

BLUE HARBOUR

Health Club • Spa

Spa Café Menu

The Head Chef and his team would like to welcome you to Blue Harbour Health Club and Spa

To ensure your choice of food can be just as refreshing and rejuvenating as our spa treatments, his team has created and selected dishes which are nutritionally balanced.

The menu is complemented with a selection of drinks such as our smoothies and herbal infusions which will help nurture your inner peace and body wellness.

All our foods are freshly cooked and our team of chefs avoid the use of excessive salt, fat and sugar.

Please do not hesitate to discuss special dietary requirements with our spa reception.

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STARTERS

Soup of the Day

£6.50

Blue Harbour Spa Super Food Salad

Mixed leaves, cucumber, goat's cheese, dried cranberries, pumpkin seeds, house vinaigrette

£9.00

Packed full of cancer-fighting antioxidants and healthy protein from goat's cheese and pumpkin seeds.

282 kcal per portion

Caprese Salad

Mozzarella, tomatoes, homemade basil pesto

£13.00

Mozzarella is a healthy source of calcium, which is important for bone and muscle health.

The anti-inflammatory power of the basil and the vitamin C from the tomatoes makes this dish a great immune booster.

366 kcal per portion

Pepper Crusted Tuna Niçoise

Green beans, tomato, boiled egg, olive tapenade

£14.50

This dish is rich in protein, which is not only a healthy source of energy but also helps to boost metabolism and muscle recovery.

416 kcal per portion

MAINS

Salmon Fillet

Savoy cabbage, beetroot, tomato concassé, veal jus

£19.00

Beetroot helps to increase your muscle performance, and the high content of omega 3 fatty acids in the salmon fillet will help to improve your cholesterol levels.

408 kcal per portion

Grilled Chicken Breast

Roasted baby vegetables, fondant potato, chicken jus

£14.50

Chicken is a lean meat, which is a low-fat source of protein.

393 kcal per portion

The Vegetarian Club Sandwich

Grilled field mushrooms, avocado, egg, tomato and iceberg lettuce on toasted bread with baby mixed leaves

£13.00

If you aim to get two of your five a day, go for the vegetarian version of our club sandwich.

470 kcal per portion

DESSERTS

£7.00

Low Fat Yoghurt with Homemade Granola and Seasonal Berries

This dessert is low in fat and high in fibre and vitamin C, which are important for digestion and the immune system.

150 kcal per portion

Exotic Fruit Salad

This low-calorie dessert will give you at least two of your five a day.

65 kcal per portion

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THE AFTERNOON CREAM TEA

£11.50

Between 3pm and 6pm we serve our delicious homemade scones with clotted cream and strawberry jam, together with your choice of tea (see our selection on the following page).

So why not take a scrumptious afternoon break from the relaxation and enjoy a cup of tea with this typical British delight?

DRINKS

SELECTION OF SPECIALTY TEA

TEA

Darjeeling First Flush	£4.50
Pinhead Gunpowder	£4.50
Silver Needles	£4.50
Lapsang Souchong	£4.50
Rose Pouchong Leaf	£4.50
Sencha Fukuyja	£4.50

HERBAL INFUSIONS

Moroccan Mint	£4.50
Lemon Verbena	£4.50
Strawberry and Kiwi	£4.50
Passion Fruit and Orange	£4.50

MINERAL WATER

SMALL BOTTLES (330ml)

Hildon Still/Sparkling	£3.00
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LARGE BOTTLES (750ml)

Hildon Still/Sparkling	£5.00
Evian	£7.00
Perrier	£7.00

MILKSHAKES

Vanilla	£6.00
Strawberry	£6.00
Chocolate	£6.00

SOFT DRINKS AND JUICES

SOFT DRINKS

Coca-Cola	£3.25
Diet Coke	£3.25
Lemonade	£3.25
Ginger Ale	£3.25
Ginger Beer	£3.25
Tonic Water	£3.25
Slimline Tonic	£3.25
Red Bull	£4.75

JUICES

Fresh Orange	£4.25
Fresh Grapefruit	£4.25
Tomato	£4.25
Carrot	£4.25
Apple	£3.25
Pineapple	£3.25
Cranberry	£3.25
Guava	£3.25
Lychee	£3.25
Mango	£3.25
Passion Fruit	£3.25

Smoothie of the Day	£6.00
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CHAMPAGNE AND WINE

CHAMPAGNE BY THE GLASS

Taittinger NV	£15.00
Taittinger Rosé NV	£17.00

WHITE WINE 175ml Glass

Pinot Grigio, Soravalle, Trentino, Italy, 2010	£7.00
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RED WINE 175ml Glass

Merlot, Maule Valley, Julio Bouchon, Chile, 2009	£6.50
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CHAMPAGNE BY THE BOTTLE

Taittinger NV	£72.00
Moët & Chandon NV	£87.00
Laurent Perrier Rosé NV	£112.00

WHITE WINE BY THE CARAFE (500ml)

Pinot Grigio, Soravalle, Trentino, Italy, 2010	£17.00
Viognier, Finca La Linda, Argentina, 2011	£16.00
Picpoul De Pinet, Domaine de Guillemarine, France, 2011	£18.00
Chenin Blanc, Cederberg Cellars, South Africa, 2011	£21.00

RED WINE BY THE CARAFE (500ml)

Nero d'Avola, Parva Res, Sicily, 2010	£13.50
Merlot, Maule Valley, Julio Bouchon, Chile, 2010	£16.50
Tempranillo, Rioja Crianza, Marques de Mundiaz, Spain, 2009	£19.50
Pinot Noir, Vin de Pays D'Oc, Domaine de Cabrials, France, 2010	£19.00