

FORUM SPA

CELTIC MANOR RESORT

TO BEGIN

Soup of the Day (V)

Served with a bread roll (V,G,Se)

BENTO LUNCH BOX

Please choose one of the following:

Cajun Roasted Salmon Supreme (F,Mu)

Chicken with Sun Dried Tomatoes (SD)

Plant-Based BBQ Marinated Strips (V,S)

To be served with all of the following:

Chunky New Potato Salad (V,SD)

Red onion, spring onion, parsley, mayonnaise dressing

Beetroot and Goat's Cheese Salad (V,D)

Pant-Ys-Gawn goat's cheese, baby leaves, pomegranate
and toasted pumpkin seeds

Mixed Salad Leaves (V)

Cherry tomatoes, cucumber, sweetcorn, sunflower and chia seeds

Vegetable Sticks with Houmous (V,Se)

Lime wedge

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. (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.

hydrate to feel great

SUPER SMOOTHIES

Berry Burst	£5.50
Blackcurrant, blackberry, banana, blueberry	
Pineapple Sunset	£5.50
Pineapple, papaya, mango	
Green Reviver	£5.50
Mango, kale, banana, lemongrass	
Blue Blast	£5.50
Peach, apple, pineapple, banana, lime, spirulina	
Tropical Carrot	£5.50
Mango, carrot, kiwi, banana, guava	

GO ON, TREAT YOURSELF...

	125ml	175ml	250ml	Bottle
White Wine (SD)				
Chardonnay Reserva, Pico Alto, Valle Central, Chile	£6.95	£9.75	£11.95	£32.95
Rose Wine (SD)				
Pico Alto Rose Reserva, Valle Central, Chile	£6.95	£9.75	£11.95	£32.95
Red Wine (SD)				
Cabernet Sauvignon Reserva, Pico Alto, Chile	£6.95	£9.75	£11.95	£32.95
Champagne & Sparkling Wine (SD)				
Heidsieck Monopole Silver N.V.	£14.95			£79.95
Prosecco Spumante DOC Borgo Alato, Italy	£9.45			£46.95

BOTTLED BEER & CIDER

Heineken (No Alcohol) (G) 0.5% 330ml	£4.95
Heineken (G) 5.0% 330ml	£6.25
Bulmers (SD) 4.5% 500ml	£7.45

COOL & REFRESHING

Still/Sparkling Water	£3.50
Fruit Juice	£3.15
J2O	£4.25
Pepsi/Diet Pepsi/Tango/7Up	£2.95

HOT & REVIVING

Cappuccino (V,D)	£5.45
Latte (V,D)	£5.45
Mochaccino (V,D)	£5.45
Hot Chocolate (V,D)	£5.45
Americano	£4.45
Tea	£4.45
(including a selection of speciality teas) (V,D)	
Iced Coffee (V,D)	£5.45

All items containing dairy (D) can be substituted for soya milk (S). All hot beverages are served with biscuits which contain Gluten (G). Please inform us of any special dietary requirements.