



## 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
English Mushroom Soup, Roasted Garlic Oil, Chargrilled Sourdough (vg / gf available)	£10.50
Crown Prince Squash Flatbread, Feta, Sage, Toasted Walnuts, Estate Honey (v / df available)	£14
Smoked Chalk Stream Trout Pâté, Pickled, Raw Vegetables and Walled Garden Salad	£16

### SNACKS & SIDES

Kabanaki Peppers Stuffed with Soft Cheese (v / gf)	£6
Root Vegetable Crisps (vg / gf)	£4
Skin on Fries (vg / gf)	£4.50
Gordal Olives (gf) / Marinated Anchovies (df / gf)	£5
Sea Salt Puffed Corn (vg / gf)	£4

## MAINS

Grilled Chalk Stream Trout, Pink Fir Apple Potatoes,

Warm Tartare Sauce <sup>(gf/df available)</sup>

Miso Roasted Woodland Mushrooms on Toast, Wild Garlic Butter,

Fried Darlington Egg, Toasted Hazelnuts <sup>(vg available)</sup>

Chargrilled Chicken & Bacon or Halloumi Ciabatta, Mint Salsa, Goats Curd,

Celeriac Remoulade, Rocket

Home Baked English Muffin, Glazed Yorkshire Ham, Fried Egg,

Pickled Red Cabbage <sup>(df available)</sup>

## SWEET

Frozen Low-Fat Yoghurt & Homegrown Herbs,

Flowers with Birch Sap Syrup <sup>(gf)</sup> £9

Lemon Posset, Blackcurrant Compote, Apple Marigold, Black Sesame £9



## DRINKS

Sparkling Orchard Medlar Juice <sup>(gf/vg)</sup> £4

Kefir with Matcha Green Tea <sup>(gf/vg)</sup> £4

Cappucino/Latte/Flat White <sup>(Oat Milk Available)</sup> £3.75

Taylor's of Harrogate Tea <sup>(English Breakfast, Lemon & Ginger, Peppermint, Assam)</sup> £3.75

Chakra Tea <sup>(Please ask)</sup> £4

## SPARKLING

Champagne/Sparkling wine *(125ml)*

*Bollinger 'Special Cuvee' Brut* £18

*Curators Cuvee 1016 Artelium, Sussex* £14

*Prosecco, Treviso DOC, Cecilia Beretta, Italy* £9.5

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