

SPATISSERIE MENU

Renew

Breakfast served from 10am – 12pm

Awakening

Pink grapefruit and melon salad with fresh mint **£5.50**

Nutty granola, raspberry, dark chocolate and greek yoghurt **£5.50**

Balancing

Poached hen egg and crushed avocado with toasted rosemary bread **£8.50**

Smoked salmon and cream cheese on toasted rye **£7.50**

Calming

Buckwheat and almond milk waffles with berry compote **£7.50**

Blueberry acai bowl **£6.50**

Graze

Served from 11.30am – 4pm

*These dishes are served as smaller tapas style plates all at **£8.00***

Awakening

Crab linguine with tiger prawns and lemongrass bisque

Beetroot cured salmon

Citrusy adzuki bean stew with wild rice and cucumber dressing

Balancing

Pad Thai salad

Seabream with Israeli cous cous and sauce vierge

Ribollita
'Tuscan vegetable soup'

Calming

Chicken caesar salad with crispy pancetta

Courgetti with romesco sauce

Creamy sweet potato risotto



Salad elixir

a salad of garden leaves dressed with a Gaia elixir vinaigrette. **£4.50**



Enrich

Served from 11.30am - 4pm

From the sea

Monkfish and lemongrass curry, with wild rice and flat bread **£15.00**

Crayfish and prawn wrap with curried emulsion and ginger dressed leaves **£13.00**

From the land

Falafel wrap **£12.00**

Chickpea and sweet potato Buddha bowl **£13.00**

From the farm

Lamb Barbacoa, "shredded slow cooked lamb with Mexican spices and soft tortillas" **£15.00**

Lemon dressed tagliatelle, courgetti ribbons topped with chicken and pinenuts **£15.00**

Afternoon Tea

Served from 11.30am – 4pm

Freshly baked scones

A selection of sandwiches with artisan breads including sour dough and brioche, a choice of cakes from our daily selection and a pot of tea from our JING Tea menu. **£24.00 pp**
Enjoy a Champagne Afternoon Tea for **£34.00 pp**

