

Stableyard Spa

# MENU

Café

## Salads

### Super Food Salad - 12

Quinoa - Curmin Roasted Sweet Potato - Tenderstem  
- Pomegranate - Avocado - Herbs - Lime, Olive Oil &  
Pomegranate Dressing (GF, VE)

### Asian King Prawn & Mango Salad - 16

King Prawn - Mango - Daikon - Cucumber -  
Little Gem - Cherry Tomatoes - Spring Onion -  
Mangetout - Crispy Rice Noodles - Lime, Ginger  
& Sesame Dressing (GF, DF)

### Fennel Roast Chicken & Pearl Couscous - 15

Chicken Breast - Pearl Couscous - Cucumber - Roasted  
Peppers - Shredded Spinach - Artichoke - Sun Blush  
Tomatoes - Tomato & Herb Dressing (DF)

## Chirashi Bowls

### Prawn & Salmon Chirashi - 18

Sushi Rice - Cooked King Prawns - Cured Salmon -  
Keta Caviar - Soft Boiled Egg - Cucumber - Pickled  
Seaweed - Bonito Flakes - Pickled Ginger - Wasabi  
(GF, DF)

### Vegan Chirashi - 14

Sushi Rice - Glazed Shiitake Mushrooms - Ginger,  
Sesame Carrots - Miso Cherry Tomatoes - Radish -  
Spring Onions - Avocado - Cashew Nuts - Pickled  
Seaweed - Pickled Ginger - Wasabi (GF, VE)

### Allergens & Dietary Requirements

Please Make Us Aware Of Any Allergies Or  
Dietary Requirements You May Have

(V) Vegetarian - (GF) - Gluten Free - (DF) Dairy Free -  
(VE) Vegan - (GFOA) Gluten Free Option Available

## Stonebaked Ciabatta Panini

### Caprese - 11

Tomato - Basil - Mozzarella - Basil Pesto (V,  
GFOA)

### Free Range Chicken - 14

Chicken - Avocado - Cherry Tomato - Red Onion  
- Baby Spinach - Mozzarella (GFOA)

### Falafel - 12

Courgette & Squash Falafel - Hummus - Fire  
Roast Peppers - Pickled Shallot (VE, CFOA)

## Nibbles

### Hummus - 6

Curried Chickpeas - Herbs - Flat Bread (VE,  
GFOA)

### Olives - 6

Roasted Garlic & Preserved Lemon Kalamata &  
Nocellar Olives (GF, VE)

### Whipped Beetroot - 6

Beetroot - Mascarpone - Pine Nuts - Vegetable  
Tapioca Crisps (GF)

## Soup

### Sweet Potato & Coconut - 10

Chilli - Coconut - Sweet Potato -  
Radish, Carrot, Spring Onion Garnish - Warm  
Flatbread (VE, GFOA)

## Sweet

### Cakes & Muffins - 4

Today's Selection Are At The Counter

### Fresh Fruit Platter - 7

Fruit Selection - Lime & Maple Dressing

### Granola Bars - 3

Today's Selection Are At The Counter