

ALKALINE LUNCH BUFFET

Served from 12 noon - 3.30pm

Consuming mostly vegetarian foods, choosing wholegrain over processed food and cutting back on acid-forming foods such as meat and dairy, will help maintain the body's pH balance giving you more energy and promoting good health.

£20.00

Our alkaline based buffet, has a selection of daily energising salads, cold meats and seafood, with delicious jacket potatoes. The wonderful flavours and ingredients are not only healthy but taste fantastic.

WRAPS AND SANDWICHES

Served all day

All freshly made to order on a soft tortilla wrap, brown or white bread.

Smoked salmon, cream cheese & mixed leaves [D,F,G] £10.00

Chicken, avocado, crème fraîche & rocket [D,G] £10.00

Prawn, marie rose & mixed leaves [C,E,D,SD,G,Mu] £10.00

Buffalo mozzarella, plum tomato, pesto & rocket [D,G,N] £10.00

Roasted vegetables & goats cheese (v) [D,G] £ 9.00

EVENING MENU

Served from 5.00pm – 7.30pm

Soup of the day [D,Ce] £9.00

Prawn & crayfish cocktail [C,E,G, SD,Mu] £16.00

Caesar salad [D,E,F,G,Mu, SD] £16.00

With char-grilled free-range chicken £19.00

Dressed Cornish crab with mayonnaise [C,E,G,Mu,SD] £19.00

Scottish smoked salmon with crème fraîche & chives [D,F,G] £17.00

Vine tomatoes, Buffalo mozzarella & basil pesto [D,G,N,SD] (V) £15.00

Chewton Glen Burger with French fries & tomato relish [D,G,E,Mu,Se] £19.00

Carpaccio of beef, Parmesan & rocket [E,D,Mu,SD] £17.00

Traditional 'BLT' sandwich, bacon, lettuce, tomatoes & mayonnaise [D,E,G,Mu,SD] £11.00

Fresh crab mayonnaise [C,E,D,G,Mu,SD] £12.00

Mature cheddar cheese & piccalilli [D,G,Mu,SD] (V) £9.00

Avocado, lettuce, vine tomatoes, cucumber & mayonnaise sandwich [D,E,G,Mu,SD] (V) £9.00

Free range egg with cress sandwich [D,E,G,Mu,SD] (V) £9.00

Roast beef with horseradish cream [D,G,SD,Mu] £11.00

Club sandwich chicken, bacon, egg, tomato, mayonnaise & French fries [D,E,G,Mu,SD] £18.50

SIDE ORDERS

Mixed salad [SD] £4.00

Tomato & pesto [D,N,SD,D] (V) £4.00

French fries £4.00

Rocket & parmesan [D,SD] (V) £4.00

Allergy Key – [C] Crustaceans, [Ce] Celery, [D] Dairy, [E] Eggs, [F] Fish, [P] Peanuts, [G] Gluten, [L] Lupin, [N] Nuts, [Mo] Molluscs, [Mu] Mustard, [S] Soya, [SD] Sulphur Dioxide, [Se] Sesame Seeds

A discretionary service charge of 12.5% will be added to your bill, which goes directly to the whole team. If we have failed to 'wow' you, please tell us immediately. Service charge will be removed and every effort made to redeem ourselves.

COFFEE

Americano	£4.95
Flat White	£4.95
Cappuccino	£4.95
Latté	£4.95
Mocha	£4.95
Single Espresso	£3.50
Double Espresso	£4.25
Machicato	£3.50
Hot Chocolate	£4.95

TEA

English Breakfast	£4.95
Red Berry & Rose	£4.95
Chamomile	£4.95
Organic Rooibos	£4.95
Earl Grey	£4.95
Green	£4.95
Green Mint	£4.95
Aching Muscles	£4.95
Beautiful Skin	£4.95

SOFT DRINKS

Hildon Still	£4.50	Tonic/Slimline Tonic	£4.00
Hildon Sparkling	£4.50	Soda Water	£4.00
Coca Cola	£4.00	Lemonade	£4.00
Diet Coke	£4.00	Luscombe Elderflower Bubbly	£5.00
Fresh Orange Juice	£5.25	Luscombe Sicilian lemonade	£5.00
Cranberry Juice	£4.25	Luscombe Strawberry Crush	£5.00
Apple Juice	£4.25		

SMOOTHIES £6.00**Very Berry**

Strawberries, Raspberries, Blueberries,
Blackberries & Apple Juice

Cheeky Monkey

Banana, Greek Yoghurt, Honey &
Whole Milk

Tropical Waves

Mango, Pineapple & Orange

FRESH JUICES £6.00**Night Vision**

Carrot, Orange & Ginger

Down Under

Kiwi, Apple & Lime

Veg Patch

Celery, Lettuce & Apple

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PERFORMANCE JUICES AND SMOOTHIES

£6.00

Performance Booster

Beetroot, Apple & Mixed Berries

Beetroot helps with aerobic exercise performance, whilst being rich in antioxidants to help counteract the levels of free radicals during exercise.

Hydration Enhancer

Strawberries, Coconut Water & a pinch of Sea Salt

Coconut water is rich in potassium and magnesium, when enhanced with sodium it works to quickly hydrate the body

Green Cleanser

Kale, Apple, Lime & Ginger

This alkaline juice is perfect to balance the body's acidity level, assisting with the stress of modern life.

Sweet Treat

Passion Fruit, Banana, Mango & Orange

A tasty way to satisfy that mid-afternoon sweet tooth when you're in need of a pick me up

Good Morning

Banana, Almond Milk, Porridge Oats, Honey & Espresso Shot (optional)

A thick filling smoothie packed with vitamins, minerals, protein and carbohydrate to keep you full throughout the morning by stabilizing blood sugar level.

WINES

Italy, Villa Sandi, Prosecco NV

Glass (125ml) £7 Bottle £40

Veuve Clicquot Brut Champagne, France NV

Glass (125ml) £15

Bottle £70

New Zealand, Sauvignon Blanc, Marlborough

Glass (125ml) £7 Bottle £42

Gooseberry, passionfruit and guava with a touch of natural acidity that adds length and definition to the palate

France, Bourgogne Blanc, Burgundy

Glass (125ml) £9 Bottle £54

Mineral and crisp with fresh zesty acidity and a stony character, perfect for Chablis lovers

France, Provencal Blend Rose', Mediterranee

Glass (125ml) £7 Bottle £42

A light refreshing dry rosé with a subtle citrus and red fruit character

Spain, Tempranillo, Rioja

Glass (125ml) £7 Bottle £42

Morello cherry, ripe autumn red and purple fruit, raspberries, deep with a lovely note of tannin

BEER

Peroni 330ml £7.00
Hazy Hog Cider 330ml £6.00

SPIRITS

Sipsmith Gin 25ml £5.00
Belvedere Vodka 25ml £5.00

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