Fred's

Spa Menu

Choose one starter and a salad/sandwich, or one salad/sandwich and a dessert

LIGHT BITES

Goat's cheese & fig tart, petit salad (v) Potted shrimp, toasted ciabatta, gherkin & kohlrabi Smoked salmon Scotch egg, rocket & beetroot Chicken liver parfait, granola crumb, fruit jelly

SALADS

Chicken Caesar

Chargrilled aubergine, pearl barley, couscous & pomegranate salad (v)

SANDWICHES

All served on white, brown or gluten free bread, accompanied with a salad garnish and crisps

Fig & brie (v)

Smoked salmon & crème fraiche

Classic egg mayo & watercress (v)

DESSERTS

Chocolate & salted caramel tiramisu (v) Sticky toffee pudding, clotted cream ice cream (v) Pear & ginger rice pudding, cinnamon ice cream (v) Duck egg custard tart, prune ice cream (v)

Prices inclusive of VAT at the prevailing rate. Payment is required at the time of ordering. Some of our dishes may contain nuts. If you have a food allergy, intolerance or sensitivity, please speak to your waiter about the ingredients in our dishes before you order your meal. Whilst we endeavour at all times to provide grim free ingredients, this can not be guaranteed. Weights of meat are appropriate measures when uncooked. The team has been working tirelessly to put in place safety measures to ensure our house on the hill is safe and comfortable, while retaining the warm welcome and exceptional levels of service our guests have become accustomed to. Our Health and Safety Guide for Guests is available to view and download at www.stanleyhouse.co.uk/news/covid-19/ v = vegetarian. vg = vegan, gf = gluten free guests have become accustomed to. Our Health and Safety Guide for Guests is available to view and download at www.stanleyhouse.co.uk/news/covid-19/ v = vegetarian. vg = vegan, gf = gluten free guests have become accustomed to. Our Health and Safety Guide for Guests is available to view and download at www.stanleyhouse.co.uk/news/covid-19/ v = vegetarian. vg = vegan, gf = gluten free guests have become accustomed to. Our Health and Safety Guide for Guests is available to view and download at www.stanleyhouse.co.uk/news/covid-19/ v = vegetarian. vg = vegan, gf = gluten free guests have become accustomed to. Our Health and Safety Guide for Guests is available to view and download at www.stanleyhouse.co.uk/news/covid-19/ v = vegetarian. vg = vegan, gf = gluten free guests have become accustomed to. Our Health and Safety Guide for Guests is available to view and download at www.stanleyhouse.co.uk/news/covid-19/ v = vegetarian. vg = vegan, gf = gluten free guests have become accustomed to. Our Health have become accustomed to for guests at the standard of guests at the standard