

Spa opening times

Monday	8 am—8pm
Tuesday	8am—8pm
Wednesday	8am—8pm
Thursday	8am—9pm
Friday	8am—9pm
Saturday	8am—8pm
Sunday	9am—4pm

Opening times vary at Christmas and on bank holidays

Leisure Club opening times

Monday to Friday	6.30 am—10pm
Saturday	7am—9pm
Sunday	7am—8pm

Opening times vary at Christmas and on bank holidays

Children's Swimming times

Monday	9am—12pm 3pm—5pm
Tuesday to Thursday	9am—12pm 2pm—5pm
Friday	10am—12pm 2pm—5pm
Saturday & Sunday	9am—12pm 3pm—7pm

Opening times vary at Christmas and on bank holidays

Spa Menu





10% discount

Why not treat yourself?
When you purchase products to
the value of £30 or more receive
a 10% discount

Spa Package Menu

Salads

Greek salad, feta cheese, olives (v)

Avocado, buffalo mozzarella, sun blushed tomatoes, rocket, pesto

Traditional Caesar salad, char grilled chicken breast, parmesan

Warm goat's cheese, beetroot, toasted pine nuts, balsamic

Smoked chicken, Parma ham, cherry tomato, sherry vinegar

Traditional Sandwiches & Wraps

(Served on brown or white bloomer bread or a soft tortilla wrap. Served with a salad garnish & potato crisps)

Home cooked gammon ham, wholegrain mustard, salad

North Atlantic prawns, Marie Rose sauce, iceberg lettuce

Chicken, rocket salad, lemon & herb mayonnaise

Tuna mayonnaise, cucumber & watercress salad

Cheddar cheese, tomato, chutney (v)

Classic egg mayonnaise, cracked black pepper (v)

Poached salmon, lemon & chive crème fraiche

Desserts

A selection desserts available from 12 noon to 10pm

Fresh fruit salad

Raisin scones, preserves, clotted cream

Brûlée @ the Spa

Dessert @ the Spa

Ask a member of staff for today's choice of brûlée or dessert

Hot beverages

Espresso (single)	£ 1.95
Americano	£ 2.10
Latte	£ 2.10
Cappuccino	£ 2.10
Hot Chocolate	£ 2.10
Mocha	£ 2.10
Freshly brewed English tea	£ 2.10 per pot

A selection of fruit and herbal teas available on request.