

Spa Café Menu

Soups:

Soup of the Day (V)	€ 5
Japanese Style Ramen	€ 7
Spiced Chicken Broth with fresh Vegetables and Mushrooms	

Daily Special Light Menu

Includes a two course menu € 25
with a Fruity Drink of the Day

Please check our Black Board
or ask our Waiting Staff
about the Daily Special Menu

Snacks:

Duo of Smoked Salmon wrapped Green Asparagus & Classic Smoked Salmon	€ 13
Warm Poached Prawn Salad served with Chives soured Cream	€ 13
Warm Goats cheese & Black Olives in Filo Pastry Tossed Spring Salad with Pine nuts	€ 10
The Europe Toasted Sandwich Grilled Breast of Chicken, Sautéed Mushrooms, green Asparagus & Melted Cheese Cumberland Sauce and Tossed Leaves	€ 14
Egg Benedict or Florentine Poached Eggs with crispy Bacon and Sauce Hollandaise Poached Eggs with Sautéed Spinach and Sauce Hollandaise served on a baked Muffin	€ 9

Main Courses:

Crispy Salad of Sautéed Soba Noodles & Vegetables with tempura Vegetables	€ 13
Red Thai Curry with Chicken Breast and grilled Asparagus Brown Rice	€ 18
Green Curry with Tiger Prawns and mixed Vegetables Baby Spinach and Brown Rice	€ 21
Whole Wheat Penne Arabiatta Spicy Tomato Chilli Sauce	€ 14
with Grilled Chicken Strips	€ 16
with Tiger Prawns	€ 18
Grilled or Poached Fish of the Day Baby Potatoes & Tossed Side Salad	€ 20
Grilled Medallion of Beef Fillet ca.5oz Roast Potatoes & sautéed Mushrooms & Onions	€ 22

Side Dishes

Jalapeno Relish - Garlic Butter	€ 3
Home cut Chips	€ 4
Boiled Baby Potatoes	€ 3
Stir Fried Vegetables	€ 4
Tossed Side Salad with Parmesan Shavings	€ 5
Garlic Bread	€ 3
Garlic Bread with Cheese	€ 4

Sweet Delights:

Fresh Fruit Salad with refreshing Sorbet	€ 7
Mixed Berry Crumble with Fruit Sorbet	€ 7
Fresh Strawberries with Vanilla Ice Cream	€ 7
Bailey's Cheese Cake with Cream Garnish	€ 7

The Spa Afternoon Break

For 2 people only

Smoked Salmon Sandwich on brown Bread
Selection of Cakes from our Buffet
Scones with homemade Jam
Sweet Biscuits and Chocolates
Freshly Brewed Tea or Coffee

€ 25

Take a Pick from Our Cake Buffet

Ginger Cake	€ 4
Pear & Almond Tart	€ 5
Chocolate Cake	€ 4
Variety of Homemade Cup Cakes	€ 3
Tartlet of the Day	€ 4

Energy boosting Smoothies & Juices:

Tropical Sunshine Smoothie	€ 5
Sweet Dreams Smoothie	€ 5
Avocado Passion Fruit Smoothie	€ 5
Berry Energy Smoothie	€ 5
Apple Juice	€ 5
Orange Juice	€ 5
Pink Grapefruit Juice	€ 5
Pineapple & Chilli Juice	€ 5
Carrots & Ginger Juice	€ 5

Tea & Coffee

Tea	€3.00		
Herbal Teas available:	€3.00		
Camomile	Earl Grey	Decaffeinated	Mixed Berries
Green Tea:	Organic	Lemongrass	Jasmaine
Coffee	€3.00	Americano	€3.00
Espresso	€3.00	Double Espresso	€4.50
Cappuccino	€4.00	Latte	€4.00
Mocca	€4.00	Hot Chocolate	€4.00

Minerals

Club Lemon	€3.30	White Lemonade	€2.20
Club Orange	€3.30	Bitter Lemon	€2.20
Cidona	€3.50	Tonic	€2.20
Coca-Cola	€3.30	Ginger Ale	€2.20
7-Up	€3.30		

Water

	<u>750ml</u>	<u>250ml</u>
De Braam Spring Sparkling Water	€6.00	€3.30
De Braam Spring Still Water	€6.00	€3.30

Bottle Beer

Heineken	€5.20	Budweiser	€5.20
Bulmers	€5.20	Becks N/A	€5.20

White Wine

		<u>Gls 0,2L</u>	<u>1 L</u>
Edelzwicker	2009/10	€6.50	€30.00
Antoine Moltes et Fils, Alsace, France			
		<u>Gls 0,2L</u>	<u>0.75 L</u>
Chardonnay	2010	€7.50	€28.00
Château de Peronne, Mâcon Villages, France			
Sauvignon Blanc, Semillion	2010	€7.50	€30.00
Château des Eyssards, Bergerac, France			
Pinot Grigio	2010	€8.00	€32.00
Santa Sofia, Garda, Italy			
Parellada & Muscat	2009	€6.50	€28.00
Claudia, Penede, Spain			

Red Wine

		<u>Gls 0,2L</u>	<u>1 L</u>
Syrah	2009	€6.00	€28.00
J Pellerin, Côtes du Rhône, France			
		<u>Gls 0,2L</u>	<u>0.75 L</u>
Gamay	2009	€7.50	€34.00
J. Pellerin, Fleurie-Cru du Beaujolais, France			
Tempranillo	2007	€7.00	€27.00
Vina Alabrada, La Mancha, Spain			
Merlot	2009	€8.00	€30.00
Julio Bouchon, Maule Valley, Chile			
Cabernet Sauvignon	2010	€7.00	€27.00
Panul, Colchagua Valley, Chile			