



THE HARROGATE SPA

## DAY SPA LUNCH MENU

### Welcome Drink

Tea  Coffee  and your choice of pastry

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### Option 1 -

Choose one of the below proteins.

Home Cured and Lavender Smoked Salmon

Oriental Style Sticky Chicken Breast, Black Sesame

Orange Glazed Capricorn Goats Cheese (V)

Chervil Whipped Tofu (VE)

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Giant Couscous (VE)

roasted red peppers, lemon and spring onions

Salad of Seasonal Greens (VE)

shaved beetroot, rose harissa dressing, dhuka spice

Homemade Chocolate Brownie (VE)

blood orange mousse, berry compote

Organic Strawberry and Banana Smoothie (VE)

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### Option 2 -

Indulge with our traditional Afternoon Tea

Additional Food and Beverage are available for purchase off the main menu  
Please avoid the heat experience rooms and spa pool after consuming alcohol.