

LYGON

SPA KITCHEN



# THE LYGON ARMS

## NIBBLES 5

Sweet pecans      Smoked almonds      Vegetable crisps      Olives

## SALADS

Quinoa, roasted beetroot and walnuts (v) 9

Chopped chicken and avocado (v) 9

Spiced autumn squash (v) 9  
*Blacksticks blue cheese and hazelnuts*

Spiced couscous (v) 9  
*golden raisins, roast peppers and almonds*

Superfood salad (v) 10  
*rocket, blackberry vinaigrette, chick pea, nuts and seeds*

## ADD A PROTEIN BOOSTER 3

Poached chicken      Flaked salmon      Smoked trout      Marinated tofu

## DESSERTS

Vanilla cream, preserved plums, brown sugar meringue 6

Tiramisu 7

Bitter chocolate tart 7  
*hung, drawn and portered ice cream*

Westcombe Cheddar cheese 7  
*fruit jelly, rye crackers*

*Please inform a member of staff if you have food allergies  
or intolerances. We will be happy to discuss suitable options with you.  
A discretionary 12.5% service charge will be added to your bill.*

# THE LYGON ARMS

## SMOOTHIES AND JUICES

6

### Refresh

*mixed fruit blend, milk, Greek yoghurt*

### Rise and shine

*banana, granola, honey, milk*

### Energy booster

*banana, yoghurt, peanut butter, milk, chia seeds*

### Elixir lean

*celery, ginger, apple, spinach*

### Strength and glow

*carrot, orange, pineapple and turmeric*

### Green detox

*Granny Smiths, cucumber, celery, watercress, spinach*

## BEER

Cotswold premium lager 330ml	5
Cotswold Haus lager 330ml	5
Cotswold 3.8 330ml	5
Windrush ale 500ml	5
Cotswold best 500ml	5

## CIDER

Original Cider 500ml	5
Applesecco by glass 125ml/750ml	4 / 18

# THE LYGON ARMS

## CHAMPAGNE AND SPARKLING 125ml

Prosecco Lampo Borgoluce	9
Taittinger Brut	14
Taittinger Brut Rosé	16

## WHITE 125ml 175ml

Sauvignon Blanc 2016 IGP		
Oc Les Fleurs de Montblanc	6	7
Pinot Gris 2014 Isabel Estate	8	10
Sancerre Blanc 2015 H. Natter	9	11

## ROSÉ

Rosato di Toscana 2016 Rocca di Montegrossi	8	12
---	---	----

## RED

Château La Grave Singalier 2014 Bordeaux Supérieur	7	8
Merlot 2015 Cape Protea Franschhoek A. Rupert	7	9
Château du Moulin-à-Vent 2014 Cuvée Couvent des Thorins	9	13

# THE LYGON ARMS

## SOFTS

Fever-Tree Lemonade	3
Frobisher's apple, orange, pineapple or tomato juice	3
Coca Cola	4
Diet Coca Cola	4
Appletiser	4

## WATER

Hildon still	4
Hildon sparkling	4

## TREGOTHNAN TEA 2.75

Classic	Manuka
Afternoon tea	Peppermint
Earl grey	Chamomile
Green	Red berry
Lemon Verbena	

## COFFEE 2.75

Espresso	Latte
Americano	Flat white
Cappuccino	Macchiato

*Full drinks menu available on request.  
A discretionary 12.5% service charge will be added to your bill.*

