NOURISH

at The Coniston Spa

The name nourish means to provide food necessary
for growth, health and good condition.

Elizabeth Peyton Jones, author of eat yourself young and cook yourself young has been working with us to create 'Nourish' which extends the wellbeing aspects of the spa by promoting a healthy and nutritional food offering.

To be able to present a healthy choice for our customers we buy fresh, seasonal produce from local or nearby sources. We try our very best to make sure we are using the most sustainably sourced products with the lowest food miles in all of our drinks and food. Eating more vegetables and less meat is a good step towards a more healthy way of living and if our menu makes it easier for you to eat this way, we are happy to assist.

The menu is well balanced and we avoid or reduce dairy products, wheat, sugar, salt and red meat wherever possible. If you do have any food allergies please let us know and we will try and accommodate your request.

The Coniston Spa

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Nibbles

Mixed Olives £1.95
Selection of Breads, Country Butter £1.95
Roasted Vine Tomatoes, Pesto Dip £1.95
Red Pepper & Chick Pea Humus, Crudities £1.95
Tomato, Avocado & Basil Bruschettas £1.95
Butternut Squash Crisps £1.95
All of the above on a great communal sharing platter £9.95

Starters

Soup of the Day £4.60
Mackerel Pate, Pickled Cucumber, Seed Crackers £5.50
Courgette Spaghetti, Pesto, Tomato & Pine Nuts £5.50
Roasted Vine Tomatoes, Rocket, Avocado, Walnuts & Pear Salad £5.75
Warm Asparagus, Poached Egg and Hollandaise Sauce £5.95
Avocado and Scrambled Eggs on Toast £5.25

Main Courses

Grilled Seabass, Ratatouille, Wilted Spinach £11.95
Courgette, Cauliflower, Aubergine & Spinach Curry with Brown Rice £11.50
Mackerel Fillet, Braised Fennel, Chive Sauce £9.50
Poached Salmon, Spring Onion Risotto, Red Pepper Salsa £11.50
Baked Sweet Potato, Mixed Bean Chilli, Sour Cream Dip £10.50
2 Egg Omelette with a choice of 2 fillings: Spinach, Mushroom, Asparagus, Tomatoes or Avocado £7.95

Sides

Sweet Potato Wedges, Green Salad, Wilted Spinach £2.95

Desserts

Lemon Drizzle Cake, Maple Syrup £3.95
Vanilla & Cinnamon Poached Pear £3.95
Warm Chocolate Brownie, Chocolate Sauce £3.95
Pecan Pie, Cinnamon Yogurt £3.95
Buckwheat and Poppy Pancakes with Maple Syrup £4.50

Afternoon Tea
3.00pm - 6.00pm

Cake of the Day
Freshly cut Crudities with 3 dips
Warm Fritata
Chocolate Brownie
Granola Bar
Fruit Shot
Selection of Teas
£11.50

Smoothies & Juices

Freshly squeezed Orange Juice £3.50
Cloudy Apple Juice £3.50
Oxygen Booster Juice - Beetroot, Carrots, Lemon and Horseradish £4.50
Full of iron to help with stamina and great for lungs
Detox Juice - Carrots, Celery, Apple, Cucumber and Ginger £4.50
Helps to build collagen for younger looking skin
Kale Kick Smoothie - Kale, Spinach, Apple and Mango £4.50
The Queen of greens for a super boost of vitamins and iron
Super Berry Smoothie - Blackberry, Strawberry, Raspberry and Orange £4.50
Lots of antioxidants to help your immune system
Choco-Protein Smoothie - Almond Milk, Banana, Blueberries, Dates, Cacao, Coconut Oil, Hemp and Chia Seeds £4.50
Great for energy, can be used as a meal replacement

Food served between 11.00am - 6.00pm