

# the Spa

AT STANLEY HOUSE

Enjoy the tranquility and revel in the peace of the Relaxation Room. Here also you can enjoy some of Stanley House's finest food, created and refined for your sensuous enjoyment and increased wellbeing. These dishes have been created with an understanding of nutritional ingredients and their importance to human health, focusing on healthy, nutrient-dense produce. We protect the vital nutrients through careful cooking processes, promoting a delicate balance of fresh food and exquisite healthy tastes.

## SANDWICHES

*served with a lightly dressed mixed salad*

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| Hand carved honey roasted ham with wholegrain mustard butter | £7.25 |
| Lancashire cheese and Branston pickle                        | £7.25 |
| Oak smoked salmon and cream cheese                           | £7.25 |
| Rare roasted Bowland beef                                    | £7.25 |
| Tuna fish mayonnaise   | £7.25 |
| Atlantic prawn and cocktail sauce                            | £7.25 |

## LIGHT MEALS

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|--|-----------------------------|
| Stilton cheese mousse, red wine poached pear, mache salad and walnut (v)           | £8.00                       |
| Serrano ham, black fig, and crumbled goat's cheese on ciabatta with rocket         | £10.00                      |
| Char grilled new season asparagus with parmesan and summer truffle (v)             | £10.00                      |
| Classic caesar salad with char grilled chicken breast and soft boiled hen's egg    | £15.00                      |
| Smoked salmon sushi roll, pickled cucumber, wasabi and ketjap manis                | £8.50                       |
| Salad of crab and avocado pear with orange, asparagus, broad beans, and pea shoots | Small £8.50<br>Large £16.00 |

## DESSERTS

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|---|-------|
| Meringue mille feuille with seasonal fruits and vanilla cream (v) | £6.50 |
| White chocolate and raspberry delice, raspberry sauce             | £6.50 |
| Strawberry daiquiri mousse, pistachio nut sponge                  | £6.50 |
| Cherry bakewell, toasted almond cream, cherry compote (v)         | £6.50 |
| Cheese selection with red onion marmalade and water biscuits      | £9.00 |

For those clients who have chosen a spa package a 2 course meal is inclusive within the price of the package. All beverages will be charged separately. We do not serve alcohol in the spa. All prices are inclusive of VAT at 20%. Some of our dishes may contain nuts. If you suffer from allergies please advise us when placing your order.