



SPA Inclusive Menu

Or you could 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+)

Cheese and Onion (V), Tuna Mayonnaise, Ham Salad or Egg and Crest (V)

Or

Blas House Salad

Chargrilled Chicken, Blue Cheese, bacon, red onion, tomato and honey and mustard dressing

Or

Miso and Harissa Roasted Aubergine (V)

Couscous and toasted almonds

All Day Menu

Starters

Soup of the Day (v) (VG) (GF+) Freshly Baked Bread	£5.95
Bread and Olives (v) Sliced Artisan Breads, Olive oil and Balsamic Vinegar	£5.95
Salmon and Spring onion Fish Cakes With Lemon Mayonnaise and Capers	£6.25
Ham Hock Terrine Piccalilli, Crusty Bread	£8.45
Chargrilled Baby gem and Goats Cheese Salad Crumbled Goats Cheese, Pomegranate and Balsamic Glaze	£6.95

Main Course

Blas Burger (GF+) Served with Lettuce, Red Onion, Tomato, Burger Relish in a toasted Brioche Bun with chunky Chips Add Bacon, Cheese, Fried Egg £1 per Item	£16.50
Traditional Fish & Chips Beer Battered Cod Served with Chips, Mushy Peas and Tartar Sauce	£15.95
Pan Fried Fillet of Seabass Olive oil mash, red pepper coulis, crispy pancetta and cockles	£19.95
Chargrilled 10 OZ Ribeye Steak Served with Grilled Tomato, Mushroom and Chunky Chips	£27.50
Panko Breaded Katsu Chicken Breast Mild fruity curry sauce, steamed Basmati Rice, Pickled Daikon and Carrots	£17.50
Spiced braised Lamb Shank Mediterranean Vegetable couscous and braising Jus	£24.00
Miso and Harissa Roasted Aubergine (V) (VG) Couscous and toasted almonds	£14.00

All of our dishes are made in house and are cooked to order. At busy times there may be a delay. Allergens are present in all of our kitchens but where possible we avoid cross contamination. However if you have severe allergies please check with a member of staff who will be happy to help.

Side Orders

Chunky Chips	£3.50	Homemade Coleslaw	£3.00
Sweet Potato Fries	£4.00	Dressed Mixed Salad	£3.50
Seasonal Vegetables	£3.50	Peppercorn or Diane Sauce	£3.00

Sandwich Options £8.50

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

Cheese and Onion (V)
Tuna Mayonnaise
Ham Salad
Egg Mayonnaise and Cress (V)

Desserts

Warm Belgium Chocolate Brownie (v) Vanilla Ice Cream	£5.95
Selection of Ice Cream and Sorbets (v) Please Ask for Today's Flavors	£5.95
Cheesecake of the day (v) Chantilly Cream, Fresh Berries	£5.95
Lemon Tart (v) Raspberry coulis and clotted cream	£5.95
Selection of British and Continental Cheeses With Grapes, chutney, celery and crackers	£9.50

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

All of our dishes are made in house and are cooked to order. At busy times there may be a delay. Allergens are present in all of our kitchens but where possible we avoid cross contamination. However if you have severe allergies please check with a member of staff who will be happy to help.