

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 or a house side salad

Buffalo chicken wrap, rocket, blue cheese dressing ∞	10.95
Hummus wrap, carrot, cucumber, red onion, rocket, roasted peppers, avocado (VG) ∞	9.95
Honey roast ham sandwich, real ale chutney, on thick cut bloomer ∞	8.95
Henry's Club sandwich, chicken, smoked bacon, tomato, lettuce, in toasted local bloomer (NF) ∞	12.5
Fish finger sandwich, shredded iceberg lettuce, HGH tartare sauce ∞	9.95
Halloumi and Greek salad wrap (V) ∞	9

SWEET TREATS

HGH Cream Tea, freshly baked scone, jam, clotted cream, and your choice of coffee, tea, or infusion (V)	7.5
Our home-made scone, with jam and clotted cream (V) ∞	4.5
Selection of cakes from our daily display (CN) ∞	4.5
Toasted teacake, with butter (V) ∞	3.95

HEALTHY SMOOTHIES

Raspberry, blueberry, banana, flax seeds	4.5
Broccoli, spinach, mango, banana, pineapple	4.5
Blackberry, raspberry, strawberry	4.5

HENRY'S BOWL FOODS

Roast chicken Caesar salad, free-range egg, anchovies, Parmesan, herb croutons ∞	13
Sub's Railway lamb curry, saffron and pea pilaf rice. <i>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)</i>	13.95
Roasted teriyaki vegetable bowl, chickpeas, black rice (VG) ∞	11.95
• Add chicken	4
Burrito bowl, chipotle black beans, avocado, curly kale, basmati rice (VG) ∞	11.95
Jerk chicken and fresh mango bowl, lentils, grains ∞	14.5
Katsu chicken curry bowl, steamed jasmine rice (GF)	14.95
Superfood salad, broccoli, peas, quinoa, feta cheese, avocado, cucumber, edamame beans, sesame seeds (V) ∞	12.5
• Add chicken	4
• Add smoked salmon	4



HOT DRINKS

Americano	4.5	Cappuccino	5
Espresso	4	Hot chocolate	5
Latte	5	Tea	3.5
Flat white	5	Fruit/herbal tea	3.75

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

V - VEGETARIAN | VG - VEGAN | CN - CONTAINS NUTS

GF - DOES NOT DIRECTLY INCLUDE INGREDIENTS CONTAINING GLUTEN | DF - DOES NOT DIRECTLY CONTAIN DAIRY



Please speak to your server should you have any allergen or intolerance concerns. 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. Scan the QR code to view menu with calories. Please note, the recommended daily intake for adults is 2000 kcal a day.