PORTLAND HALL DAY SPA

KITCHEN MENU

FOOD AND DRINK TO NOURISH THE BODY AND SOUL.

Welcome to the Portland Hall Spa Kitchen.

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!

STARTERS

Soup of the Day (V)(Ve)(GF)(DF)(LB) 7.00

Chilli Beef Lettuce Wraps (GF)(LB)

Prepared daily with fresh, seasonal ingredients. Served with a

warm, crusty roll.

Mini Burger Sliders (LB)

Lean, spicy beef served with sour cream.

Homemade Pate (GF)(LB) 7.00

Homemade pate, served with wholemeal toast & salad.

Your choice of beef or vegetarian, served with fries and salad.

 $Bruschetta\ (V)(LB)$

7.00

Courgette Fritters (V)(LB)

A perfect blend of tomatoes, onion, garlic and basil on toasted garlic bread.

Light courgette fritters served with fresh tomato and sour

HOUSE SALADS

Greek Salad (V)(GF)

Caprese Salad (V)

7.00

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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

9.00

Superfood Salad (V)

Lettuce, anchovies, garlic croutons finished with parmesan shavings & a classic Caesar dressing

Halloumi, rocket, spinach, grated apple & carrot, courgette and plenty of quinoa.

BAGUETTES & WRAPS

You choice of delicious filling, served with a salad garnish and handcooked crisps.

7.00 4.00

Add Soup of the Day

Bacon, Lettuce & Tomato

Egg

Tuna Hummus & Salad Chicken Halloumi & Salad

Piri Piri Chicken

Smoked Salmon & 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

Vegan Rigatoni (V)(Ve)(DF)	15.00	Tray Baked Chicken (DF)	15.00
Served with kale, walnut pesto and cavolo nero.		With butter beans, leeks & spinach served with mashed potatoes.	
Mackerel Fillets (DF)	15.00	Chicken Scallopini (DF)	15.00
Marinated, served on a bed of mashed potatoes with steamed green vegetables.		Cooked with white wine, lemon, capers, served with roasted vegetables.	
Pork Medallions (GF)	15.00	Potato Gnocchi (V)	15.00
With caramelised apples, served on a bed of mashed potatoes with spinach.		$W\Omega\Sigma zx$ \\\\ith parmesan sauce and asparagus.	
Steak Fillet	15.00	Pan Fried Fish Fillet (GF)	15.00
Cooked to your liking, served with steamed green vegatables and mashed potatoes, or salad and fries.		Cooked in olive oil, butter, parsley and lemon, served with salad and fries.	

SIDES

French Fries	4.00	Garlic Bread	4.00
Grilled Halloumi Fries	4.00	Side Salad	4.00

DESSERTS

Sticky Toffee Pudding (V) Drizzled with caramel sauce, topped with vanilla ice cream.	7.00	Blueberry Cheesecake (V) A delicious creamy dessert with almonds, served in a glass.	7.00
$\label{eq:minimum} \mbox{Mini Apple Galettes } (V)(DF)$ Crsipy, flaky pastry with apple and cinnamon.	7.00	$\label{eq:peach_transform} \begin{aligned} & \text{Peach Tiramisu } (V) \\ & \text{An indulgent dessert with coconut, peaches and} \\ & \text{cream.} \end{aligned}$	7.00
Fresh Fruit Salad $(V)(Ve)(GF)(DF)$ A classic light dish with cream, juice or ice cream.	7.00	Carrot Cake Macaroons (V) Delicious bites with cinnamon, ginger and coconut.	9.00

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
	2.05	Latte	4.25	Iced Tea	3.85
Three Mint Blend	3.95	Cappucino	4.25	Peach Iced Tea	3.95
Peppermint	3.95	Hot Chocolate	4.25		
Green Tea	3.95	Baileys Hot Chocolate	5.75		
Rooibos	3.95	Baileys Coffee	5.75		
Chamomile	3.95	Daneys donce			
		Add a gourmet syrup	0.75		
		(Vanilla, gingerbread, toas 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		Stay hydrated and enhance the
Cranberry		Coke Zero		benefits of your treatments, while
Tropical		Fanta		getting creative with fresh fruit
Pineapple		7UP		blends.
Pure H20		7UP Sugar Free		STEP 1: Select Still or Sparkling water
Still Water	2.85	Something Pink		CTTD C
Sparkling Water		Pink Lemonade	3.95	STEP 2: Customise with up to three fruit infusions. Choose from:
Cordial		(Fresh lemon & sugar gomme topped with soda water and tea infusion. Feeling fancy? Ask your waiter how		Cucumber, apple, melon, strawberry, kiwi, lemon, lime, mint.
Elderflower	2.95	you can make it alcoholic!		STEP 3: Enjoy!
Lime	2.75	·	,	• •

FRUITY BOOSTS

Load	ed J	uices
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Green Monster Apple, Celery, Kale, Cucumber, Lemon & Ginger | Packed with

veggies to detoxify your body and to reduce inflammation and promote rehydration.

Antioxidant

Blueberries, Strawberries, Kiwi, Mint & Lime | One of our staff favourites that is packed with vitamins and minerals that promote overall body wellness.

Super Charged Smoothies

Portland Booster Strawberries, raspberries, banana,

almond milk, honey, flax seeds and

6.95 Acai Bliss

Acai Puree, banana, blueberries, strawberries, coconut water and ice.

Kombucha

5.25 Hibiscus Orchard Fruits Original Ginger & Turmeric Butterfly Pea Apple & Cranberry

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		Single & Mixer	6.95	Peroni	4.50
or Rose		Double Up	+1.50	Budweiser	4.50
Small 175ml	5.95	Gordon's Gin		Zero Alcohol Lager	4.50
Large 25oml	7.35	Smirnoff Vodka		Magnums Cider	4.50
Rose Spritzer	5.95	Bacardi Rum			
Half Carafe	10.95	Disaronno Amaretto)	Bubbly	
Bottle	18.95	Pimms		Mini Prosecco	6.95
		Courvoisier		Prosecco	21.95
Gin Collection		Brandy		Champagne	34.95
Single & Mixer	7.95	Whisky		Bellini	7.95
Double Up	+1.50	Chambord		Rossini	7.95
Violet					
Orange					
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, str 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 pineapple.		r coconut and			
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 shake sugar gomme. Served sh	
Pornstar Martini	8.95	Pomegranate Moji	to 8.95		
Vanilla vodka, Passoa, fresl squeezed lime with a passi prosecco shot.		Bacardi White Rum, po gomme, fresh mint and			
Mocktails					
Virgin Mojito	6.95	Virgin Berry Coole	er 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