

# SPA DAY PACKAGES

## RELAX & RECHARGE

A little R & R at Springfield will do you good. Either a 30 Minute Back, Neck & Shoulder Swedish Massage and Express Pedicure or a 30 Minute Elemis Facial and a Reshape and Varnish Manicure

With Luncheon **£65.00 per person**  
With Afternoon Tea **£55.00 per person**

## THE ULTIMATE UNWIND

Time to lie back, relax and unwind with a 30 minute Back, Neck and Shoulder Swedish Massage and a 30 minute Elemis Facial specifically designed for your needs.

With Luncheon **£85.00 per person**  
With Afternoon Tea **£75.00 per person**

## PURE INDULGENCE

You can really indulge with 2 blissful hours, treating your whole body to:

- 30 Minute Back, Neck & Shoulder Swedish Massage
- 60 Minute Luxury Elemis Facial (suited to your skin)
- Express Manicure or Pedicure using Vinylux polish

With Luncheon **£125.00 per person**  
With Afternoon Tea **£115.00 per person**

## INCLUDED IN YOUR SPA DAY

When you book any of the Spa Days you will have full use of the Leisure Club for the whole day giving you access to the Indoor & Outdoor\* Swimming Pools, Tennis Courts, Sauna, Steam Room and our beautifully positioned Jacuzzi overlooking the gardens.

**Gym and Personal Trainer for one hour**  
**£25.00 additional charge**

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# SPA DAY MENU

## LUNCHEON MENU

### Chicken Caesar Salad

*Slices of Chicken Breast, Anchovies, Crisp Salad Leaves with Caesar Dressing*

### Brunch Salad

*Hard Boiled Eggs, Black Pudding, Crispy Bacon, Sundried Tomato, Crisp Salad Leaves with Light Vinaigrette*

### Caribbean Salad

*Avocado Pear, Prawns & Fresh Pineapple Served on Crisp Salad Leaves with a Light Lemon Dressing*

### Steak Baguette

*Served with a Salad Garnish & Curly Fries*

### Sandwiches

*Your selection of Fresh Cut Sandwiches Served on Granary Bread & Curly Fries*

### Jacket Potatoes

*Choice of Fillings: Tuna - Chilli - Cheese & Baked Beans*

### Homemade Cheese Burger

*Served with a Salad Garnish & Curly Fries*

### Chicken Korma

*Served on a bed of rice with poppadum*

\*\*\*

### Brandy Snap Basket

*Filled with fresh strawberries & Cream*

### Fresh Fruit Salad

### Tangy Lemon Cheesecake

# SPA DAY MENU

## LUNCHEON MENU

### Chicken Caesar Salad

*Slices of Chicken Breast, Anchovies, Crisp Salad Leaves with Caesar Dressing*

### Brunch Salad

*Hard Boiled Eggs, Black Pudding, Crispy Bacon, Sundried Tomato, Crisp Salad Leaves with Light Vinaigrette*

### Caribbean Salad

*Avocado Pear, Prawns & Fresh Pineapple Served on Crisp Salad Leaves with a Light Lemon Dressing*

### Steak Baguette

*Served with a Salad Garnish & Curly Fries*

### Sandwiches

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## SPA DAY AFTERNOON TEA MENU

EACH GUEST RECEIVES THE FOLLOWING:  
*Selection of Mixed Sandwiches - 2 rounds  
One portion of Cake  
One Scone with Cream and Jam  
Pot of Tea*

## SPA DAY AFTERNOON TEA MENU

EACH GUEST RECEIVES THE FOLLOWING:  
*Selection of Mixed Sandwiches - 2 rounds  
One portion of Cake  
One Scone with Cream and Jam  
Pot of Tea*

## SPA DAY AFTERNOON TEA MENU

EACH GUEST RECEIVES THE FOLLOWING:  
*Selection of Mixed Sandwiches - 2 rounds  
One portion of Cake  
One Scone with Cream and Jam  
Pot of Tea*