



PORTLAND HALL  
DAY SPA

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BISTRO MENU

FOOD AND DRINK TO NOURISH  
THE BODY AND SOUL.

Welcome to the Portland Hall Spa Bistro.

Please see our specials board for daily specials. Many of our dishes can be adapted to gluten free, vegetarian or dairy free.

Please speak to a member of the team if you have a food allergy or intolerance. We hope your enjoy your time with us!

S T A R T E R S

Soup of the Day (V)(Ve)(GF)(DF)(LB)	6.95	Avocado Open Slice (V)(Ve)(DF)(LB)	7.95
Prepared daily with fresh, seasonal ingredients. Served with a warm, crusty roll.		Crushed avocado with freshly squeezed lime and a hint of chilli, served on wholemeal toast.	
Chicken Liver Parfait (GF)(LB)	6.95	Chorizo and Mozzarella Skewer (GF)(LB)	7.95
Homemade parfait with thyme, lemon, brandy, butter, cream. Served with wholemeal toast & onion chutney.		Seared chorizo and fresh mozzarella, served on a bed of salad.	
Garlic Bread (V)(LB)	5.95	Hummus & Pitta Bread (V)(Ve)(GF)(DF)(LB)	6.95
Freshly baked bread with garlic and a generous helping of cheese and/or freshly sliced tomatoes.		Homemade hummus, served with warm, toasted pitta bread.	

H O U S E   S A L A D S

Greek Salad (V)(GF)	7.95	Caprese Salad (V)	7.95
A classic Greek salad with fresh leave, feta cheese & black olives, drizzled with a light olive oil.		Juicy tomato and fresh mozzarella tossed together with olive oil and seasoning	
Chicken Caesar Salad	8.95	Superfood Salad (V)	9.95
Lettuce, anchovies, garlic croutons finished with parmesan shavings & a classic Caesar dressing		Halloumi, rocket, spinach, grated apple & carrot, courgette and plenty of quinoa.	

S A N D W I C H E S   &   W R A P S

You choice of delicious filling, served with a salad garnish and handcooked crisps.	7.95
Add Soup of the Day	+ 3.95
Bacon, Lettuce & Tomato	Egg Mayonnaise
Tuna Mayonnaise	Hummus & Salad
Chicken Mayonnaise	Halloumi & Salad Wrap
Honey Roasted Ham	Piri Piri Chicken Wrap
Honey Roasted Ham & Cream Cheese	

(V) Vegetarian (Ve) Vegan (GF) Gluten Free (DF) Dairy Free (LB) Light Bite Choice.  
Gluten free bread alternative is available for all dishes.

MAIN COURSES

Gourmet Burger (DF available)	11.95	Spaghetti Bolognese (GF)(DF)	10.95
Locally sourced beef patty, cheese, tomato and crisp salad, served in a brioche bun, with fries and coleslaw. Cooked medium - please ask if you require well done.		Locally sourced prime minced beef cooked to our own secret recipe. Served with freshly made garlic & herb bread or salad.	
Carrot & Chickpea Burger (V)(Ve)(DF)	9.95	Steak & Stilton Ciabatta	12.95
Homemade carrot and chickpea patty served in an English muffin, with fries and coleslaw.		Sauteed minute steak with stilton cheese, served in a toasted ciabatta with side of fries.	
Fisherman’s Pie (GF)	10.95	Thai Vegan Green Curry (V)(Ve)(DF)(GF)	8.95
Fresh cod and prawns in a creamy dill sauce, topped with cheese and mashed potato. Served with freshly baked bread.		Our take on a Thai classic. Fresh vegetables in a fragrant coconut & lime curry sauce, served with saffron rice. Add chicken for +2	
Lemon & Thyme Chicken Skewers (GF)(DF)	10.95	Pan Fried Fish Fillet	9.95
Marinated in freshly squeezed lemon juice & thyme served with a salad garnish and warm pitta bread a Sicilian lemon mayonnaise.		Lovingly cooked in olive oil, butter, parsley and lemon, served with fresh bread and salad.	

SIDES

French Fries	3.95	Garlic Bread	3.95
Grilled Halloumi Fries	3.95	Side Salad	3.95
Sweet Potato Fries	3.95		

DESSERTS

Cheesecake of the Week (V)	6.95	Tiramisu (V)	6.95
Our famous homemade cheesecake, prepared with seasonal fruits. Prepared daily by our Chef.		Layers of sponge soaked in strong coffee with a mascarpone filling and chocolate centre, topped with a sprinkling of cocoa powder.	
Chocolate Mousse (V)(GF)	6.95	Ice Cream (V/GF/DF available)	5.95
A grown up version of a childhood classic! Dark chocolate mousse served with a melt in the mouth shortbread biscuit.		Neopolitan style, served with strawberries. Vegan, gluten free & dairy free ice cream available.	
Fresh Fruit Salad (V)(Ve)(GF)(DF)	6.95	Teacake with Fresh Jam (V)(Ve)(DF)	5.95
Seasonal fruits served with a fresh strawberry sauce.		A freshly baked toasted teacake, served with fresh jam. Includes tea or coffee.	
Cake of the Day (LB)	6.95		
Ask our servers for today’s selection. Includes tea or coffee.			

