

BUDOCK VEAN

NATURAL HEALTH SPA

SPA DAY MENU

Your spa package includes a selection from the light lunches or sandwich menu, a dessert and a glass of prosecco. Additional dishes and beverages are available at a supplementary charge which should be settled at the end of your meal at the bar.

Light Lunches

Hot bowl of soup of the day served with granary bread
Baked flat mushroom with goat's cheese on toasted brioche bread & rocket salad (V)
Hot confit of free-range Barbary duck leg with salad leaves & homemade plum chutney
Smoked Scottish salmon on toasted sourdough bread with cream cheese, rocket, lemon & capers
Fried chicken strips served on salad leaves with lemon, parsley & caper mayonnaise
Twice baked Cheddar cheese soufflé served on creamed spinach (V)
Crevettes, lemon and garlic mayonnaise
Greek salad (with vegan cheese on request) (V)
Freshly baked, locally made Cornish pasty

Sandwiches

Served on granary, wholemeal or white bread with crisps and salad

Rare roast local beef served with a pot of horseradish sauce
Mature local Cheddar cheese, served with homemade grape chutney
Honey baked gammon ham with homemade piccalilli
Royal Greenland prawns bound in Marie-Rose sauce
Hand-picked Newlyn white crab meat seasoned and bound lightly with mayonnaise

Side Dishes | Additional cost

Chips | Mixed leaf salad | New potatoes | Seasonal vegetables | £4.80 per portion
Bread and butter | £2.00 per portion

Desserts

Dessert of the day (please ask for today's specials)
Cornish ice creams - vanilla, chocolate or strawberry
Cornish cheese platter served with a selection of biscuits, grapes and celery

Food Allergies, Intolerances and Dietary Requirements

Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, nuts, fish and shellfish. Before you place your order, please ask a member of our team about the ingredients in our food. Our chefs are happy to cater for any dietary requirements.