



Cafe
Menu

SMOOTHIES

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 5 – £5.75

Pineapple, mango, kiwi, strawberry and apple juice

Blueberry Thrill – £5.75

Blueberry, raspberry, banana and apple juice

Berry-Go-ound – £5.75

Strawberry, raspberry, blackberry and orange juice

Pash 'n' Shoot – £5.75

Passion fruit, mango, pineapple and orange juice

SALADS

Champneys Caesar Salad

Crisp little gem, soft poached egg, chia bread croutons, pickled anchovies & Italian hard cheese shavings – **£10.25**

Served with flame grilled Peri Peri chicken – **£11.50**

Served with grilled halloumi – **£10.75**

Mexican Salad

Avocado, heritage tomatoes, cucumber, little gem, kidney beans, chilli, fresh lime, cumin crème fraîche, crisp tortilla – **£10.25**

North African Seafood Salad

Chilled prawns, mussels & calamari, marinated in citrus & sumac, chickpeas, cherry tomatoes, grilled peppers & courgette, harissa yogurt dressing, toasted flat bread – **£11.50**

Champneys Greek Salad

Marinated feta, olives, cucumber, heritage tomatoes and finely shaved red onion, red wine & fresh herb dressing – **£10.25**

SANDWICHES & WRAPS

Harissa spiced hummus, grilled pitta & crudité – **£7.75**

Champneys mixed bean & truffle dip, toasted seeds,
grilled flat bread – **£7.75**

Smoked salmon & cream cheese bagel,
avocado dill crème fraîche – **£8.75**

Warm corn bread sandwich with mature cheddar
& tomato chutney – **£8.25**

Warm corn bread sandwich with melted brie,
tomato & avocado – **£8.75**

Grilled harissa chicken wrap, roasted peppers,
hummus & wild rocket – **£8.75**

*All sandwiches are served on warm corn or chia bread with
Champneys super-slaw & vegetable crisps.*

DESSERTS

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.*

HOT BEVERAGES

- 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

SOFT DRINKS

- Hildon Water – £3.95**
- Firefly Juices – £3.90**
- Zinger Shot – £3.50**
- Kombucha – £3.95**
- Dash – £3.60**
- Frobisher's Juices – £3.80**
- Lemonaid – £3.80**
- Charitea – £3.40**
- Whole Earth – £3.80**

PROTEIN SHAKES

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.

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

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