



MIDDLETHORPE HALL & SPA

Healthy buffet options

Soups and broths (choice of 1)

- Chicken and sweetcorn broth
- Seasonal vegetable broth
- Tom yum soup
- Garden pea soup
- Vine tomato and basil soup
- Celeriac and apple soup

Salads (choice of 3)

- Tomato, bocconcini and basil salad
- Superfood salad: quinoa, spinach, avocado, soy beans, soft herbs
- Orzo pasta salad: roast Mediterranean vegetables, goats cheese
- Charcuterie platter: sliced meats, pickles, rocket and parmesan salad
- Garden salad: tomato, spring onion, cucumber, peas, broad beans
- Compressed carrot, orange and coriander salad
- Poached salmon, new potato and watercress salad

All served with a selection of artisan breads, butter and houmous

Desserts (choice of 2)

- Fresh fruit bowl
- Fruit skewers, natural yogurt
- Compressed pineapple, coconut, white chocolate
- Strawberry and elderflower Eton mess, low fat crème fraiche
- Granola pots- apricot granola, seasonal berries, wild flower honey yoghurt
- Lemon posset- dressed raspberries and mint

ALLERGENS AND SPECIAL DIETS:

If a guest has a food allergy or intolerance, we request that they consult a member of staff before deciding what to eat and placing an order, on every occasion, whilst in the Hotel. Whilst we are committed to informing our guests accurately of any allergenic contents in the dishes served here, and also to complying with specific dietary requests, there remains a risk, albeit small, that traces from other dishes may be present in food served here, or on surfaces.