



**SPA**  
AT NORTH LAKES

Please choose your preferred  
**two course** lunch option from  
the menu selection below.

Name ..... Time .....

**starters**

Classic Prawn cocktail,  
creamy marie rose sauce with a  
touch of brandy, wholemeal bread  
- 370Kcal

Mug of today's freshly prepared  
soup, with sourdough bread and  
smoked butter - Avg 213Kcal

Smooth chicken liver parfait,  
damson chutney, treacle and  
walnut loaf - 437Kcal

NOTES

**mains**

Fishmonger Platter  
Prawns with Marie rose, smoked  
salmon, salt and pepper squid, grilled  
lemon, crisp Caesar with anchovies,  
rosemary focaccia, smoked butter, raw  
tomato marinara - 731Kcal

Meat Deli Platter  
Cumbrian air-dried ham, chorizo,  
salami, homemade sausage roll, olives,  
chutney, smoked cheese, rosemary  
focaccia, smoked butter, raw tomato  
marinara - 910Kcal

Classic Caprese Salad  
Heritage Tomatoes, Burrata  
Mozzarella, Micro Basil, Pesto  
and Aged Balsamic - 313Kcal

**desserts**

Glazed Vanilla Crème Brulee  
Lemon shortbread - 386Kcal

Mini Pot of Ice Cream  
Choice of chocolate, strawberry,  
vanilla or fruits of the forest sorbet  
- 176Kcal

Fresh Fruit Salad and  
Seasonal Berries - 58Kcal

Allergen Information - we really want you to enjoy your meal  
with us - if you'd like information about ingredients in any dish,  
please ask and we'll happily provide it. Calorie information,  
adults need around 2000Kcal per day. Mar22