



# ELEMENTS

## BRUNCH MENU

(SERVED 10AM - 12PM)

### EGGS BENEDICT

Toasted English muffin, poached eggs, crispy  
bacon, hollandaise sauce  
£17.50

### SOYA MILK PORRIDGE

Berry compote, honey  
£9.50

### HOMEMADE PORK & LEEK SAUSAGE ROLL

Mixed salad, apple ketchup, red sauce  
£10.00

### AVOCADO ON TOAST

Mashed avocado on sourdough bread,  
shallots, watercress, mixed salad  
£15.00  
(Add poached eggs £3.00)

### SEASONAL FRUIT SALAD

Orange & mint syrup  
£10.50

### BRIOCHE FRENCH TOAST

Streaky bacon, apple & berry compote,  
mascarpone, maple syrup  
£15.00

## LUNCH

(SERVED 12PM - 6PM)

### SOUP

#### SOUP OF THE DAY

Baguette, butter  
£9.50

### PHO

OYSTER & CHESTNUT MUSHROOMS, PAK-CHOI, SPINACH, CHILLI  
OIL, LEMON GRASS BROTH, RICE NOODLE

#### CHOOSE FROM:

#### BRAISED BEEF BRISKET

£25.00

#### CURED TOFU

£23.00

#### SOY-GLAZED TIGER PRAWNS

£25.00

## SALADS

### CHICKEN CAESAR SALAD

Torn chicken, baby gem, croutons, Kalamata  
olives, Caesar dressing, shaved parmesan  
Small £14.50 | Large £24.50

### CRUNCHY ASIAN SALAD

(CHICKEN OR TOFU)

Rice noodle, red & white cabbage, carrot,  
chilli oil, sesame dressing, toasted peanuts  
Small £14.50 | Large £24.50

### WINTER SALAD

Braised lentils, roasted red beetroot, salsa  
verde, crème fraîche  
Small £12.50 | Large £20.50  
(Add hot smoked salmon £3.00)

### GOAT'S CHEESE, HONEY & WALNUT CROSTINI

Baked goat's cheese, sourdough bread, candy  
walnut, dried Parma ham, onion jam, watercress,  
rocket, shallots, balsamic olive oil dressing  
Small £14.50 | Large £24.50

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## MAINS

### SRI LANKAN CREAMY RED CURRY

Red curry, coconut milk, butternut squash, pak-choi, green beans, spinach, toasted cashew nuts, basmati rice  
£20.50

### HOMEMADE PORK & LEEK SAUSAGE ROLL

Mixed salad, apple ketchup, red sauce  
£15.00

### CLASSIC CREAMY SEAFOOD CHOWDER

Scallops, prawns, cod fillet, smoked salmon, bacon, leeks, celery, carrot, potatoes, creamy white sauce, toasted bread  
£23.50

### PIE OF THE DAY

Served with a choice of side  
£23.50

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## PANINIS

(SERVED WITH COLESLAW, SIDE SALAD,  
TORTILLA CRISP)

### SMOKED STREAKY BACON, BRIE, ONION JAM

£16.00

### CHICKEN BREAST, BASIL PESTO, MOZZARELLA CHEESE

£16.00

### BAKED HAM, MATURE CHEDDAR CHEESE

£16.00

### CURED TOFU, FLAT MUSHROOM, ASIAN SLAW, CHILLI OIL

£16.00

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## SIDES

### ROAST GARLIC & THYME BABY POTATOES

£7.00

### SEASONAL GREEN VEGETABLE OF THE DAY

£7.75

### MIXED SEASONAL SALAD

£8.00

### BASMATI RICE

£6.75

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## SWEET TREATS

### FRUIT & PLAIN SCONES

Served with jam, butter, whipped cream  
£7.50

### DRIED FRUITS FLAPJACK

£7.00

### DAILY DESSERTS

Please see dessert cabinet  
£10.00

### HOMEMADE BROWNIE

Rich chocolate sauce, whipped cream or  
vanilla ice cream  
£10.00

### COOKIES

£7.00

### MUFFIN

£6.00

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*10% Discretionary service charge on parties of 6 or more.*

FOR YOUR WELLBEING WHILST AVAILING OF THE SPA FACILITIES, MANAGEMENT RESERVES THE RIGHT TO STOP SERVING ALCOHOL TO ANY GUEST WHO MAY BE VISIBLY UNDER THE INFLUENCE OF ALCOHOL. ALCOHOL THAT IS PURCHASED IN THE THERMAL VILLAGE MAY ONLY BE CONSUMED IN THIS AREA.