

## Fresh Spa Salads

£7.95

Melville Superfoods Salad made with Local Rocket, Slow Roasted Island Tomatoes, Avocado, Alfalfa Sprouts, Pumpkin seeds, Feta Cheese and Island Purple Sprouting with a Fresh Lemon and Extra Virgin Olive Oil Dressing ✓

Salad of Roasted Butternut Squash, Buffalo Mozzarella, IOW Baby Plum Tomatoes, Local Rocket and Mustard Leaf with a fresh Basil and Balsamic Dressing ✓

Greek Goats Cheese Salad with Grilled Marinated Artichokes, Queen Olives, Butter Beans and Roasted Peppers with a Fenugreek and Oregano Dressing

Salmon Fillet hot Smoked with Earl Grey Tea, Local Rocket, Organic Beetroot and a Cucumber and Sour Cream Dressing

10" Floured Tortilla filled with either:

Roasted Peppers, Coriander and Lemon Houmous and Melting Haloumi £5.95 ✓

or

Smoked Duck Breast, Spring Onions, Cucumber and Hoi Sin £6.95

## Toasted Paninis

£5.95

served with salad garnish

Buffalo Mozzarella, Basil Pesto and Sundried Tomato ✓

Proscuitto, Sundried Tomato and Buffalo Mozzarella

Smoked Bacon & IOW Blue Cheese

Roasted Pepper & Brie ✓

## Sandwiches

served with salad garnish and tortilla chips  
on brown or white bread

Bacon Lettuce and Tomato 5.45

Cheddar Cheese, Tomato and Red Onion ✓ 3.95

Tuna Mayonaisse and Cucumber 4.95

Prawn Marie Rose 5.95

Ham and Cheese 4.25

## Fresh Fruit Juice

£3.50

Orange, Apple and Carrot

Carrot, Apple and Grapefruit

Orange & Grapefruit

## Smoothies

£3.95

Strawberry Sensation

Berry Burst

Mango Magic

Banana & Raspberry