

SPA LUNCH MENU

TO NIBBLE

Homemade Pembro	keshire Sea Salt and Rosemary Focaccia	£5.00
Welsh butter (V,G,D)		
Marinated Olives (V)		£5.00

MAINS

Grilled Minute Steak

Café de Paris butter, Welsh beer braised onions, watercress and fries (G,D,SD,Mu,F)

Sweet Cured Pork Loin Cutlet

Spring greens, confit garlic mash, mustard and thyme sauce (D,SD,Mu,C)

Grilled Stone Bass

Sea vegetable and apple slaw, caper, lemon and parsley butter (F,D,SD)

Pembrokeshire Beer Battered Cod

Crushed peas, tartare sauce, chips and lemon (F,G,SD,Mu)

Marinated Tofu Steak

Chickpea and spinach dahl, crispy kale, sesame and curry dressing (V,SD)

St Brides Beef Burger with Monterey Jack Cheese

Pickles, tomato, lettuce, Sriracha mayonnaise and fries (G,S,D,E)

St Brides Buttermilk Chicken Burger

Pickles, tomato, lettuce, Sriracha mayonnaise and fries (G,S,D,E)

SIDES

Tenderstem Broccoli, Romesco Sauce (V,N,SD)	£5.50
Parmesan and Truffle Fries (D)	£5.50
Summer Leaf and Herb Salad, Broad Beans, Fennel, Yuzu Dressing (V)	£5.00
Chips (V)	£4.50

DESSERTS

Lemon Panna Cotta

Raspberries, white peach sorbet (V,S)

Sticky Toffee Pudding

Dates, toffee sauce, vanilla ice cream (V,G,S,D,E)

Chocolate Mocha Mousse

Orange and vanilla cream, biscotti (V,G,N,D,E,SD)

Two course spa packages inclusive of one main course and one dessert. Additional charges apply as shown for Nibbles and Sides.

One course spa packages inclusive of one main course, add dessert for a supplement of £6.00 per person.

A discretionary 10% service charge will be added to your bill.

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

V Plant-based, (V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.