

# Spa Lunch Sample Menu

Lightly Spiced Chicken  
With Rocket, Nigella Seeds and Hummus on Flatbread

Open Sandwich  
Of Beech Smoked Salmon and Marinated Prawns in Marie Rose with Baby leaf  
Salad

Homemade Soup of the Day (c) (v)  
Served with a Selection of Breads from our Bakery

Atlantic Seafood Chowder (c)  
Brunoise of Root Vegetables, Dill and Albarino Cream  
Served with our Homemade Irish Soda Bread

Warm Chicken Salad  
Maple Glazed Potato, Cherry Tomato, Pine Nuts, Passionfruit and Lime Dressing  
(c)

Superfood Salad  
Quinoa, Baby Spinach, Feta Cheese, SunflowerSeeds, Organic Cranberries,  
Stonewell Cider  
Dressing, Aged Balsamic (v) (c)

Maryborough Toastie  
Honey Glazed Ham Hock, Bandon Vale Cheddar, Red Onion on Toasted Bloomer  
Bread

Chick Pea Salad  
Local Gubeen Chorizo, Roast Red Onion, Radicchio, Curried Macadamia Nut,  
Tabasco Yogurt

