

# 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*

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

Stilton cheese mousse, mulled wine poached pear, red chard, walnut dressing (v)	£13.00
Chicken liver and mushroom parfait, toasted sourdough, pickled vegetables	£13.00
Salad of oak smoked salmon with avocado cream, shaved fennel and red onion	£15.00
Spiced roast squash and goat's cheese salad, quinoa, pomegranate, toasted seeds and honey vinaigrette (v)	£12.50
Classic caesar salad with char grilled chicken breast and soft boiled hen's egg	£15.00
Rillettes of smoked mackerel, heritage beetroot, fennel and orange salad, horseradish crème fraiche	£13.00

## DESSERTS

Treacle tart, clotted cream (v)	£6.50
Deconstructed white chocolate cheesecake, passion fruit gel	£6.50
Caramel panna cotta, toffee and honeycomb (v)	£6.50
Tiramisu	£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.