



FORMBY HALL

GOLF RESORT & SPA

SPA MENU

STARTERS

ROASTED TOMATO & BASIL SOUP
Warm Focaccia (GFOA, VG)

SMASHED AVOCADO, CRISP SOURDOUGH
Poached Egg Toasted Seeds (GFOA)

PRAWN & SPINACH SALAD
with Mango & Chilli Dressing (NGCI)

MAINS

GRILLED SEABREAM
Local Buttered New Potatoes, Panache of Seasonal Vegetables (NGCI)

SUPERFOOD SALAD
Kale, Spinach, Quinoa, Edamame Beans, Grated Carrot, Cherry Tomatoes,
Kidney Beans, Blueberries, Dried Cranberries, Lemon Vinaigrette (VG, NGCI)

HANDMADE YORKSHIRE RIGATONI PASTA
with Edamame Beans, Peas & Asparagus,
in a Sun Blushed Tomato & Mascarpone Sauce (V, VGOA, GFOA)

BEVERAGES

GLASS OF PROSECCO £5.95
FRENCH MARTINI COCKTAIL
COSMOPOLITAN COCKTAIL
MOJITO COCKTAIL
TOM COLLINS COCKTAIL
ALL £11.50

SMOOTHIES

GREEN RECHARGE £5
Broccoli, Mango, Pineapple, Banana
Spinach, Cucumber, Apple
BERRY RENEWAL £5
Strawberries, Banana, Apple