

THE COACH HOUSE

Health Club & Spa

Starters

Homemade Vegetable Broth 8

Red Chili, Spring Onion & Radish

Why not add...

Homemade Focaccia 8

Served with spiced Hummus & Olive Oil

Seasonal Salad 8

Daily Changing Seasonal Salads

Organic Juices, Cold-Pressed for Beaverbrook by *The Juice Smith*

Health Shots – 5

Clarity – Lemon & Ginger

Energy – Matcha, Green Apple, Lemon & Guarana

Recovery – Grapefruit, Apple, Strawberry, Acerola Cherry

Cold Pressed Juices – 7

California Sun – Green apple, lemon, ginger & Tumeric

Vital Greens – Red Apple, Cucumber, Celery, Spinach, Mint & Ginger

Divine Roots – Red Apple, Carrots & Beetroot

C-Vision – Carrot, Orange, Lime & Tumeric

Mains

Super Food Bowls

Small 12 / Large 19

Wild Mixed Grains, Raw & Cooked Seasonal Garden
Vegetables, Homemade Pickles, Toasted Seeds

With your choice of...

Homemade Falafel, Smoked Chicken
Breast or Cured Loch Duart Salmon

Classic Homemade Flatbreads

Smashed Garlic & Garden Rosemary 9

Margarita 11

Pepperoni 14

Artisinal Flatbreads

Butternut Squash 16

Hummus base, Spiced Tomato, Goats Cheese,
Spinach & Onion

Zucchini 16

Garlic Base, Lemon, Fine Herbs & Olive Oil

Prosciutto 18

Mushroom Truffle, Rocket, Aged Parmesan & Sweet
Mustard Ketchup

Confit Duck 20

Nduja base, Spinach, Radish & Spring Onion

Daily Changing Wraps

12

Handmade seasonal wraps

Sweet Treats

Healthier alternatives sourced locally from
The Juice Smith

Millionaire shortbread 6

Twixx 6

Bounty Bar 6

Superfood Truffle Bites 5

Cocoa & Pumpkin Bites 5

Superseed Bar 6

Homemade Triple Chocolate Chip Cookies 4

Or...

Make it an Ice Cream Sandwich 8

Union Gelato or Sorbet 3 per scoop
Vanilla, Chocolate, Stracatella, Banana Split,
Lemon, Blood Orange & Strawberry