



~~~~~Spa Menu~~~~~

Inclusive Menu

Soup And Sandwich
Tuna Mayonnaise (E,F,L,D)
Ham Salad (L)
Cheese Savoury (L)
Classic BLT (E,MU)

Served on Bloomer bread and real crisps.

Blas House Salad (V,GF - E,D,MU)

Hen Boiled Egg, Cheddar Cheese, Crispy Bacon, Red Onion, Tomato, House Dressing

Superfood Salad (V,GF – MU,N,P,SS)

Crispy Kale, Tender stem Broccoli, Baby spinach Leaves, Senna Nuts, Mixed Seeds, Roasted Beetroot.

Wild Mushroom Risotto (V)

Sautéed Wild Mushrooms, Vegan Cheese Shavings

Cauliflower, Spinach and Pepper Curry

Jasmine Rice, Nan Bread and Mango Chutney