



the
Conservatory



BEVERAGES

Speciality Teas	for 1	£1.50
Herbal Infusions	for 1	£1.50
Americano	regular	£1.95
	large	£2.25
Café Latté	regular	£2.25
Cappucino	regular	£2.25
	large	£2.50
Hot Chocolate		£2.50
Mineral Water	330ml	£1.50
Fresh Orange Juice	regular	£1.75
Organic Elderflower Pressé		£1.95
Cranberry Pressé		£1.95
Organic Lemonade		£1.95
Pomegranate & Raspberry Pressé		£1.95

BREAKFAST

available from 9am – 11am

Organic Porridge	£1.95
Porridge made with milk and sweetened with honey.	
Fresh Fruit Salad	£2.75
With Yoghurt	
Toasted Bagel	£1.95
Served with preserve and butter, choose from high bran seeded bagel or cinnamon and raisin bagel	

JUICES

Freshly prepared for your enjoyment

Fresh Carrot Juice	£1.75
Fruit Relax	£2.95
Apple, strawberry, kiwi and passion fruit	

LUNCH

available from 11am

Soup of the Day

Created in house by our Chefs

£2.95

Soup and a Half Sandwich

Soup of the Day with a half sandwich of your choice

£4.95

Salads

1. Choose your base salad:

Base Salad (a) - Green Salad

Baby spinach, white cabbage, watercress, curly endive, alfalfa, sprouted mung beans and cucumber

Base Salad (b) - Energy

Watercress, radicchio, lamb's lettuce, rocket, baby spinach and sugar snaps peas

2. Select the dressing of your choice:

Low-fat French dressing, Eastern dressing and creamy basil dressing

3. Then finish with the topping of your choice from the toppings and fillings selection

High Bran Seeded Bagel -

With your choice of filling

£4.95

Filled Wrap - With your choice of filling

£4.75

Filled Sandwich - Choose from brown rustic or full grain white - with your choice of filling

£5.00

Jacket Potato - With your choice of filling

£5.25

Toppings and fillings. Choose from:

Poached Salmon and Low-fat Cream Cheese

Crayfish with Crème Fraiche and Herbs

Turkey, Spinach and Tomato with Tarragon

Roasted Mediterranean Vegetables with Pesto Dressing and Feta Cheese

Rice & Mushroom Salad

Mixture of portabello, button and flat mushrooms with arborio rice, basil oil and parmesan cheese

Asian Chicken Salad

Poached chicken breast with a fragrant Asian dressing of walnuts, ginger, pine nuts, onion, rice wine and chilli oil

Coriander Chicken and Lime

Bound with crème fraiche

Tuna and Sweetcorn

Bound with citrus oil

A selection of seeds and nuts are available – choose from: Mixed Seeds, Soya Beans or Pine Nuts

CAKES AND DESSERTS

served all day

Carrot Cake	£3.95
Lemon Drizzle Cake	£3.75
Chocolate Marble Cake	£3.75
Coffee Ring Cake	£3.75
A Selection of Danish Pastries	£1.95
Dessert of the Day	£3.95
Fruit Scone Served with cream and preserve	£3.50
Fresh Fruit Salad	£2.75

WINE & CHAMPAGNE

Echo Falls Chardonnay, California 2005/6 A Little added Colombard greatly lifts the aromas and freshness of the palate whilst adding to the fresh, tropical fruit character Glass 175ml £2.95 Bottle £10.95
Echo Falls Merlot, California 2005/6 Fresh and smooth, with lively, crushed red fruit aromas, flavours of ripe plums and berries and no oak Glass 175ml £2.95 Bottle £10.95
Echo Falls White Zinfandel, California 2006 The red fruit flavours of the Zinfandel grape come through well on the nose and palate Glass 175ml £2.95 Bottle £10.95

Center Parcs Champagne, NV, France

This fine Tribaut Champagne is exclusively labelled for Center Parcs. It is full bodied with hints of dried fruit and apricot aromas

Bottle £35.00

AQUA SANA PAMPER DAY MENU

Welcome to Aqua Sana we do hope you enjoy your day with us. Please find below your menu selection for the day. On arrival you will be greeted by our host who will offer you a welcome drink. Lunch is served from 11am and you can choose from the full lunch menu overleaf.

WELCOME DRINKS SELECTION

Speciality Teas
Herbal Infusions
Filter Coffee
Hot Chocolate
Mineral Water
Fresh Orange Juice
Organic Elderflower Pressé
Cranberry Pressé

JUICES

Fresh Carrot Juice
Fruit Relax
Apple, strawberry, kiwi and passion fruit

AFTERNOON TEA SELECTION

PLEASE SEE DRINKS SELECTION

Lemon Drizzle Cake
Chocolate Marble Cake
Coffee Ring Cake
A selection of Danish Pastries
Fresh Fruit Salad

LUNCH SELECTION

available from 11am

PLEASE SEE DRINKS SELECTION

Fresh Fruit Salad

Soup of the Day

Created in house by our Chefs

Salads

1. Choose your base salad:

Base Salad (a) - Green Salad

Baby spinach, white cabbage, watercress, curly endive, alfalfa, sprouted mung beans and cucumber

Base Salad (b) - Energy

Watercress, radicchio, lamb's lettuce, rocket, baby spinach and sugar snaps peas

2. Select the dressing of your choice:

Low-fat French dressing, Eastern dressing and creamy basil dressing

3. Then finish with the topping of your choice from the toppings and fillings selection

High Bran Seeded Bagel - with your choice of filling

Filled Sandwich - Choose from brown rustic or full grain white - with your choice of filling

Filled Wrap - with your choice of filling

Jacket Potato - with your choice of filling

Toppings and fillings. Choose from:

Poached Salmon and Low-fat Cream Cheese

Crayfish with Crème Fraiche and Herbs

Turkey, Spinach and Tomato with Tarragon

Roasted Mediterranean Vegetables with Pesto Dressing and Feta Cheese

Rice & Mushroom Salad

Mixture of portabello, button and flat mushrooms with arborio rice, basil oil and parmesan cheese

Asian Chicken Salad

Poached chicken breast with a fragrant Asian dressing of walnuts, ginger, pine nuts, onion, rice wine and chilli oil

Corriander Chicken and Lime

Bound with crème fraiche

Tuna and Sweetcorn

Bound with citrus oil

A selection of seeds and nuts are available – choose from: mixed seeds, soya beans or pine nuts

Chilled out Spa Days at Aqua Sana

Spa Days for day guests are now available at all 4 UK Villages; including indulgence in the Spa, lunch and gym. Twilight Spa evenings are also available so you can de-stress after a hard day's work. Please call **08448266200** for enquiries and bookings.

Visit www.aquasana.co.uk for more information and a brochure, or ask at Reception.