



# Cafe

## Menu

TRING

HENLOW

SPRINGS

FOREST  
MERE

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## HOT BEVERAGES

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**Loose Leaf Tea Darjeeling – £3.80**

**Loose Leaf Tea Earl Grey – £3.80**

**Loose Leaf Tea English Breakfast – £3.80**

**Americano – £4.25**

**Cappuccino – £4.25**

**Cafe Latte – £4.25**

**Flat White – £4.25**

**Hot Chocolate – £4.25**

*Syrup* **+£1.25**

*Ask your server for selection available*

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## SOFT DRINKS

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**Hildon Water – £3.95**

**Firefly Juices – £3.90**

**Zinger Shot – £3.50**

**Remedy Kombucha – £3.95**

**DASH Water – £3.60**

**Frobishers' Juices – £3.80**

**Lemonaid – £3.80**

**ChariTea – £3.40**

**Whole Earth – £3.80**

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## PROTEIN SHAKES

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**Chocolate, Hazelnut & Banana Clean Lean Protein Shake – £7.49**

**Vanilla, Blueberry & Almond Clean Lean Protein Shake – £7.49**

Our powerfully plant-based Clean Lean Protein is allergen free, vegan friendly and stevia sweetened, containing all 9 essential amino acids and packing 20g of highly absorbable protein per serving

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## SMOOTHIES

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### **Green Goddess – £5.75**

Broccoli, spinach, celery, mango, pineapple,  
banana and apple juice

### **Detox Zing – £5.75**

Courgette, carrot, banana, blueberry,  
ginger and apple juice

### **Coco Loco – £5.75**

Mango, pineapple, coconut, lime, mint

### **Kale Kick – £5.75**

Kale, spinach, mango and apple juice

### **Big Five – £5.75**

Pineapple, mango, kiwi, strawberry  
and apple juice

### **Blueberry Thrill – £5.75**

Blueberry, raspberry, banana and  
apple juice

### **Berry-Go-Round – £5.75**

Strawberry, raspberry, blackberry and  
orange juice

### **Pash 'n' Shoot – £5.75**

Passion fruit, mango, pineapple  
and orange juice

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## SANDWICHES & SNACKS

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### **Charcuterie Board to Share**

Selection of breads, mixed olives, grilled artichokes, hummus, guacamole, brie or  
marinated feta, chicken liver pâté, cured meats, celeriac remoulade, sun-dried  
tomatoes - **£22.25**

### **Chicken or Vegetable Gyoza**

Sweet chilli dipping sauce, fresh lime, chilli, Asian slaw - **£8.25**

### **Smoked Salmon & Cream Cheese Wrap**

Rocket & dill - **£8.75**

### **Pastrami & Sauerkraut Sandwich**

Freshly baked corn bread, Dijon mayonnaise - **£8.75**

### **Mature Cheddar & Tomato Chutney Panini - £8.50**

### **Brie & Tomato Avocado Ciabatta**

Served open, with fresh salad & herbs - **£8.75**

*All sandwiches are served with super-slaw & vegetable crisps.*

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## MAIN DISHES

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### Champneys Caesar Salad

Little gem lettuce, soft poached egg, sourdough croutons,  
pickled anchovies & Italian hard cheese shavings – **£11.25**  
*Add flame-grilled Peri Peri chicken or grilled halloumi +£1.25*

### Chicken Fillet Burger

Dressed baby gem, cajun spiced sweet potato wedges, brioche style bun,  
chipotle dipping sauce - **£14.00**

### Vegan Burger

Dressed baby gem, cajun spiced sweet potato wedges, brioche style bun,  
chipotle dipping sauce - **£14.00**

### Linguini

Grilled courgettes & peppers, spicy arrabbiata sauce, basil & parmesan - **£11.25**

### Flat Bread Pizza

Hummus, goats' cheese, sundried tomatoes, roasted peppers, artichoke & olives,  
dressed gem lettuce - **£12.50**

### Champneys Greek Salad

Marinated feta, olives, cucumber, heritage tomatoes and  
finely shaved red onion, red wine & fresh herb dressing - **£11.25**

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## DESSERTS

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**Bliss Balls – £3.75**

**All Cakes – £4.25**

**Cookies – £2.95**

**Muffins – £3.65**

*Please ask your server for today's selection of cakes.*

*If you have any questions regarding our ingredients, or if you have a food allergy or intolerance,  
please speak to your server before you order your meal. Please note that all food and beverage  
items have a discretionary 5% service charge added.*

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## HOT BEVERAGES

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**Loose Leaf Tea Darjeeling – £3.80**

**Loose Leaf Tea Earl Grey – £3.80**

**Loose Leaf Tea English Breakfast – £3.80**

**Americano – £4.25**

**Cappuccino – £4.25**

**Cafe Latte – £4.25**

**Flat White – £4.25**

**Hot Chocolate – £4.25**

**Syrup – £1.25**

Ask your server for selection available

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## SOFT DRINKS

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**Hildon Water – £3.95**  
(750ml)

**Dash – £3.60**  
(330ml)

**Firefly Juices – £3.90**  
(330ml)

**Frobisher's Juices – £3.80**  
(250ml)

**Zinger Shot – £3.50**  
(70ml)

**Lemonaid – £3.80**  
(330ml)

**Kombucha – £3.95**  
(330ml)

**Charitea – £3.40**  
(330ml)

**Whole Earth – £3.80**  
(330ml)

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## SMOOTHIES

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### **Green Goddess – £5.75**

Broccoli, spinach, celery, mango, pineapple, banana and apple juice

### **Detox Zing – £5.75**

Courgette, carrot, banana, blueberry, ginger and apple juice

### **Heart Beet – £5.75**

Beetroot, mango, carrot and apple juice

### **Kale Kick – £5.75**

Kale, spinach, mango and apple juice

### **Big 5 – £5.75**

Pineapple, mango, kiwi, strawberry and apple juice

### **Blueberry Thrill – £5.75**

Blueberry, raspberry, banana and apple juice

### **Berry-Go-Round – £5.75**

Strawberry, raspberry, blackberry and orange juice

### **Pash 'n' Shoot – £5.75**

Passion fruit, mango, pineapple and orange juice

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## SALADS

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### **Caesar Salad – £10.50**

Baby gem lettuce, egg, whole grain rye cracker, anchovies  
and our Champneys caesar dressing

### **With Chicken – £13.50**

### **Greek Salad – £11.25**

Mixed leaves, tomatoes, cucumber, black olives, finely shredded red onion,  
feta cheese and Champneys house dressing

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## SANDWICHES & WRAPS

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**Mature Cheddar & Tomato Sandwich – £7.95**

**Turkey Salad Sandwich – £7.95**

**Salmon & Cream Cheese Bagel – £7.95**

**Beetroot, Goat's Cheese & Rocket Wrap – £8.25**

**Chicken, Red Pepper & Basil Wrap – £8.25**

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## CAKES

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A selection from:

**Earl Grey & Bergamot Cake – £4.25**

**Orange & Polenta Cake – £4.25**

**Passion Fruit Cake – £4.25**

**Lemon Drizzle Cake – £4.25**

**Vegan Chocolate Brownie – £4.25**

**Flapjack – £3.95**

**Bakewell Slice – £4.25**

**Banana Loaf – £4.25**

*Please ask your server for today's selection of cakes*

*If you have any questions regarding our ingredients, or if you have a food allergy or intolerance, please speak to your server before you order your meal*

*Please note that all food and beverage items have a 5% service charge added*

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