



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

Asparagus & Purple Sprouting Broccoli, Baby Gem, Spring Onion, Peas, Radish, French Dressing, Crusty Bread ^(gf / vg)	£13
Smoked Trout Pâté, Pickle & Raw Vegetables and Walled Garden Salad	£16
Cauliflower & Greenhouse Chilli Soup, Toasted Pumpkin Seeds ^(gf / vg)	£11
Hummus, Garlic Flatbread, Harissa, Cucumber Salad Whipped Feta ^(gf / df available)	£13

SNACKS & SIDES

Kabanaki Peppers Stuffed with Soft Cheese	£6
Root Vegetable Crisps ^(vg / gf)	£4
Skin on Fries ^(vg)	£4.5
Gordal Olives ^(gf) / Marinated Anchovies ^(df / gf)	£5
Sea Salt Puffed Corn ^(vg / gf) / Smoked Almonds ^(vg / gf)	£4
Puffed Iberico Pork Skin / British Beef Biltong	£4.5
Black Truffle & Rosemary Crisps ^(vg / df / gf)	£4
Grilled & Marinated Artichoke Hearts ^(vg / df / gf)	£6

MAINS

- Huevos Rancheros, Baked Darlington Eggs & Spiced Beans, Tortilla
Jalapeno & Coriander Salad, Sour Cream, Manchego (vg available)
- Homemade Grilled Chicken Ciabatta, Dijon Mustard, Garlic Mayonnaise,
Gem Lettuce, Tomato, Bacon & Parmesan
- Homemade Grilled Halloumi Ciabatta, Dijon Mustard, Garlic Mayonnaise,
Gem Lettuce & Tomato
- Grilled Chalk Stream Trout, Greenhouse Citrus Cream, Buston Farm Potatoes,
Watercress & Broccoli (df available / gf)

SWEET

- Chocolate Sorbet, Chocolate Crumb & Black Sesame Tuille (vg/ df/ gf available) £7
- Stem Ginger Cream & Yorkshire Rhubarb, Blood Orange, Honeycomb (gf) £9



DRINKS

- Cappuccino/Latte/Flat White (Oat Milk Available) £4.25
- Tregothan English Tea (Afternoon, Red Berry, Manuka, Green) £4
- Chakra Tea (Please ask) £4
- Mango, Lime & Coconut Smoothie £4.5

SPARKLING

- Champagne/Sparkling wine (125ml)
- Bollinger 'Special Cuvee' Brut* £18
- Curators Cuvee 1016 Artelium, Sussex* £14
- Prosecco, Treviso DOC, Cecilia Beretta, Italy* £9.5
- Cremant d'Alsace, Bruno Sorg* £11

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