

Smoothies

All 4

Strawberry Kiss Smoothie

Sun-kissed strawberries with banana.

Pink Blush Smoothie

Rosy raspberries with mouthwatering mango, blueberry and apple.

Very Berry Smoothie

Bursting with blueberries, succulent blackberries, blackcurrants and banana.

Paradise Passion Smoothie

Bundles of passion fruit with mango and peach.

Green Reviver with Kale Smoothie

Banana, curly kale, mango with a lemongrass twist.

Papaya Crush Smoothie

Bursting with papaya, pineapple, carrot and goji berry juice.

Soft Drinks

Sparkling Water	2	Appletiser	2.95
Frobisher	3.5	Fever Tree Lemonade	2.5
Fever Tree Tonic Water	2.5	Coca Cola	2.5
Still Water	2	Elderflower Presse	2.95

Bottled Lager Beers

All 4.5

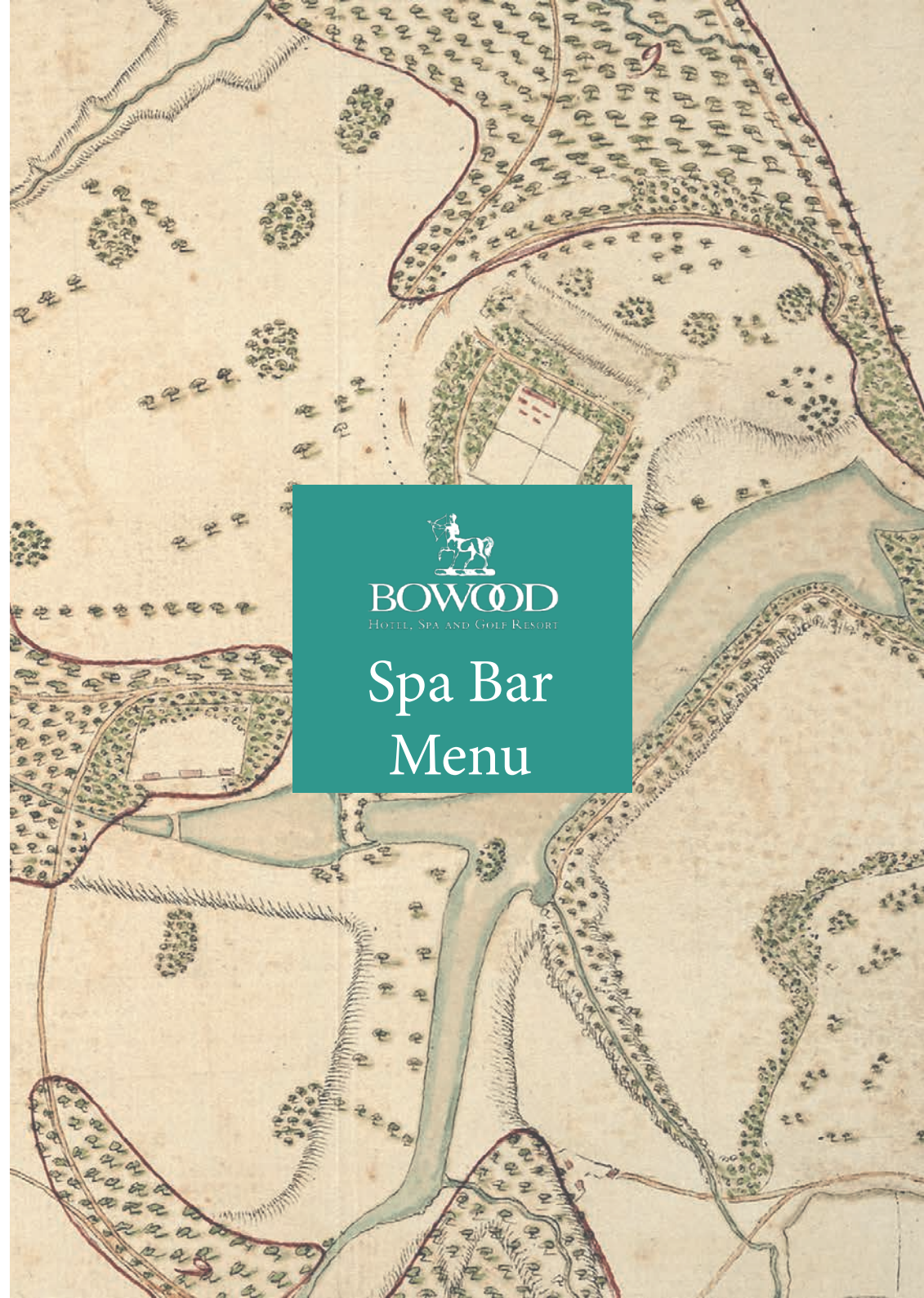
Peroni Nastro Azzurro Italy, 5.1% vol

Sol Mexico, 4.5% vol

Budweiser USA, 4.6% vol

Wine

		125ml	175ml	250ml	Bottle
Sparkling / Champagne	Sacchetto, Prosecco Brut Fili	8			
	Champagne Collet Brut NV	12			
White Wine	Cintilla, Portugal	4	5	7	21
	Novita Pinot Grigio	4.5	5.5	7.5	23
Red Wine	Bishops Leap Sauvignon Blanc	6	7.5	10	29
	Cintilla, Portugal	4	5	7	21
Rose Wine	Viña Echeverria, Merlot Reserva	5.5	7	9	25
	Gerard Bertrand Pinot Noir	6	7.5	9.75	29
	Novita Pinot Grigio Blush	4	5	7.5	21




BOWOOD
 HOTEL, SPA AND GOLF RESORT

Spa Bar Menu

FOOD

Breakfast

Two Rounds of Toast, Butter & Choice of Preserves (gf available)	2
Severn & Wye Smoked Salmon, Scrambled Egg, Wholemeal Toast (gf available)	8.5
Poached Egg, Wholemeal Toast, Smashed Avocado (gf available)	6.5
Porridge	3.5
Sausage or Bacon Bap	4

Dosha Boxes

Prawns & Crayfish, Marie Rose Sauce, Crispy Lettuce, Cucumber, Tomato (gf)	14.5
Quinoa & Marinated Vegetables, Crostini, Olives, Feta (v)	13
Asian Duck, White Radish Slaw, Mango & Lime	15

Main Dishes

Soup of the Day (gf available on request)	6
Smoked Applewood Cheeseburger, Toasted Brioche Bun, Fries, Salad	15
Beer Battered Haddock Fillet, Chunky Chips, Crushed Peas, Lemon, Tartar Sauce	15
Caesar Salad – Crisp Lettuce, Caesar Dressing, Anchovies, Croutons & Parmesan	12
Add Grilled Chicken Breast	16
Slow-Cooked Duck & Asian Slaw Wrap	10
Grilled Red Pepper, Feta, Rocket & Basil Pesto Wrap (v)	8.5

(v) = Vegetarian (df) = Dairy Free (gf) = Gluten Free

Cakes

Cake of the Day	3.5	Cream Tea	9.5
