

HENRY'S

LUNCH (12PM-5PM)

∞ Spa lunch dishes, please choose one main and one sweet treat.

SANDWICHES & WRAPS

All sandwiches and wraps are served with skin on fries (327 kcal) or a house side salad (104 kcal)

Buffalo chicken wrap, rocket, blue cheese dressing ∞ 433 kcal 9.95

Hummus wrap, carrot, cucumber, red onion, rocket, roasted peppers, avocado (PB) ∞ 595 kcal 8.95

Honey roast ham sandwich, real ale chutney, on thick cut bloomer ∞ 232 kcal 7.5

Henry's Club sandwich, chicken, smoked bacon, tomato, lettuce, in toasted local bloomer (NF) ∞ 270 kcal 9.5

Fish finger sandwich, shredded iceberg lettuce, HGH tartare sauce ∞ 626 kcal 8.95

Halloumi and Greek salad wrap (V) ∞ 774 kcal 9

SWEET TREATS

HGH Cream Tea, freshly baked scone, jam, clotted cream, and your choice of coffee, tea, or infusion (V) 412 kcal (kcal excl. beverage choice) 7.5

Our home-made scone, with jam and clotted cream (V) ∞ 412 kcal 4.5

Selection of cakes from our daily display (CN) ∞ 4.5

Toasted teacake, with butter (V) ∞ 148 kcal 3.95

HEALTHY SMOOTHIES

Raspberry, blueberry, banana, flax seeds 170 kcal 4.5

Broccoli, spinach, mango, banana, pineapple 139 kcal 4.5

Blackberry, raspberry, strawberry 112 kcal 4.5

HENRY'S BOWL FOODS

Roast chicken Caesar salad, free-range egg, anchovies, Parmesan, herb croutons ∞ 879 kcal 13

Sub's Railway lamb curry, saffron and pea pilaf rice. *Our Head Chef, Sub, presents his version of this iconic dish; in the late 19th century chefs would serve this in the first-class carriages of the Indian Railway* (GF,DF) 1237 kcal 13.95

Roasted teriyaki vegetable bowl, chickpeas, black rice (PB) ∞ 411 kcal 11.5

• Add chicken 27 kcal 3.5

Burrito bowl, chipotle black beans, avocado, curly kale, basmati rice (PB) ∞ 592 kcal 11.75

Jerk chicken and fresh mango bowl, lentils, grains ∞ 712 kcal 13.5

Katsu chicken curry bowl, steamed jasmine rice (GF) 659 kcal 13.95

Superfood salad, broccoli, peas, quinoa, feta cheese, avocado, cucumber, edamame beans, sesame seeds (V) ∞ 178 kcal 11.5

• Add chicken 27 kcal 3.5

• Add smoked salmon 152 kcal 3.5



HOT DRINKS

Americano 1 kcal 4 Cappuccino 73 kcal 4.5

Espresso 1 kcal 3.8 Hot chocolate 115 kcal 4.75

Latte 117 kcal 4.5 Tea 1 kcal 3.5

Flat white 71 kcal 4.5 Fruit/herbal tea 1 kcal 3.5

Kcal calculations for milk-based beverages are based on preparation with semi-skimmed milk, other milks and dietary alternatives are available.

V - VEGETARIAN | PB - SUITABLE FOR THOSE FOLLOWING A PLANT-BASED DIET | CN - CONTAINS NUTS
GF - DOES NOT DIRECTLY INCLUDE INGREDIENTS CONTAINING GLUTEN | DF - DOES NOT DIRECTLY CONTAIN DAIRY

Food Allergies and intolerances, please inform your server if you require information on specific ingredients. As our dishes are freshly prepared in-house we may be able to amend meals to suit, however, due to the variety of produce in our kitchens, we cannot guarantee that any dish is free from potential allergens, including where indicated above. Due to our fresh preparation of dishes, kcal may fluctuate slightly, adults need around 2000 kcal a day.

HENRY'S

BRUNCH (8AM-12PM)

TOAST THE START OF YOUR DAY



Champagne Mimosa

A refreshing blend of Champagne, topped with orange juice

10

Le Altane Prosecco Extra Dry

Crisp, mouth-filling fizz with green apples and citrus notes

7.5

HOT DRINKS

Americano 1 kcal 4

Espresso 1 kcal 3.8

Latte 117 kcal 4.5

Flat White 71 kcal 4.5

Cappuccino 73 kcal 4.5

Hot Chocolate 115 kcal 4.75

Tea 1 kcal 3.5

Fruit/Herbal Tea 1 kcal 3.5

Kcal calculations for milk-based beverages are based on preparation with semi-skimmed milk, other milks and dietary alternatives are available.

SMOOTHIES

Raspberry, blueberry, banana, flax seeds 170 kcal 4.5

Broccoli, spinach, mango, banana, pineapple 139 kcal 4.5

Blackberry, raspberry, strawberry 112 kcal 4.5

FRANKLIN & SONS 275ml

Valencian Orange & Pink Grapefruit with Lemongrass 4

Raspberry Lemonade 4

British Dandelion & Handpicked Burdock with Star Anise 4

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