

THE SPA

AT BAINLAND



ITINERARY & INCLUSIONS

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. Please note that Sunday guests are served our Sunday lunch menu only. View both menu options 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

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

+ Chicken   

+ Silken Tofu   Made without egg.

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

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

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 SUNDAY LUNCH MENU

Includes a traditional Sunday 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.

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.

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.
Pre-booking is required for The Nest, bookings cannot be made on the day.

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 🐚

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

