



LIGHT LUNCHES

Caesar Salad

(f)(e)(mu)(m)(g)(gfa)

With either Cajun chicken or flaked poached salmon

Prawn & Avocado Salad

(e)(mu)(cr)(m)(g)(gfa)(dfa)

Thousand Island citrus cocktail sauce, brown bread & butter

Spa Ploughman's

Baked baguette, balsamic pickled onions, baby artichokes, sun-blushed tomatoes, celery sticks, Boxford Farms apple & apricot chutney (g)(s)(c)(gfa)(vga)(dfa)

With either:

Suffolk Gold (a softer, cheddar-like cheese) and brie cheeses (m)

or

Smoked honey roasted carvery ham (e)(ss)

V = Vegetarian VG = Vegan VGA = Vegan Available
GF = Gluten Free GFA = Gluten Free Available DF = Dairy Free
DFA = Dairy Free Available S = Sulphites N = Nuts
NFA = Nut Free Available SS = Sesame SY = Soya E = Egg
F = Fish C = Celery M = Milk CR = Crustacean P = Peanuts
MO = Molluscs MU = Mustard G = Gluten

