

ESPA *life*
AT CORINTHIA

ESPA LIFE AT CORINTHIA MENU

At ESPA Life at Corinthia we focus on healthy, simple, fresh food cooked in a way that protects the vital fragile nutrients, highlights the natural goodness and promotes optimal human nutrition.

We offer our spa guests wholesome foods and drinks packed with health enhancing fibre, omega-3 fats, phytonutrients, energy rich complex carbohydrates, lean protein, vitamins and minerals that all add to the pleasure and indulgence of every spa guest experience.

We have removed food additives, sugar, salt, trans-fats, food dyes and anything artificial. We pay careful attention to our growers, suppliers, storage and cooking.

Simply put – we care about the effects our cuisine has on your wellbeing.

SUPERACTIVE JUICES

£9.00

Digestive

This juice is a balanced digestive all-rounder and is a gentle way of giving your tummy a bit of a boost.

Lemon, Apple, Celery, Fennel, Mint, Cucumber, Chamomile Tea and Ginger

Detox

Recommended for post workout or as an all-round healthy pick-me-up.

Beetroot also has exercise enhancing properties to add to its impressive portfolio.

Ginger, Beetroot, Carrot, Lime, Orange and Celery

Green Alkylizer

This juice is for those who need a multi-vitamin in liquid form.

Kale, Parsley, Cucumber, Coriander, Celery, Carrot and Apple

Immune Booster

This Smoothie/juice hybrid is specific for the immune system and provides a nourishing effect on the body. Thicker than the other juices, it is more filling and provides more fibre.

Ginger, Kiwi, Parsley, Mint, Apple, Grapefruit, Dates and Banana

Green Chino

This is a sweet and relatively decadent juice based around the hydrating benefits of coconut water- packed full of electrolytes and minerals this is an ideal healthy treat, which packs some nutritional punch.

Vanilla/Banana/Coconut Cream Foam, Coconut Water, Lime, Cucumber, Mint, Carrot, Apple and Pineapple

JUICES

£7.50

Made to order with fresh, carefully washed organic fruit and vegetables
On their own or as a combination

Freshly Pressed Carrot

Freshly Squeezed Orange

Freshly Pressed Apple

PROTEIN SHAKES

Express Espresso

£8

Cocoa Powder, Cold Milk, Espresso, Greek Plain Yoghurt, Vanilla,
Banana, Pinch of Cinnamon, Honey

Cocoleano

£12

Coconut Milk, Ground Flaxseed, Avocado, Apple Juice, Raw Oats,
Banana, Vanilla Ultrameal Protein Powder

Berry Good Green Tea

£12

Iced Green Tea, Half an Avocado, Mixed Berries,
Ultrameal Vanilla Protein, Ground Flaxseeds

All prices are inclusive of 20% VAT. A 12.5% discretionary service charge will be added to your final bill.
Should you have any questions regarding the content or preparation of any of our food please ask one of our team.

ALL DAY MENU

SALADS

Small	£8
Large	£12

Avocado, Cucumber and Spring Onions, with Alfalfa and Mung Bean Sprouts (Vg)

Green Bean and Marsh Samphire, Roast Macadamia and Orange (Vg)(N)

Watermelon with Feta, Cucumber, Ruby Grapefruit, and Mint (Vg)

Fennel and Golden Berries with Soft Herbs, Tarragon, Dill, Basil and Parsley (Vg)

Dressings:

Olive, Walnut or Flaxseed Oil, Apple Cider Vinegar, Lemon

SOUPS

Carrot and Star Anise Soup (Vg)	£7
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White Onion and Wild Garlic Leaf Soup (Vg)	£7
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(V) Vegetarian (Vg) Vegan (N) May contain nuts (G) Contains Gluten

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MAINS

Grilled Tuna Loin with Flaxseed Oil, Tomato, Basil and Nostraline Tuscan Olives	£24
Cornish Mackerel and Pomegranate, Spring Onions, Coriander and Mint	£17
Steamed Lemon Sole with Samphire and Shallots	£26
Nettle and Jerusalem Artichoke Risotto (V)	£14
Goosnargh Chicken Breast with Sumac and Quinoa Tabbouleh, Lemon	£22

