



## Food & Nutrition at Grayshott

Grayshott's Executive Chef and Dietician have worked together to create delicious menus within the parameters of healthy eating and balanced nutrition.

As a Health spa we offer guests three meals a day, and provide two types of cuisine:

**Spa** cuisine for guests on spa breaks, days, and Recovery stays, and **Health** cuisine for those on the 7 day Regime.

### Spa cuisine includes:

#### Breakfast

A continental buffet with hot dishes  
(in keeping with our healthy food policy, fried eggs, bacon and sausage are not offered)

#### Lunch

A sumptuous three course Buffet

#### Dinner

A three course à la Carte menu  
Includes a choice of three dishes in each course, with vegetarian options

Meals are served at the following times:

Breakfast 7:30 am to 10:00 am

Lunch 12.00 to 2.30pm

Dinner 6.30pm to 9.00pm (last orders at 8.45pm)

*Whilst we make every effort to cater for food intolerances, when prior notice is given, not all dietary requirements, allergies and food intolerances can be catered for.*