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Healthy Snacks

Hummus, Sour Cream & Chive Crisps	80p
Quinoa, Sundried Tomatoes & Garlic Crisps	80p
Veggie Straws	80p
Urban Fruits - Magnificent Mango/Smashing Strawberries/Cheeky Cherries	3

DRINKS

Bowood Tea Selection

All 3.5

Huang Shan Mao Feng – Green Tea

- * Sweet and refreshing connoisseur
- * Originates from the famous Dao Ren mountain peak
- * Exquisite green tea full of flavour

Bai Mu Dan – White Peony

- * White tea originating from the Fujian province of China
- * Shimmering amber cup and a fresh, mellow and nutty taste
- * High in anti-oxidants

Fine China Jasmine (Fujian, China)

- * Fragrant leaves are sieved to give the tea a more distinct taste and superior appearance
- * Gorgeous bouquet of Jasmine

Milk Oolong

- * Originates from the Fujian province of China
- * Semi-fermented, meaning it is between a black tea and a green tea
- * Exceptional connoisseur oolong, delicate and refreshing with sweet nuances

Lavender Blossoms

- * Exquisite fresh English Lavender blossoms are floral perfumed and calming
- * Lavender is known for its anti-inflammatory and antiseptic properties
- * Often used to relieve headaches and aid relaxation

Breakfast Tea, Earl Grey Tea 3

Winchester Fruit Basket

- (naturally caffeine free)
- * Combination of hibiscus blossoms, rose hip peel, apple pieces, elderberries, whole blackberries, strawberries and raspberries

Apple & Ginger

- * A sparkling and aromatic infusion with rosehip peels to add a fruity note

Evening Calm

- * A relaxing and soothing taste of peppermint, chamomile, nettles and lemon balm

Anti Stress

- * Slightly sweet aroma with a hint of liquorice
- * Refreshing and re-vitalising
- * Ingredients: cinnamon pieces, liquorice root, ginger pieces, fennel, orange peels and cardamom

Chamomile Whole Flowers

- (naturally caffeine free)
- * Whole loose chamomile flowers
- * Wonderful with a spoonful of honey

Pu erh Toucha

- * Rich and earthy in taste
- * Originates from the Yunnan Province of China
- * Alleged health benefits: Aid to digestion, cholesterol reducing and weight loss

Peppermint (naturally caffeine free)

- * Premium quality peppermint
- * Excellent as an aid to digestion and for calming

Coffees

Americano	2.8	Latte	3.2
Espresso	2.8	Mocha	3.2
Cappuccino	3.2	Hot Chocolate	3.2