

# THE DORCHESTER SPA

## THE SPATISSERIE

Create your own healthy plate.  
Choose one protein, one side and one dressing

### Protein (steamed or grilled)

#### Salmon fillet

140g (255cal, 35g protein, 0g carbs, 11g fat) £25  
180g (327cal, 46g protein, 0g carbs, 15g fat) £30

#### Beef fillet

140g (286cal, 43g protein, 0g carbs, 13g fat) £32  
180g (368cal, 55g protein, 0g carbs, 16g fat) £40

#### Chicken breast

140g (242cal, 43g protein, 0g carbs, 6g fat) £26  
180g (311cal, 56g protein, 0g carbs, 8g fat) £31

#### Free range eggs (poached or boiled)

1 egg (68cal, 6g protein, 0.5g carbs, 5g fat) £8.50  
2 eggs (136cal, 11g protein, 1g carbs, 9.3g fat) £16

### Sides

#### Brown rice

240g (266cal, 6g protein, 55g carbs, 2g fat)

#### Steamed spinach

115g (27cal, 3g protein, 4g carbs, 0.4g fat)

#### Mixed vegetables

200g (64cal, 3g protein, 14g carbs, 0.6g fat)

#### Rocket garden salad

133g (173cal, 3g protein, 40g carbs, 18g fat)

#### Boiled new potatoes

200g/6 each (230cal, 5g protein, 54g carbs, 0.3g fat)

Additional sides: £6

### Dressings

Dijon mustard, 30g (31cal, 1g protein, 2g carbs, 2g fat)

Jus, 60g (19cal, 1g protein, 3g carbs, 0.2g fat)

Pesto, 30g (157cal, 3g protein, 2g carbs, 16g fat)

Tomato sauce, 60g (14cal, 8g protein, 3g carbs, 1g fat)

### Bento boxes

High protein bento £29

(999cal, 84g protein, 58g carbs, 50g fat)

Vanilla and banana protein shake  
Roasted quinoa salad, grilled prawns, red peppers  
and sesame seeds

Grilled chicken breast, green vegetable medley and satay sauce  
Almond protein pancake with blueberries

Balanced bento £27

(656cal, 20g protein, 76g carbs, 45g fat)

Mixed berry smoothie

Garden salad with avocado, asparagus, pumpkin  
seeds and pomegranate dressing

Smoked salmon, dill and pea frittata with green vegetables  
Raw dark chocolate mousse with coconut and mixed berries

Bento light £25

(534cal, 40g protein, 74g carbs, 16g fat)

Apple smoothie

Houmous, moutabel, harissa and crudités

Steamed salmon, brown rice, kale and lemon  
Citrus salad (mandarin, grapefruit and orange)

with yogurt and toasted almonds

Vitality bento £39

(975cal, 49g protein, 108g carbs, 45g fat)

Banana, blueberry and avocado smoothie with flax seeds

Tomato soup, seeded roll

Beef, chilli, cashew and honey stir-fry

Fruit platter with seeded chocolate energy bites

### Fresh juices

Vitamin C booster £9

Fresh orange, grapefruit, kiwi and ginger

Detox juice £12

Apple, cucumber, celery, spinach, carrot, kale, ginger  
and spirulina

Berry active £12

Strawberries, cranberries, and raspberries

### Fresh smoothies

Mixed berry with goji berry £12

Pomegranate and strawberry £12

Aloe vera and apple £12