger, Peppermint, Assam) | £3.75 |
| Chakra Tea (Please ask) | £4 |

SPARKLING

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| Champagne/Sparkling wine | (125ml) |
| Bollinger 'Special Cuvee' Brut | £18 |
| Curators Cuvee 1016 Artelium, Sussex | £14 |
| Dinamite, Brut Nature Blanc de Blancs, Portugal | £12 |
| Prosecco, Treviso DOC, Cecilia Beretta, Italy | £9 |

If you have any allergies, please do let us know.