



*Cafe*  
Menu

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## HOT BEVERAGES

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**Loose Leaf Tea Darjeeling – £3.80**

**Loose Leaf Tea Earl Grey – £3.80**

**Loose Leaf Tea English Breakfast – £3.80**

**Americano – £4.25**

**Cappuccino – £4.25**

**Cafe Latte – £4.25**

**Flat White – £4.25**

**Hot Chocolate – £4.25**

**Syrup – £1.25**

Ask your server for selection available

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## SOFT DRINKS

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**Hildon Water – £3.95**

(750ml)

**Dash – £3.60**

(330ml)

**Firefly Juices – £3.90**

(330ml)

**Frobisher's Juices – £3.80**

(250ml)

**Zinger Shot – £3.50**

(70ml)

**Lemonaid – £3.80**

(330ml)

**Kombucha – £3.95**

(330ml)

**Charitea – £3.40**

(330ml)

**Whole Earth – £3.80**

(330ml)

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## SMOOTHIES

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### **Green Goddess – £5.75**

Broccoli, spinach, celery, mango, pineapple, banana and apple juice

### **Detox Zing – £5.75**

Courgette, carrot, banana, blueberry, ginger and apple juice

### **Heart Beet – £5.75**

Beetroot, mango, carrot and apple juice

### **Kale Kick – £5.75**

Kale, spinach, mango and apple juice

### **Big 5 – £5.75**

Pineapple, mango, kiwi, strawberry and apple juice

### **Blueberry Thrill – £5.75**

Blueberry, raspberry, banana and apple juice

### **Berry-Go-ound – £5.75**

Strawberry, raspberry, blackberry and orange juice

### **Pash 'n' Shoot – £5.75**

Passion fruit, mango, pineapple and orange juice

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## SALADS

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### **Champneys Caesar Salad**

Crisp little gem, soft poached egg, chia bread croutons, pickled anchovies & parmesan – **£10.25**

Served with flame grilled Peri Peri chicken – **£11.50**

Served with grilled halloumi – **£10.75**

### **Mexican Salad**

Avocado, heritage tomatoes, cucumber, little gem, kidney beans, chilli, fresh lime, cumin crème fraîche, crisp tortilla – **£10.25**

### **North African Seafood Salad**

Chilled prawns, mussels & calamari, marinated in citrus & sumac, chickpeas, cherry tomatoes, grilled peppers & courgette, harissa yogurt dressing, toasted flat bread – **£11.50**

### **Champneys Greek Salad**

Marinated feta, olives, cucumber, heritage tomatoes and finely shaved red onion, red wine & fresh herb dressing – **£10.25**

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## SANDWICHES & WRAPS

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Harissa spiced hummus, grilled pitta & crudité – **£7.75**

Champneys mixed bean & truffle dip, toasted seeds,  
grilled flat bread – **£7.75**

Smoked salmon & cream cheese bagel,  
avocado dill crème fraîche – **£8.75**

Warm corn bread sandwich with mature cheddar  
& tomato chutney – **£8.25**

Warm corn bread sandwich with melted brie,  
tomato & avocado – **£8.75**

Grilled harissa chicken wrap, roasted peppers,  
hummus & wild rocket – **£8.75**

*All sandwiches served on warm corn or chia bread with  
Champneys super-slaw & vegetable chips*

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## DESSERTS

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Bliss Balls – £3.75

All Cakes – £4.25

*Please ask your server for today's selection of cakes*

*If you have any questions regarding our ingredients, or if you have a food allergy or intolerance, please speak to your server before you order your meal*

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