



SPRINGS RESTAURANT

Welcome to our Springs Restaurant. Our menu has been designed for both the health conscious and those who want a little indulgence!

We use fresh, locally-sourced ingredients as much as possible.

There is a choice of starters, mains and desserts along with homemade sandwiches, snacks and a refreshing range of hot and cold drinks.

Please also ask for our daily specials.

Extra time is added to your spa session if you have something to eat or drink (excluding the Twilight Package).

Starters

Freshly made soup

Served with bread - please ask a member of staff for today's soup

£6.50

A taster of breads from the Bertinet Bakery with smoked rapeseed oil

£3.50

Pear and Bath blue cheese tart

With a rocket and walnut salad

£6.50

Roasted beetroot quinoa

With an avocado pesto and rocket

£7.00

Gin cured salmon

With cucumber pickle, Virgin Mary jelly and hazelnut crumb

£7.00

Breaded goats' cheese

Griddled pears, sweet onion puree and a raspberry and hazelnut vinaigrette

£6.50

House salad

Baby leaves, tomato, tofu & cucumber sprinkled with mixed seeds

- as a starter

- as a main

£4.00

£7.00

Please advise us if you have any specific dietary requirements or allergies

Main Courses (available from 12.00)

Chicken breast £12.00
New potatoes, roasted seasonal vegetables
and sweet apple jus.

Thermae Caesar salad
Romaine lettuce, Serrano ham and classic Caesar dressing £11.50
- with chicken £14.00

Tomato and Basil Penne Pasta £11.00

Moroccan style vegetable tagine
With pomegranate and coriander rice £10.50
- with chicken £12.95

Grilled gammon £11.50
Pan seared vegetables, mash and a honey mustard sauce

Braised hake fillet £11.00
with hazelnut crumb, pea velouté and parmentier potatoes

Pan fried salmon £13.50
Served with chilled quinoa and Tzatziki

Confit of Duck leg £12.50
Fondant potato and pickled red cabbage with a redcurrant jus

Smoked mackerel £11.00
Served chilled with fennel and orange salad and coriander
flatbread

Side dishes

Braised cabbage and new potatoes £3.50

New potatoes with parsley butter £3.50

Trio of peas - with minted butter £3.75

Please advise us if you have any specific dietary requirements or allergies

Sandwiches (Served until 4.30pm)

Breads from the Bertinet Bakery. Served with lightly salted crisps. Gluten free bread available on request.

Cold smoked salmon and dill cream cheese £7.00

With tomato, lettuce and cucumber on brown bread

Coronation chicken £6.00

With tomato, lettuce and cucumber on white bread

Extra mature Wyfe of Bath cheese £6.50

Sun-blushed tomato and almond pesto with tomato, lettuce and cucumber on brown bread

**Honey roast ham and pecorino
mayonnaise** £6.50

With tomato, lettuce and cucumber on white bread

Desserts

Baileys panna cotta £5.50

With an espresso jelly

Selection of ice sorbets £4.50

Please ask for today's selection

Light cheesecake £6.00

Please ask for details

Double chocolate mousse £6.50

Incorporating dark and white chocolate

Lemon posset £6.50

with home made shortbread and a chocolate garnish

The Vegan chocolate tart £6.50

On a seed and date base with chick pea meringue

Please advise us if you have any specific dietary requirements or allergies

Coffee and hot chocolate

Coffees made exclusively from South and Central American Arabicas

The complex aroma of this intensely roasted espresso is a balance of strong roasted and fruity notes. Served with almond biscotti.

Cappuccino	£2.95
Latte	£2.95
Americano	£2.70
Single Espresso	£1.70
Macchiato	£2.80
Flat White	£2.95
Mocha	£2.95
Iced Latte Macchiato	£2.95
Affogato - a double espresso served over vanilla bean ice cream	£4.20
Flavoured syrups - please ask	30p

Speciality Hot Chocolates

Served with sticky toffee pudding. Please ask for dairy free milk alternatives

Callebaut Blossoms Hot Chocolate - Cocoa with a tasting note of natural vanilla	£3.50
Chilli Hot Chocolate - Cocoa with a tasting note of natural vanilla, cayenne and cinnamon	£3.75

Please advise us if you have any specific dietary requirements or allergies

Teas

Served with almond biscotti. Please ask for dairy free milk alternatives.

