



# SPA MENU



*Served 10.00am - 11.30am*

## Breakfast

Croissant & Preserve	£1.45
Pain au Chocolate	£0.95
Homemade Brioche & Butter with Homemade Preserve	£2.95
Selection of Dorset Cereals/Muesli <b>N</b>	£2.95
Prune & Apricot Compote	£3.00
Fresh Fruit Platter <b>v</b>	£4.95
Free Range Egg Omelette & Filling:	
Smoked Salmon	£6.95
Gruyere <b>v</b>	£5.95
Fresh Herb <b>v</b>	£5.50
Mushroom <b>v</b>	£5.95

*Served 10.00am - 6.00pm*

## Sandwiches

Free Range Egg, Watercress & Chive <b>v</b>	£5.25
Smoked Salmon, Cream Cheese & Cucumber <b>v</b>	£5.50
Honey Roast Sandridge Ham & Rocket	£5.50
Marinated Cucumber <b>v</b>	£4.50
Free Range Corn-Fed Chicken, Mayonnaise & Gem Lettuce	£5.95

## Light Bites

French Onion Soup & Gruyere Croutons	£3.50
Roasted Plum Tomato Soup, Pesto & Parmesan <b>v</b>	£3.50
Mixed Seasonal Salad <b>v</b>	£6.95
Tomato, Avocado, Mozzarella & Aged Balsamic <b>v</b>	£8.95
Caesar Salad, Croutons, Crispy Bacon & Anchovies	£6.95
Melon & Serrano Ham	£5.50

## Main Meals

Seared Salmon, Wilted Spinach, Crushed Potato & Chive Hollandaise	£9.95
Roasted Butternut Squash Risotto, Sage & Parmesan <b>v</b>	£9.95
Antipasti Platter <i>Spanish &amp; Italian Cured Meats, Charred Chicken, Balsamic Onions, Roasted Peppers &amp; Focaccia Bread</i>	£8.25
Homemade Tagliatelle, Creamed Wild Mushrooms, Basil & Parmesan <b>v</b>	£8.95

## Side Dishes

Crushed New Potatoes	Tomato & Onion Salad	£2.50
Selection of Breads	Dressed Green Salad	<i>each</i>

Selection of Cheeses, Membrillo & Miller's Damsel Biscuits	£7.50
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## Puddings

Sticky Toffee Pudding & Caramel Sauce	£4.50
Apple & Mixed Berry Crumble with Homemade Custard	£4.50
Eton Mess	£5.50
Fresh Fruit Salad & Cream	£6.95
Panacotta & Mixed Berries	£6.95

## Homemade Cake

Toasted Tea Cake	£ 1.75
Cake of the Day	£ 1.90
Dark Chocolate Brownie	£ 1.95
Ginger Biscuit	£0.75

*All prices are inclusive of VAT*      **v** Suitable for Vegetarians      **N** Contains Nuts  
 We cannot guarantee that items on this menu do not contain nuts or nut derivatives. Fish items may contain bones. All products are subject to availability. Bowood will not knowingly sell any food required to be labelled as containing genetically modified materials.



# SPA BAR



## Smoothies

Energy Bubble	<i>Apple Juice, Mango &amp; Passionfruits</i>	£3.50
Grape & Plum	<i>Grape Juice &amp; Plums</i>	£3.50
Coconut & Pineapple Crush	<i>Pineapple, Coconut Milk, Natural Yoghurt &amp; Ice Cubes</i>	£3.50
Breakfast in a Glass	<i>Apple Juice, Kiwi, Lemon &amp; Avocado</i>	£3.75
Mango & Lime Lassie	<i>Mango, Plain Yoghurt, Lime Juice, Brown Sugar &amp; Soda</i>	£3.75
Apple & Raspberry Crush	<i>Raspberries, Apple Juice &amp; Natural Yoghurt</i>	£3.75
Centaur Smoothie	<i>Banana, Strawberry &amp; Grape Juice</i>	£3.75
Bowood Smoothie	<i>Lemon, Lime, Yoghurt, Orange Juice &amp; Passionfruit</i>	£3.75
Smooth Operator	<i>Orange Juice, Fresh Figs, Ginger &amp; Banana</i>	£3.95
Strawberry Shooter	<i>Peach Juice &amp; Strawberries</i>	£3.95
Hippy Shake	<i>Pineapple, Lemon &amp; Avocado</i>	£3.95

## Milkshakes

Vanilla Bean	£2.50
Simply Strawberry	£2.50
Simply Bananas	£2.50

## Soft Drinks

Still Water	330ml	£2.00	Appletise	275ml	£2.60
Sparkling Water	330ml	£2.00	Frobisher	250ml	£2.45

## By the Glass

Sparkling Wine	Jansz Tasmania Premium <i>(NV Cuvée)</i>	£5.95
	Rene Barbier Cava Rosado <i>(NV, Spain)</i>	£4.95
Rosé Wine	De Martino Carmenere Rose <i>(2007, Chile)</i>	175ml £4.70 250ml £6.65
	Castel Firmian Pinot Grigio <i>(2008, Mezzacorona, Italy)</i>	£5.90 £8.35
White Wine	Gran Hacienda Sauvignon Blanc <i>(2008, Chile)</i>	£4.70 £6.65
	Gran Hacienda Merlot <i>(2007, Chile)</i>	£4.75 £6.65
Red Wine	Castel Firmian Cabernet Sauvignon <i>(2008, Italy)</i>	£5.60 £7.90

## Bottled Beer

Becks	275ml bottle <i>(abv 5%)</i>	£3.00
Becks (No alcohol)	275ml bottle	£2.75
Peroni	330ml bottle <i>(abv 5.2%)</i>	£3.00
Budvar	330ml bottle <i>(abv 5%)</i>	£3.25

## Coffee

Fresh ground rainforest alliance Arabica coffees from Central America and Indonesia, blended to produce a fulsome flavour and smooth finish.

Americano	£1.95	Latte	£2.45
Mocha	£2.45	Espresso	£1.85
Capuccino	£2.45	Hot Chocolate	£1.95

## Tea

Assam, Earl Gray, English Breakfast, Fairtrade Imporient, Lapsang Souchong, White Tea with Pomegranate, Lemon & Ginger, Blackcurrant Ginseng & Vanilla, Cranberry Raspberry & Elderflower, Pure Green with Lotus, Camomile	£1.65
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## Gym Drinks

Still Water	330ml	£2.00
Powerade	330ml	£1.85

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