

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.

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AT BAINLAND



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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



SPA EXPERIENCE LUNCH MENU

Includes a nourishing lunch and a 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

**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 LUNCH 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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