



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

Bulgur Wheat, Roasted & Raw Cauliflower, Cumin Yogurt, Pomegranate, Toasted Seeds ^(vg / df available)	£13
Lishman's of Ilkley Charcuterie, Grilled Sourdough, Wild Garlic Butter ^(df / gf available)	£16
English Mushroom Soup, Roasted Garlic Oil, Chargrilled Sourdough ^(vg / gf available)	£10.50
Burrata, Grated Cantaloupe Melon, Dough Balls ^(gf available)	£14
Bleikers Smoked Salmon, Buckwheat Pancakes, Seaweed Crème Fraîche ^(gf)	£20

SNACKS & SIDES

Kabanaki Peppers Stuffed with Soft Cheese ^(v / gf)	£5
Root Vegetable Crisps ^(vg / gf)	£3.50
Skin On Fries ^(vg / gf)	£4.50
Freshly Baked Gluten Free Bread & Butter ^(df / gf)	£4
Gordal Olives ^(gf) / Marinated Anchovies ^(df / gf) / Sweet Potato Fries ^(vg / gf)	£4.50

MAINS

Steamed Chalk Stream Trout, Warm Isle of Wight Tomatoes,
Caper and Tomato Ponzu Dressing
Grilled Portobello Mushroom Burger with Seeded Brioche Bun,
Homegrown Lettuce, Smoked Cheese & Chipotle
Chargrilled Chicken or Halloumi Ciabatta, Homemade Pickles, Mint Salsa,
Burrata, Celeriac Remoulade
Flat Iron Chicken, Harrisa Roasted Carrots, Mint Yogurt, Toasted Almonds

SWEET

Estate Honey Panna Cotta, Thyme Roasted Plums ^(gf) £9
Spiced Estate Apples, Caramel Custard, Maple Granola £9



DRINKS

Walled Garden Blackcurrant, Orchard Medlar & Douglas Fir Juice ^(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
Taylors of Harrogate Tea ^(English Breakfast, Lemon & Ginger, Peppermint, Assam) £3.75
Chakra Tea ^(Please ask) £4

SPARKLING

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.