



SOURCE

SPA AND WELLNESS

MENU

JUICES

The Source	6.50	For the skin	6
Pineapple, banana, apple and spirulina		Cucumber, apple, lime, mint and avocado	
<i>This juice has positive effects on your cardiovascular health and can also aid you in lowering blood pressure. We are adding the superfood spirulina which is high in nutritional value and has also been recognised as protecting against osteoporosis and anaemia</i>		<i>Flawless skin starts with what you eat. This juice is high in vitamin c, which has been proven to counteract the effects of free radicals. These free radicals are damaging to the collagen and elastin that support your skin. The bromelain found in pineapple has also been shown to shorten recovery time after surgery</i>	
265 calories 87g carbs 3g protein <1g fat		230 calories 45g carbs 4g protein 15g fat	
Ambrosia	6	The beet goes on	6
Pineapple, red grapes, lemon and orange		Fresh beets, carrot, lemon juice and orange	
<i>Ambrosia is the name given to foods that increase longevity. The digestive enzyme bromelain is found in pineapple which helps break down proteins and can help heal muscle injuries. Drink this in the morning to get your digestive fire burning, or after a workout to help with muscle repair</i>		<i>Beets are a nutritional powerhouse. Containing a pigment called betalain, this juice is a powerful antioxidant and is anti-inflammatory. Naturally occurring nitrates found in beets convert to nitric oxide - increasing stamina, lowering blood pressure and increasing blood flow during exercise</i>	
225 calories 64g carbs 3g protein <1g fat		140 calories 38g carbs 4g protein 2g fat	

LIGHT BITES (served 12pm – 9.30pm)

Seasonal soup	8
warm bread roll	
Avocado on toast	8
poached egg, chilli, coriander	
Heritage tomatoes	9
buffalo mozzarella, white balsamic dressing, baby basil	
White crab and avocado	12
round lettuce, chilli, lemon	
Chicken caesar salad	12
cos lettuce, anchovies, shaved parmesan	
Mixed grain salad	9
charred broccoli, spinach, pomegranate, toasted almonds	

HOT DISHES

Black bean and quinoa burger	12
chipotle mayonnaise, pickles, rocket, french fries	
Saunton burger	14
monterey jack, smoked streaky bacon, relish, tomato, french fries	
Chickpea and red lentil curry	14
butternut squash, spinach, coriander, steamed rice	
Grilled chicken breast	17
mashed potatoes, pesto, red wine jus	
Salmon fillet	16
crushed potatoes, sauce vierge	
10oz Exmoor sirloin steak *	26
cherry vine tomatoes, french fries, peppercorn sauce <i>*Day Spa and Twilight Spa Members will be charged a supplement of £8 for this dish</i>	

'A healthy outside starts from the inside'

Robert Ulrich



source

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ALLERGENS We use a wide range of ingredients, so if you have any dietary requirements we are happy to offer meals which are free of particular allergens. Please ask one of our team members for advice.

SAUNTON SANDS HOTEL

SOURCE SPA AND WELLNESS
★★★★

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