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BREWS

The Classics		Hot Favourites		Cold Delights	
English Breakfast	3.75	Americano	3.85	Hazelnut Iced Latte	4.65
Earl Grey	3.95	Espresso	4.25	Vanilla Iced Latte	4.65
Herbal Infusions		Mocha	4.25	Add an extra shot	0.75
Three Mint Blend	3.95	Latte	4.25	Iced Tea	3.85
Peppermint	3.95	Cappucino	4.25	Peach Iced Tea	3.95
Green Tea	3.95	Hot Chocolate	4.25		
Rooibos	3.95	Baileys Hot Chocolate	5.75		
Chamomile	3.95	Baileys Coffee	5.75		
		Add a gourmet syrup	0.75		
		(Vanilla, gingerbread, toasted marshmallow, hazelnut)			

SOFT DRINKS

Fruit Juice		Old Favourites		Create Your Own	
Orange	2.95	Coca Cola	3.55	Detox Water	3.85
Apple		Diet Coke			
Cranberry		Coke Zero		Stay hydrated and enhance the benefits of your treatments, while getting creative with fresh fruit blends.	
Tropical		Fanta			
Pineapple		7UP		STEP 1: Select Still or Sparkling water	
Pure H2o		7UP Sugar Free			
Still Water	2.85	Something Pink		STEP 2: Customise with up to three fruit infusions. Choose from: Cucumber, apple, melon, strawberry, kiwi, lemon, lime, mint.	
Sparkling Water		Pink Lemonade	3.95		
		(Fresh lemon & sugar gomme topped with soda water and tea infusion. Feeling fancy? Ask your waiter how you can make it alcoholic!)		STEP 3: Enjoy!	
Cordial					
Elderflower	2.95				
Lime	2.75				

FRUITY BOOSTS

Loaded Juices		Super Charged Smoothies		Kombucha	
Green Monster	7.95	Portland Booster	6.95	Hibiscus	5.50
Apple, Celery, Kale, Cucumber, Lemon & Ginger   Packed with veggies to detoxify your body and to reduce inflammation and promote rehydration.		Strawberries, raspberries, banana, almond milk, honey, flax seeds and ice.		Orchard Fruits	
				Original	
		Acai Bliss	6.95	Ginger & Turmeric	
		Acai Puree, banana, blueberries, strawberries, coconut water and ice.		Butterfly Pea	
				Apple & Cranberry	
Antioxidant	6.85				
Blueberries, Strawberries, Kiwi, Mint & Lime   One of our staff favourites that is packed with vitamins and minerals that promote overall body wellness.				A nutritionally alive, probiotic drink that detoxifies, energises and supports your immune system, clarifies your skin and elevates your mood. Ask about our gin & kombucha special!	

ALCOHOLIC DRINKS

Wine		Spirits		Beer	
House Red, White or Rose		Single & Mixer	6.95	Peroni	4.50
Small 175ml	5.95	Double Up	+1.50	Budweiser	4.50
Large 250ml	7.35	Gordon’s Gin		Zero Alcohol Lager	4.50
Rose Spritzer	5.95	Smirnoff Vodka		Magnums Cider	4.50
Half Carafe	10.95	Bacardi Rum		Bubbly	
Bottle	18.95	Disaronno Amaretto		Mini Prosecco	6.95
Gin Collection		Pimms		Prosecco	21.95
Single & Mixer	7.95	Courvoisier		Champagne	34.95
Double Up	+1.50	Brandy		Bellini	7.95
Violet		Whisky		Rossini	7.95
Orange		Chambord			
Rhubarb & Ginger					
Strawberry					
Pink Gin					

COCKTAILS

Classic Cocktails

Sex on the Beach	8.95	Mojito	8.95	Cosmopolitan	8.95
Vodka and Peach Schnapps over orange and cranberry juice.		Bacardi White Rum, sugar gomme, fresh mint, lime and soda.		Vodka and Triple Sec, strained ice cold with cranberry juice.	
Strawberry Daiquiri	8.95	Piña Colada	8.95		
Bacardi White Rum blended with fresh lime and strawberry puree.		Bacardi White Rum over coconut and pineapple.			

Deluxe Cocktails

Portland Punch	8.95	Berry Cooler	8.95	Espresso Martini	8.95
Our house special! Disaronno, Triple Sec, pineapple juice, sugar gomme.		Gin, Chambord, elderflower gomme, seasonal berries and soda.		Vodka and Kahlua shaken with a sugar gomme. Served short & sweet.	
Pornstar Martini	8.95	Pomegranate Mojito	8.95		
Vanilla vodka, Passoa, freshly squeezed lime with a passionfruit prosecco shot.		Bacardi White Rum, pomegranate gomme, fresh mint and soda.			

Mocktails

Virgin Mojito	6.95	Virgin Berry Cooler	6.95	San Francisco	6.95
Fresh mint, sugar gomme, lime and soda.		Elderflower cordial, gomme and seasonal berries topped with soda.		Pineapple juice and orange juice with a dash of lemon and lime.	

FROM THE TEAM, WE HOPE YOU  
ENJOY DINING WITH US