

# THE SPA

AT BAINLAND



## ITINERARY & INCLUSIONS

(Members)

### Afternoon Spa Experience

Arrive at 2pm, slip into your robe and let the afternoon melt away.

Enjoy our thermal facilities, step away from the everyday and focus on an afternoon of relaxation.



**2:00PM**

— Arrive and Check in at Reception  
You'll be provided with a robe, towel and flip flops.



**From  
2:00PM**

— 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.



**5PM**

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



**Optional**

— Dine with us in The Nest  
Lunch is available to add as an extra to your itinerary. View the menu below.

# THE SPA

AT BAINLAND



## ITINERARY & INCLUSIONS

### Afternoon 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: £45

# THE NEST

BAR & RESTAURANT



## SPA EXPERIENCE LUNCH MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink

**£25** per person

This menu is an additional add on to our Spa Experiences and is not included.  
Pre-booking is required for The Nest, bookings cannot be made on the day.

**Red Pesto Spaghetti**   Fire roasted peppers, black olives, fresh basil  
& parmesan shavings.

+ Add grilled chicken

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**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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**Steak Ciabatta** Caramelised onion chutney, blue cheese & roquette.\*

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

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

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**Caesar Salad**  Garlic Crostini, pancetta & parmesan shavings with cured egg yolk.\*

+ Add Chicken or Salmon

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**Grilled Peach & Burrata**  Endive, radish, crispy capers, raspberry vinaigrette. (GF)

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 LUNCH DRINKS MENU

Includes a nourishing lunch and enjoy one freshly crafted afternoon drink

**£25** per person

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

**Bitburger 4.8%**

**Adnams English Lager 3.4%**

**Ghost Ship Pale Ale 4.1%**

**Guinness 4.1%**

**Wild Wave English Cider 5%**

**Ease Up IPA 4.6%**

### GIN

**Hendricks Gin & Tonic 41.4%**

**Elderflower Gin & Tonic 0%**

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

Allergen Information: Vegan 🌱 Vegetarian 🥬 Shellfish 🦞 Fish 🐟 Nuts 🌰 Mollusc 🐚

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