

Spa

DELI MENU

Fruit Smoothies

Berry - go - round

Our Berry-licious smoothie is filled with whole blackberries, raspberries and strawberries

Pash n shoot

Our most popular smoothie is a delicious tropical concoction of passion fruit, pineapple and mango

Coco loco

Go crazy with a deliciously tropical cocktail of coconut, pineapple and mango with a dash of mint and lime. One of your 5 a day, a high source of Vitamin C plus a source of Manganese and fibre

Strawberry Split

Tasty and sweet - A luscious mix of strawberries and banana

Big 5

Bursting full of flavour with a blend of pineapple, mango, kiwi and strawberry mixed with the big 5th ingredient

Blueberry thrill

Find your taste thrill with this small hill of blueberries, raspberries, banana and flax seeds. One of your five a day, a high source of fibre and source of both Vitamin C and Manganese

Cold drinks

A range of Frobishers juices are available at the deli counter.

Still and sparkling water

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Vegetable Smoothies

Broccoli and the beast

The monster of a smoothie that'll leave your friends green with envy. An amazing combination of broccoli, spinach, cucumber, mango, pineapple and banana.

Avo go-go

Get up and go go with this creamy blend of avocado, broccoli, spinach, mango, coconut, ginger & lime

24 Carrot gold

Feast on a field of orange-ness with this delicious blend of carrots, sweet potato, mandarin and turmeric.

Kale kick

They don't call this the "Queen of the Greens" for nothing. The super trendy dark green one with Vitamins A&C, Potassium and Manganese P

Dr Beet

Full of that big earthy flavour of beetroot, if you like that sort of thing!

Detox-Zing

A Great Taste award winner and a real favourite smoothie as long as you love a hit of ginger!

Hot drinks

Fruit teas

Pot of Tea

Latte

Americano

Cappucino

Hot chocolate

Luxury hot chocolate

Mulled apple juice & cinnamon

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Afternoon tea

Selection of sandwiches
Scone - Clotted cream - Jam
Selection of cakes
Seasonal posset
Pot of tea

High tea

Selection of sandwiches
Selection of savoury pastries
Scone - Clotted cream - Jam
Selection of cakes
Seasonal posset
Pot of tea

Gin tea

Selection of sandwiches
Selection of savoury pastries
Scone - Clotted cream - Jam
Selection of cakes
Seasonal posset
Pot of Elderflower Gin

Welsh cream tea

Warm Welsh cakes - Clotted
cream
Jam
Pot of tea

We have a truly scrumptious
selection of cakes
and traybakes in the deli
counter

Deli Platter

We have a choice of meat -
vegetarian - vegan platter
consisting of
Breads - Cheeses - Olives -
Hummous - Salads veg-
Pickles - figs - avocado