



SPA MENU

Spa Inclusive Menu

Or you can choose any other menu item and have an £12.50 allowance

Soup and Sandwich

Served in a Baguette or Bloomer Bread with a Salad Garnish and Real Crisps (GF+)

Fillings include: Cheese Savoury (V), Tuna Mayonnaise, Ham Salad

or

Blas House Salad

Chargrilled Chicken Served with Cheddar Cheese, Bacon, Red Onion, Tomato, Honey and Mustard Dressing
or

Stir Fry Noodles (V)

Served with Soya and Chilli Sauce. Choice of Garlic and Chilli Prawns or Chicken Breast

Starter

Soup of the Day (V, VG, GF+) <i>Served with Freshly Baked Bread</i>	£5.95
Sliced Artisan Bread with Olives (V) <i>Served with Olive Oil and Balsamic Vinegar</i>	£6.95
Epic Charcuterie Board <i>Served with Cured Meats, Cheese, Mixed Marinated Olives, Freshly Baked Bread, Dipping Olive Oil, and Balsamic Vinegar</i>	For one £8.95 For two £16.95
Sticky BBQ Chicken Wings <i>Served with Blue Cheese Sauce</i>	6 x Wings £6.50 12 x Wings £12.00
Crispy Poached Egg (V,GF+) <i>Served with Grilled Asparagus and Hollandaise Sauce</i>	£7.95
Grilled Mackerel (GF+) <i>Served with Pickled Beetroot and Horseradish Cream</i>	£7.95
Sautéed King Prawns <i>Served with Garlic and Lemon Butter Sauce</i>	£9.95

Main Course

Rack of Lamb (GF+) <i>Served with Fondant Potato, Pea Purée, Lamb Croquette and Red Wine Jus</i>	£26.50
Chicken Supreme Stuffed with Perl Wen Cheese (GF+) <i>Served with Potato Cake, Wilted Greens and Mushroom Sauce</i>	£19.95
Slow Cooked Pork Belly (GF+) <i>Served with Wholegrain Mustard Mash, Wilted Greens and Creamy Cider Sauce</i>	£21.95
Traditional Fish & Chips (GF+) <i>Beer Battered Cod Served with Chunky Chips, Mushy Peas and Homemade Tartar Sauce</i>	£16.95
Cod Fillet (GF+) <i>Served with Saffron New Potatoes, Samphire and Lemon Butter Sauce</i>	£20.95

Off the Grill

Blas Burger (Beef / Minted Lamb) <i>Served with Lettuce, Red Onion, Tomato, Burger Relish in a Toasted Brioche Bun with Chunky Chips</i> <i>Add Bacon, Cheese, Fried Egg, £1 per item</i>	£16.95
Chargrilled 10 OZ Sirloin Steak (GF+) <i>Served with Grilled Tomato, Mushroom and Chunky Chips</i>	£28.95
10 OZ Gammon Steak with Fried Egg or Pineapple (GF+) <i>Served with Grilled Tomato, Mushroom and Chunky Chips</i>	£17.95
Chargrilled Lemon and Garlic Chicken Breast (GF+) <i>Served with Grilled Tomato, Wild Mushroom and Chunky Chips</i>	£18.95
Swordfish Steak (GF+) <i>Served with Salsa Verde, Crushed New Potatoes and Salad</i>	£22.95

Upgrade to Sweet Potato Fries- £1.50



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Side Orders

Chunky Chips	£3.50	Homemade Coleslaw	£3.00
Sweet Potato Fries	£4.00	Dressed Mixed Salad	£3.50
Beer Battered Onion Rings	£3.50	Seasonal Vegetables	£3.50
Garlic Bread	£4.00	Peppercorn/ Diane Sauce	£3.50

Desserts

Chocolate Tart <i>Served with Salted Caramel Sauce and Vanilla Ice Cream</i>	£6.95
Selection of Ice Cream and Sorbets (V) <i>Please ask for today's flavours</i>	£5.95
Baked Biscoff Cheesecake (V) <i>Served with Fruit Coulis and Chantilly Cream</i>	£6.95
Tropical Fruit Pavlova (V) <i>Served with Chantilly Cream</i>	£6.95
Rhubarb Fool (V) <i>Served with Toasted Oats</i>	£6.95
Fruit and Ice Cream Sundae (V) <i>Served with Toasted Oats</i>	£6.95
Selection of British and Continental Cheeses <i>Served with Grapes, Chutney, Celery and Crackers</i>	£9.95

Hot Drinks

Tea Selection	£2.25	Double Espresso	£3.25
Cappuccino	£3.25	Mocha	£3.25
Café Latte	£3.25	Flat White	£3.25
Americano	£3.05	Hot Chocolate	£3.25
Single Espresso	£2.95	Coffee Cream	£3.25