

## Bakery

Please ask a server for our daily offering.

## Fruit

Stem ginger porridge – rhubarb jam – candied seeds / £9 **GF PB**  
Blueberry chia seed pudding – coconut yoghurt – candied lemon / £9 **GF PB**  
Apricot sundae – Coconut yoghurt – homemade raspberry and apricot granola / £9 **GF PB**

## Botanica Brunches

Warm ham hock – toasted muffin – poached egg – hollandaise – grapefruit vierge / £14 **GF**  
Nutbourne tomatoes – superstraccia – grilled olive bread / £11 **PB**  
Sautéed wild mushroom and spinach bruschetta – onion purée – garlic pesto / £13 **PB**  
Smoked salmon – dill brioche – lemon and black pepper cream cheese – poached egg – dill dressing / £17  
Botanica pancakes – apricot compote – coconut yoghurt – cinnamon and sunflower seed crumble / £11 **GF V**  
Serrano ham – leek and potato rosti – fried hens egg – chermoula / £14 **GF**

### Juices - £5, added tincture £7.5

**Our juices are freshly blended in house, with the option to add our bespoke, active botanical tinctures made exclusively for us by The Herball for the perfect blend of flavour and revitalising refreshment.**

#### Apple & beetroot

**Energy** – This botanical is a heart and nervous system tonic, reducing stress levels and nourishing the nervous system

#### Pear & cranberry

**Beauty** – Full of natural digestive enzymes and anti-bacterial plants this botanical is bursting with natural plant enzymes to help nourish and strengthen digestive function and skin health

#### Orange, carrot, ginger & pink grapefruit

**Immunity** – Sunshine in a bottle, an invigorating and nourishing tonic for the stomach, nervous system, endocrine and immune system

#### Pear, cucumber & spinach

**Tranquillity** – A unique green juice with abundance of vital nutrients and minerals combining the best of land and sea. Packed full of blood cleansing and antioxidant constituents to revive and invigorate

### Other juices - £4

Orange, Apple, Tomato, Grapefruit, Cranberry

### Coffees £4.25

(all coffees are made with dairy free oat milk)

Cappuccino (standard or ridiculous), Latte, Americano, Espresso, Flat white, Macchiato

### Teas £4.25

(all teas are paired with dairy free milk of your choice)

Botanica blend, Lady Godman grey, South Lodge blend, The Spa signature Jasmine, Chamomile, Peppermint, Lemon Verbena

**Please be aware we do not use any animal dairy on our menus**  
**(V) = Vegetarian      (PB) = Plant Based      (GF) = Gluten Free**

Please advise us of any dietary needs or allergens that we should be aware of. Allergen information by dish is available on request.

Whilst we have kitchen protocols in place to address the risk of cross-contamination of allergens, and our chefs will take extra time to ensure precautions are taken, we cannot guarantee their total absence in our dishes.

A discretionary service charge of 13.5% will be added to your bill which will be distributed among the team without deductions. All prices are inclusive of VAT at the current rate.



@southlodge\_spa

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