



lifehouse
spa & hotel

LUNCH MENU
served 12-5pm daily

soup of the day* (v) 5.70
with homemade bread roll & salted butter

antipasti sharing mezze* 15
*mixed Italian cured meats, wood oven flatbread,
hummus, sundried tomatoes, olives,
bocconcini of mozzarella*

vegetarian sharing mezze* (v) 15
*hummus & crudités, wood oven cheese & garlic
flatbread, sundried tomatoes,
olives, tomato & basil crostino, mozzarella*

Portobello mushrooms (v) 12.50
*with a grilled goat's cheese salad, roasted shallots
& red onion jam*

arborio risotto (v) 11
*with locally grown cauliflower, chilli flakes
and a lemon thyme oil*

Italian fusion salad 13.50
*with crispy noodles and a balsamic glaze
with your choice of free range chicken or prawns*

beef burger 18
*open beef patty with streaky bacon,
stilton mousse and grilled tomato relish
your choice of fries*

mussels & frite 16.50
with lemon and black pepper

lifehouse club sandwich 10.50
*with free range chicken, bacon, lettuce,
tomato & egg mayonnaise*

vegetarian club (v) 10
*with avocado, feta, lettuce, tomato
& egg mayonnaise*

seafood club 10.50
*with smoked salmon and prawns,
lime mayonnaise, lettuce & tomato*

smashed avocado 10.50
*on toast with crispy bacon,
topped with a poached egg*

sides

leafy rocket salad 3.00
tender stem broccoli & sugar snaps 3.50
sweet potato fries* 3.20

thick cut chips* 3.20
french fries* 3.20
buttered new potatoes 3.20
dauphinoise potato 3.60

for allergens, please ask your server

*these items are also available after 5pm