

INSPIRED BY A TRUE ORIGINAL

For more than 100 years, Champneys has believed in balanced living through nourishment, movement and restoration.

Inspired by the philosophy of the original Champneys Plate, our menu celebrates fresh, seasonal produce and thoughtfully balanced dishes, designed to be enjoyed your way.

Guests joining us for a spa day or spa break will enjoy £16.50 towards lunch (excludes drinks).

If you have any allergies, intolerances or dietary requirements, please speak to a member of our team before ordering.

We proudly serve seafood certified by MSC and, where applicable, ASC/BAP, sourced from responsibly managed fisheries and farms that help protect ocean health.

A discretionary 5% service charge applies to all food and beverage items. Please speak to our team to confirm your package inclusions. Excluding drinks.

## LIGHT DISHES

<b>Soup of the Day</b> With toasted seeds, fresh herbs and a wholemeal crusty roll <b>VG</b>	6.25
<b>Grilled Pitta Bread</b> Butter bean, charred broccoli, toasted pumpkin seeds, confit garlic & tarragon dip <b>VG</b>	7.25
<b>Roasted Italian Hard Cheese Arancini</b> Tomato sauce, fresh basil <b>V</b>	7.95
<b>Goat's Cheese Tart</b> Sliced plum tomato, rosemary, aubergine, extra virgin olive oil, wild rocket <b>V</b>	8.25

## BRUNCH DISHES

<b>Shakshuka</b> Eggs poached in a simmering sauce of tomatoes, peppers, onions, garlic & butter beans <b>V</b>	10.25
<b>Smoked Salmon Scrambled Egg</b> Served with grilled sourdough or rye bread	13.50
<b>Poached Eggs &amp; Avocado</b> Avocado flavoured with lime and chili, sliced tomato on sourdough <b>V</b>	11.75
<b>Omelette</b> Your choice of tomato, mature cheddar, spring onion, smoked salmon or fresh herbs	11.25

## WRAPS & SANDWICHES

<b>Beetroot &amp; Vegan Feta Wrap</b> Wild rocket <b>VG</b>	9.50
<b>Grilled Cajun Chicken Wrap</b> Grilled peppers, lime crème fraîche, rocket	10.25
<b>Mature Cheddar Panini</b> Tomato chutney <b>V, VA</b>	9.50
<b>Pastrami Sourdough</b> Sauerkraut & Dijon mayo	10.25
<b>Prawn Marie Rose Sandwich</b> Sliced tomato & cucumber	10.25

Gluten-free options available on request

## ADDITIONS

<b>Fresh Bread</b> With hummus & olive oil <b>VG</b>	5.50	<b>Seasonal Greens</b> Carefully selected & cooked with care <b>VG</b>	4.95
<b>Roasted Root Vegetables</b> With salsa verde <b>VG</b>	4.95	<b>Sweet Patatas Bravas</b> Baked sweet potatoes, smoked paprika & tomato <b>VG</b>	4.95
<b>Rocket &amp; Italian Hard Cheese Salad</b> Cherry tomato & shaved red onion <b>V</b>	4.95	<b>Piri Piri Potato Wedges</b> Marinated & roasted in Portuguese spices <b>VG</b>	4.95
<b>Add grilled chicken or halloumi to any dish</b>	3.75		

## SEASONAL SALADS

<b>Tomato &amp; Mozzarella</b> Rocket, pesto vinaigrette, sunflower seeds <b>V, VA</b>	S 8.75   L 11.75
<b>Greek</b> Cherry tomatoes, red onion, cucumber, spinach, watercress, olives, feta, house dressing <b>V, VA</b>	S 9.75   L 12.25
<b>Asian Noodle</b> Egg noodles, spring onions, peppers, edamame, mooli & fresh chilli, lime, soy & sesame dressing <b>V</b>	S 9.25   L 11.75
<b>Caesar</b> Champneys Caesar dressing made with light Greek yoghurt, garlic and Italian hard cheese, sourdough croutons, soft boiled egg, garnished with toasted seeds <b>V</b>	S 8.25   L 12.25
<b>Add grilled chicken or halloumi to any salad</b>	S 2.25   L 3.75

## BALANCE PLATES

<b>Market Fish of the Day</b> Tomato, olive & caper sauce, roasted new potatoes, roasted stem broccoli	17.25
<b>Champneys Vegan Burger</b> Roasted potato wedges, sauerkraut, tomato & confit garlic mayonnaise <b>VG</b>	16.50
<b>Vegetable Stir Fry</b> Vermicelli noodles, edamame, Asian greens, chili & soy <b>VG</b>	15.50
<b>Grilled Chicken Leg Curry</b> Mushroom & pumpkin curry, tomato salad, coriander yogurt	14.50
<b>Vegetable Ramen</b> Kaffir lime, garlic, & ginger, Asian vegetables, edamame, miso broth & egg noodles <b>V</b>	15.25

## TO SHARE

<b>Charcuterie Board for Two</b> Selection of breads, mixed olives, grilled artichokes, hummus, guacamole, marinated roasted peppers & butter beans, brie, marinated feta, chicken liver pâté, cured meats, celeriac remoulade, sun-dried tomatoes	21.50
<b>Vegetarian Mezze Platter for Two</b> Selection of breads, mixed olives, grilled artichokes, hummus, guacamole, beetroot & herb salad, marinated roasted peppers & butter beans, brie, marinated feta, celeriac remoulade, sun-dried tomatoes <b>V, VA</b>	19.50

## PASTA & FLATBREADS

<b>PASTA</b>	
<b>Gnocchi</b> Aubergine velouté, sundried tomato & chilli dressing <b>V</b>	13.75
<b>Penne Arrabbiata</b> Grilled Mediterranean vegetables, fresh chilli <b>VG</b>	13.75
<b>Beef Ragù Pappardelle</b> Chestnut mushroom & seasonal greens	16.25
Gluten-free pasta available on request	
<b>SOURDOUGH FLATBREADS</b>	
<b>Margherita</b> Available with fresh mozzarella or vegan cheese <b>V, VA</b>	13.75
<b>Prosciutto &amp; Goat's Cheese</b> Olives and cherry tomatoes	15.75
<b>Grilled Cajun Chicken</b> Sweetcorn, chilli & pineapple	15.25
<b>Black Olive &amp; Artichoke</b> With tomato and your choice of feta or vegan cheese <b>V, VA</b>	14.25

## INDULGENT MOMENTS

<b>Sorbets &amp; Ice Creams</b> With a berry garnish <b>VA</b> Please ask for today's selection	5.50	<b>Spiced Cherry &amp; Chocolate Brioche</b> Light chocolate sauce <b>VG</b>	7.75
<b>Rich Chocolate Pot</b> Macerated cranberry, shortbread, Chantilly cream <b>V</b>	7.25	<b>Champneys Fruit Plate</b> Sorbet of the day, maple syrup <b>VG</b>	7.25
<b>Salted Caramel Panna Cotta</b> Seasonal berries <b>VG</b>	7.25	<b>Champneys Cheese Platter</b> Homemade chutney, fresh bread, crackers <b>VA</b>	15.25
<b>Deconstructed Honeycomb Cheesecake</b> Pumpkin chutney, roasted pumpkin seed butter <b>V</b>	6.75		



BALANCE

BY CHAMPNEYS