TREAT SELECTION

£7

Seasonal Cut Fruit Plate
Fruit Tart with Lemon and Vanilla Whipped Yogurt Cream (G)
Cinnamon Apple Cake, Apple Compote and Almonds (Wheat and Dairy-Free) (N)
Wholemeal Carrot Cake, Coconut and Sultanas (Dairy-Free)(G)
Chocolate, Walnut and Beetroot Brownie (G)(N)
Roasted White Chocolate Mousse, Apricot and Chamomile Compote, Shortbread Crumble (G)

CORINTHIA SORBETS

£7

Please ask one of our team for the daily selection

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HERBAL TEA INFUSIONS (CAFFEINE FREE)

Peppermint £5.50

A fresh, minty aroma with a refreshing flavour.

Chamomile £5.50

A bright yellow liquor with a floral aroma and a hint of apples.

Roobus Chai £6.50

Rooibos Chai brings together caffeine-free redbush herbal from South Africa with sweet Indian spices of clove, cardamom, and cinnamon.

The Indian spices impart a smooth, liberating earthy touch. Effusing a deliciously sweet aroma swirling in cinnamon.

FRESH INFUSIONS £6.50

Lemon and Ginger

Mint

FLAVOURED TEAS

Pomegranate Oolong £6.50

The extra leaves of the Ti Kuan Yin oolong carefully infused with tangy pomegranate create a beautiful pink colour and a wonderful marriage of flavours.

White Vanilla Grapefruit £6.50

White teas enriched by vanilla and brightened by grapefruit bring forth the cleansing. The indulgent vanilla aroma, pleasantly surprising and suggestive of chocolate, engulfs the white tea in its sweet embrace.

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WHITE TEAS

Wedding Tea £6.50

Created exclusively for the bride to be or for weddings, a wonderful blend of exotic Mutan white, hand-blended with pink rosebuds, vanilla and a hint of lemon, this tea inspires long lasting happiness.

The White Knights £6.50

Our homage to the most glamorous and exclusive teas in the world. Two rare White teas blended together, Bai Mudan, with its fresh, smooth velvety aroma, hint of peach gentle blended with the even rarer gentle Silver Needles, making a sweet, delicate yet lingeringly elegant tea - magical and exquisite.

GREEN TEAS

Dragon Well Tea £6.50

Sweet and creamy with a hint of fruit. A wonderful emerald experience, named after the light rainfall onto a swirling well that resembles a dancing Chinese dragon.

Sencha Fukujyu £6.50

High in vitamin C , this large leaf creates a sparkling, clear liquor and is typically a delicate Japanese flavour.

BLACK BLENDS

The Royal Lady Grey £5.50

A large leaf China Earl Grey infused with bergamot oil creating a bright and spicy blend.

The Corinthian English Breakfast £5.50

A rich, intense tea, malty Assam, hand-blended with a mellow, Ceylon Orange Pekoe, blended with a mild Keemun, perfectly rounded.

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COFFEE

Rainforest alliance certified Arabica beans –
full bodied coffee with great depth and intensity

Espresso, Ristretto, Macchiato £4.50

Double Espresso, Cappuccino, Café Latte, Mocha, Americano £5.50

HOT CHOCOLATE

Rich Dark Chocolate £5.50

MINERAL WATER

Speyside – still or sparkling (330ml) £3

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CHAMPAGNE		150ml
Laurent-Perrier, Brut, NV		£16
Laurent-Perrier, Brut Rosé, NV		£27

WHITE WINE	125ml	175ml
Mâcon Blanc, Domaine N. Ferrand, Burgundy, France 2013	£11	£15
Château Haut Terrier Blaye, Côtes de Bordeaux, Sauvignon Blanc, France 2013	£10	£14

ROSÉ WINE	125ml	175ml
Château de l'Aumerade Rosé, Côtes de Provence, France, 2014	£10	£13.50

RED WINE	125ml	175ml
Domaine les Fontanelles, Pinot Noir, Pays d'Oc, France, 2013	£8	£11
Alta Coleccion, Piedra Negra, Malbec, Argentina, 2013	£9	£12.50

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Please note that vintages may vary due to the limited production of several of our wines.