English Breakfast

Earl Grey

Green Tea

Pure Peppermint

Camomile

Red Berry

Lemon and Ginger

All
teas
£2.50
per cup

£4.95
Per pot

Pastries and cakes

Fruit scone - served with clotted cream and jam £5.50

Freshly baked croissant - with butter and jam £2.75

Double chocolate brownie £2.95

Devon shortbread (Please ask for today's selection) £2.95

Gluten free cakes (Please ask for today's selection) £2.95

Nibbles

Sunshine olives - marinated in rosemary & garlic £4.50

A selection of assorted nuts £4.25

Lightly salted crisps and chilli crackers £3.50

Seasonal fruit - please ask for today's fruit £1.00

Please advise us if you have any specific dietary requirements or allergies

Soft drinks and Juices

Fentimans Soft Drinks (275ml) - Botanically-brewed drinks

Mandarin & Orange Jigger

Victorian Lemonade

Traditional Ginger Beer

Rose Lemonade

all
£3.25

Bottle Green Drinks (275ml) - Made with sparkling spring water

Cox's Apple

Elderflower

Lemongrass & Ginger

all
£2.75

Eager Fruit Juices (250ml) - Premium quality fruit juices

Orange, Apple, Pink Grapefruit, Cranberry, Tomato £2.25

Ginger Spice - A healthy juice made with fresh carrot, apple, orange and ginger. Rich in vitamins A and C and packed with fibre £3.75

Pineapple Punch - A healthy juice made with fresh pineapple, grapes, pear and apple. Rich in antioxidants £3.75

Mineral Water (330ml) - Still or Sparkling £2.00

Coca-Cola / Diet Coca-Cola £3.25

Mangajo Iced Teas (250ml) - Antioxidant-rich iced tea drinks

Goji Berry & Green Tea £2.95

Pomegranate & Green Tea £2.95

Beers & Cider

Freedom Four lager (4%) - an authentic English lager with a citrus nose, sweet malt and toasted cereal £3.95

Peroni (5.1%) - Italian lager £4.25

Orchard Pig Reveller Cider (4.5%) - light & fruity. Served with or without ice £5.50

Please advise us if you have any specific dietary requirements or allergies

Wine list

All of our wines are available by 125ml glass

White Wine

	175ml Glass	250ml Glass
Mont Blanc - Macabeau Chardonnay (Spain) <i>Crisp, fresh and unoaked. Lemon and white currant finish</i>	£4.50	£6.25
Terre de Soleil - Sauvignon (France) <i>Fresh, clean and herbaceous. Lovely minerality on the finish</i>	£5.25	£6.95
Los Haroldos - Torrontes (Argentina) <i>Light floral notes mingled with pear drops. Easy drinking</i>	£5.75	£7.95

Red Wine

	175ml Glass	250ml Glass
Mas De Vigneron - Grenache Syrah Merlot (France) <i>Rhone style. Soft, spicy and juicy</i>	£4.50	£6.25
Percheron - Shiraz Mourvedre (South Africa) <i>Dark and brooding. Warm, big and savoury</i>	£5.25	£6.95
Altitudes - Carmenere (Chile) <i>Velvety smooth palate with chocolate and vanilla undertones</i>	£5.75	£7.95

Rosé Wine

	175ml Glass	250ml Glass
Mas de Vigneron - Maison de Vigneron (France) <i>Dry rosé with overtones of autumn berries</i>	£4.50	£6.25

Prosecco

	125ml Glass	Bottle
Romeo Prosecco Spumante (Italy) <i>Extra dry with intense apple and lemon</i>	£6.00	£30.00

Champagne

	Bottle
Cattier Brut Icône <i>Amber golden colour, light and fresh on the palate. Floral, tropical notes and brioche aromas</i>	£40.00

Please advise us if you have any specific dietary requirements or allergies

Twilight and Taster Package drinks

Choose from the following drinks-

Glass of Wine (175ml)

Les Petit Roucas.

Choose from Red, White or Rose

Freedom Four Lager

An authentic English lager

Fruit Juice

Orange, Cranberry, Apple or Pink Grapefruit

Still / Sparkling Mineral Water

Please advise us if you have any specific dietary requirements or allergies