

FORUMSPA

CELTIC MANOR RESORT

TO BEGIN

🌿 **Soup of the Day** (V)

Served with bread roll (V,W,B,Se)

BENTO LUNCH BOX

🌿 **Jacket Potato** (V)

Served with Welsh butter (V,D)

🌿 **Salad**

Cherry tomatoes, fresh mozzarella, baby rocket leaves, toasted pumpkin seeds and balsamic glaze (V,D,SD)

MAIN

Please choose one of the following:

Cajun Roasted Salmon Supreme (F)

Cajun Roasted Chicken Breast (SD)

🌿 **BBQ Marinated Plant-Based Strips** (V,S)

Served with a roasted butternut squash, black quinoa and kale salad and a sweet chilli dip (V)

eat well & feel good

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

Gluten Allergy: (B) Barley, (O) Oats, (R) Rye, (SP) Spelt, (W) Wheat **Nut (Tree Nut) Allergy:** (A) Almonds, (BN) Brazil nuts, (CN) Cashew nuts, (H) Hazelnuts, (PS) Pistachios, (PN) Pecan nuts, (WN) Walnuts

Other Allergy: (C) Celery, (CR) Crustaceans, (D) Dairy/milk, (E) Eggs, (F) Fish, (L) Lupin, (M) Molluscs, (MU) Mustard, (P) Peanuts, (SE) Sesame seeds, (S) Soya, (SD) Sulphur dioxide

Lifestyle: 🌿 Plant-based, (V) Vegetarian

hydrate to feel great

COOL & REFRESHING

Radnor Hills Still Water	£2.95
Fruit Juice	£3.45
Ribena	£3.50
Pepsi/ Pepsi Max/ Tango Orange / 7Up Zero	£2.95
Red Bull	£5.50
Lucazade Sport Orange	£3.50

BOTTLED BEER & CIDER

Heineken	£5.95
Birra Moretti	£5.95
Brixton Low Voltage IPA	£5.95
Inch's Cider	£6.45
Old Mout Strawberry & Apple Cider	£5.95
Guinness	£6.45
Heineken 0.0%	£4.25
Guinness 0.0%	£4.95

GO ON, TREAT YOURSELF...

White Wine (SD)

	125ml	175ml	250ml	Bottle
Pico Alto Chardonnay Reserva, Chile	£6.95	£9.75	£11.95	£32.95

Red Wine (SD)

Pico Alto, Cabernet Sauvignon Reserva, Chile	£6.95	£9.75	£11.95	£32.95
--	-------	-------	--------	--------

Rosé (SD)

Pico Alto, Rose Reserva, Chile	£6.95	£9.75	£11.95	£32.95
--------------------------------	-------	-------	--------	--------

Champagne & Sparkling (SD)

Borgo Alato Prosecco Extra Dry Spumante, Italy	£9.45			£46.95
Heidsieck & Co. Monopole Silver Top NV, France	£14.95			£79.95

No Alcohol (SD)

Noughty Thomsons & Scott 0.0% Sparkling Wine, Spain				£24.95
---	--	--	--	--------

HOT & REVIVING (D)

Americano	£4.45
Single Espresso	£4.45
Double Espresso	£5.45
Cappuccino	£5.45
Mochaccino	£5.45
Macchiato	£5.45
Café Latte	£5.45
Flat White	£5.45
Hot Chocolate	£5.45
Syrups	£1.05
<i>Caramel, Gingerbread, Vanilla, Hazlenut (H)</i>	
Tea	£4.45
(including a selection of speciality teas) (V,D)	

ICED COFFEE & TEA (D)

Iced Black Americano	£4.45
Iced Cappuccino	£5.45
Ice Latte	£5.45
Iced Flat White	£5.45
Iced Mocha	£5.45
Peach Ice Tea	£5.45

Milk options include Semi-Skimmed Milk, Oat Milk, Almond Milk (A) & Soya Milk (S)

Alcohol is for over 18s only, proof of ID may be requested. All our spirits & liqueurs are served in multiples of 25ml, unless otherwise stated. All our wines by the glass are served in multiples of 125ml, 175ml & 250ml. Alcoholic volumes were correct at time of printing, but may vary due to changes in vintage, please ask a member of our team to check the bottle for exact ABV%.