

LUNCH
SERVED 12PM – 5.30PM

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 £18.50 towards lunch.

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.

LIGHT DISHES

Soup of the Day Crusty roll VG, LC	5.75
Grilled Pitta Bread Butter bean, confit garlic & tarragon dip VG	6.75
Roasted Italian Hard Cheese Arancini Tomato pesto, fresh basil V	7.50
Goat's Cheese Tart Sliced plum tomato, rosemary, aubergine, extra virgin olive oil, wild rocket V	7.50

PASTA & FLATBREADS

PASTA	
Gnocchi Aubergine velouté, sundried tomato & chilli dressing V	12.50
Penne Arrabbiata Grilled Mediterranean vegetables, fresh chilli VG	12.50
Beef Ragù Tagliatelle Chestnut mushroom Gluten-free pasta available on request	15.75
SOURDOUGH FLATBREADS	
Margherita Available with fresh mozzarella or vegan cheese V, VA	12.50
Prosciutto & Brie Olive and cherry tomatoes	14.75
Grilled Cajun Chicken Sweetcorn, chilli & pineapple	13.50
Black Olive & Artichoke With tomato and your choice of feta or vegan cheese V, VG	12.50

ADDITIONS

Fresh Bread With hummus & olive oil VG	4.75	Seasonal Greens Carefully selected & cooked with care V	4.50
Roasted Root Vegetables With salsa verde VG	4.50	Sweet Patatas Bravas Baked sweet potatoes, smoked paprika & tomato V	4.50
Rocket & Italian Hard Cheese Salad Cherry tomato & shaved red onion V	4.50	Piri Piri Potato Wedges Marinated & roasted in Portuguese spices V	4.50

SEASONAL SALADS

Tomato & Mozzarella Rocket, pesto vinaigrette V, VA	S 8.25 L 11.50
Greek Cherry tomatoes, red onion, cucumber, olives, feta, red wine vinaigrette V, VA	S 9.25 L 11.75
Asian Noodle Egg noodles, spring onions, peppers, mooli & fresh chilli, lime, soy & sesame dressing VG, LC	S 8.50 L 11.50
Caesar Champneys Caesar dressing, sourdough croutons, soft-boiled egg, shaved Italian hard cheese V	S 7.50 L 11.50
Add grilled chicken or halloumi to any salad	S 2.25 L 3.75

BALANCED PLATES

Market Fish of the Day Tomato, olive & caper sauce, roasted new potatoes, roasted stem broccoli LC	16.50
Champneys Vegan Burger Roasted potato wedges, sauerkraut, tomato & confit garlic mayonnaise VG	15.50
Vegetable Stir Fry Vermicelli noodles, vegetables, chilli & soy VG	14.50
Grilled Chicken Leg Mushroom & pumpkin curry, tomato cucumber coriander salad	13.25
Vegetable Ramen Kaffir lime, garlic & ginger, Asian vegetables, miso broth & egg noodles V, LC	13.75

TO SHARE

Charcuterie Board Selection of breads, mixed olives, grilled artichokes, hummus, guacamole, brie, marinated feta, chicken liver pâté, cured meats, celeriac remoulade, sun-dried tomatoes	18.50
Vegetarian Mezze Platter Selection of breads, mixed olives, grilled artichokes, hummus, guacamole, beetroot & herb salad, marinated roasted peppers, brie, marinated feta, celeriac remoulade, sun-dried tomatoes V, VA	16.50

WRAPS & SANDWICHES

Beetroot & Vegan Feta Wrap Wild rocket VG	7.85
Grilled Cajun Chicken Wrap Grilled peppers, lime crème fraîche, rocket	8.75
Mature Cheddar Panini Tomato chutney V, VA	8.50
Pastrami Sourdough Sauerkraut & Dijon mayo	8.75
Prawn Marie Rose Cornbread Sliced tomato & cucumber Gluten-free options available on request	8.75

INDULGENT MOMENTS

Sorbets & Ice Creams VA Please ask for today's selection	5.25	Spiced Cherry & Chocolate Brioche Light chocolate sauce VG	7.50
Rich Chocolate Pot Macerated cranberry, shortbread, Chantilly cream V	6.50	Champneys Fruit Plate Sorbet, maple syrup VG, LC	6.50
Salted Caramel Panna Cotta Seasonal berries VG	6.50	Champneys Cheese Platter Homemade chutney, fresh bread, crackers VG	13.75
Deconstructed Honeycomb Cheesecake Pumpkin chutney, roasted pumpkin seed butter V	5.25		