

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Morning Spa Experience

Arrive at 10:30am and ease into the day with a calm morning.

From the moment you check in you are looked after - robe, towel and flip flops ready, the spa facilities are yours to enjoy.



10:30AM

Arrive and Check in at Reception

You'll be provided with a robe, towel and flip flops.



From 10:30AM

Slow Down

Make the most of our spa facilities. Unwind at your own pace.



Optional

Choose to add on a soothing treatment to truly unwind.



1:30PM

Leave The Spa

Head back to your lodge or continue your experience at The Nest.



Optional

Dine with us in The Nest

Breakfast or lunch is available to add as an extra to your itinerary. Please note that Sunday guests are served our Sunday lunch menu only. View all menu options below.

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

Morning Spa Experience

Includes:



Robes, Towels, & Flip Flops



Welcome Drink



Optional treatment add-on of your choice



Optional dining add-on at The Nest



Flip Flops To Take Home

Price Per Person: £65

THE NEST

BAR & RESTAURANT



SPA EXPERIENCE BREAKFAST MENU

Includes a curated breakfast and enjoy one freshly crafted morning drink
£20 per person

The Full English Fiddling's Lincolnshire sausage, grilled smokey back bacon, local free-range egg, grilled tomato, baked beans, hashbrowns, grilled portobello mushroom, served with multigrain toast & butter.*

+ Add Black Pudding

The Veggie Full English 🌿 Vegetarian sausages, sliced avocado, local free-range egg, baked beans, hashbrowns, grilled tomato, grilled portobello mushroom, served with multigrain toast & butter.*

Buttermilk Pancakes 🌿 Freshly made with local free-range eggs, triple-stacked & drizzled with maple syrup.

+ Add Fresh Berries & Vanilla Cream 🌿

+ Add Crispy Bacon

Eggs Benedict On a toasted English Breakfast muffin, topped with two poached eggs, parma ham & Hollandaise sauce.

Smoked Salmon on Sourdough 🐟 Served with your choice of poached or scrambled eggs, drizzled with basil oil & lime.*

Smashed Avocado on Sourdough 🌿 Served with your choice of poached or scrambled eggs, drizzled with basil oil & lime.*

Creamy Homemade Porridge 🌿 Topped with fresh berries & honey or strawberry jam.

Crunchy Granola 🌿 With mixed seeds, topped with Greek yoghurt & fresh berries.

**This menu is an additional add on to our Spa Experiences and is not included.*

Allergen Information: Vegan 🌿 Vegetarian 🌿 Shellfish 🐚 Fish 🐟 Nuts 🌰 Mollusc 🍪

Full allergen list available, as we handle all allergens in our kitchen our food may contain traces.

Please notify the team of any allergies in your party. A discretionary 10% service charge will be added to your bill. Payment is by card only. *Gluten Free option available



THE NEST

BAR & RESTAURANT



SPA EXPERIENCE BREAKFAST DRINKS MENU

Includes a curated breakfast and enjoy one freshly crafted morning drink
£20 per person

SMOOTHIES

Banana Berry Smoothie

Mixed berry puree, fresh banana, pressed apple & honey.

Tropical Smoothie

Pineapple, fresh banana, passion fruit, orange & lime.

Pretty in Green

Mint, cucumber, spinach, agave & apple juice.

LIGHT & BUBBLY

Bellini

Peach, strawberry or raspberry purée with Prosecco

Mimosa

Orange juice & Prosecco

Bainland Bloody Mary

Edwards vodka, house spice mix, lemon & tomato juice.

Available in mild, medium or hot.

Nyetimber Classic Cuvée, England

+5

+5

STOKES

Cappuccino With chocolate powder.

Latte Also available iced

Americano

Flat White

Mocha

Matcha Latte Also available iced

Gold Medal Blend Tea

JUICES

Orange

Apple

Pineapple

Tomato

Lychee

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THE NEST



BAR & RESTAURANT



SPA EXPERIENCE LUNCH MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink

£25 per person


Fresh Pappardelle Pasta   Wild mushrooms in a smoked cheddar cream sauce with toasted walnuts.


Pad Thai Rice noodles, egg, toasted peanuts, red chilli and bean sprouts with tamarind & citrus sauce.

+ Chicken   


+ Silken Tofu   Made without egg.

Spiced Steak Ciabatta Flatiron steak, homemade chimichurri sauce, chipotle mayonnaise & roquette leaves served with koffman skin on fries.*

Fish Finger Sandwich  Beer battered haddock goujons, baby gem lettuce & tartar sauce with koffman skin on fries.

Red pepper Falafel  Sundried tomato and garlic, roquette & smoked paprika hummus served on focaccia with koffman skin on fries.* (DF)

Caesar Salad  Garlic Crostini, pancetta & parmesan shavings with cured egg yolk.*
+ Add Chicken or Salmon

Superfood Salad Poke Bowl  Carrot, quinoa, avocado, edamame beans, caramelised sunflower seeds & beetroot hummus.

+ Add Chicken or Salmon

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THE NEST

BAR & RESTAURANT



SPA EXPERIENCE SUNDAY LUNCH MENU

Includes a traditional Sunday lunch and enjoy one freshly
crafted afternoon drink

£25 per person

Roast Sirloin of Beef Creamed & roasted potatoes, glazed carrots, tenderstem broccoli, yorkshire pudding & red wine jus with seasonal greens gratin*

Slow Roasted Pork Belly Sausage & apple stuffing, creamed & roasted potatoes, glazed carrots, tenderstem broccoli, yorkshire pudding & red wine jus with seasonal greens gratin*

+ Add Honey Mustard Chipolatas (DF)

+ Add Sage & Onion Stuffing (DF)

+ Add Yorkshire Pudding 🍷

Pan Fried Salmon 🐟🍷 Mussels, saffron, bisque, creamed potato & samphire

Confit Tomato & Chargrilled Courgette Linguine 🍷 Tomato & roasted garlic sauce with an almond crumb. (DF)

Beer Battered Haddock 🐟 Thick cut chips, minted mushy peas, charred lemon homemade tartare sauce & curry sauce.

Chargrilled Marinated Chicken Caesar 🐟 Garlic crostini & parmesan shavings.*

Pad Thai Rice noodles, egg, toasted peanuts, red chilli and bean sprouts with tamarind & citrus sauce.

+ Chicken 🐟🍷

+ Silken Tofu 🌿🍷 Made without egg.

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THE NEST

BAR & RESTAURANT



SPA EXPERIENCE LUNCH DRINKS MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink
£25 per person

STOKES

Cappuccino With chocolate powder.

Latte Also available iced

Americano

Flat White

Mocha

Matcha Latte Also available iced

Gold Medal Blend Tea

WINE & SPARKLING

Peregrino Merlot, Chile

Los Vinateros Rioja, Spain

San Giorgio Pinot Grigio, Italy

Lawson's Sauvignon Blanc, New Zealand

Gold County Zinfandel, USA

San Giorgio Pinot Blush, Italy

La Fornarina Prosecco, Italy

Vilarnau Sparkling, Spain 0%

Nyetimber Classic Cuvée, England +5

SOFT DRINKS

Coca-Cola

Lemonade

Diet Coke

Coke Zero

DRAUGHT

Birra Moretti 4.6%

Cruzcampo 4.4%

Camden Pale Ale 4%

Guinness 4.1%

Inch's Cider 4.5%

Old Mout Berries & Cherries 4%

GIN

Hendricks Gin & Tonic 41.4%

Elderflower Gin & Tonic 0%

Tanqueray 0% elderflower cordial, pressed apple
lemon & elderflower tonic.

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