

ROOKERY HALL  
HOTEL & SPA  
NANTWICH, CHESHIRE



*Hand*PICKED  
HOTELS

## HEALTH CLUB MENU

### SUPER FOODS

#### **Black quinoa (ve) 14**

Avocado, roasted kale, wilted spinach, chilli coriander and lime dressing (kcal 724)

#### **Roasted sweet potato (v) 14**

Israeli couscous, harissa, tenderstem broccoli, pomegranate, turmeric yoghurt dressing (kcal 635)  
*Add chicken (kcal 507) or salmon (kcal 186) for 6*

### LIGHTER BITES

#### **Home soup of the day 6.5**

Sourdough wedge and butter (kcal 382)

#### **Rookery Caesar salad 12**

Cos lettuce, boiled egg, parmesan, sourdough croutons, dressing (kcal 628)  
*Add chicken (kcal 507) or salmon (kcal 186) for 6*

#### **Smashed avocado on sourdough toast 7.5**

Poached hen's eggs, lime, chilli flakes (kcal 438)

## MAINS

#### **Udon noodles 15**

Citrus ponzu dressing, pak choi, bean sprouts, prawns (kcal 432)

#### **Hot smoked salmon 16**

Greek feta, marinated olives, cherry vine tomatoes, roasted peppers, marinated aubergine (kcal 495)

#### **Truffle mushrooms (v) 12**

Toasted sourdough, greens, poached hen's egg (kcal 428)

#### **Crisp chicken katsu 15**

Coconut braised basmati (kcal 721)

## COLD SANDWICHES

*Served on sliced white or brown bloomer with house salad, slaw and kettle chips. Gluten-free options available*

#### **Prawn Marie Rose 8.5**

Gem lettuce, cherry tomatoes (kcal 495)

#### **Black Bomber cheddar and pickle (v) 7**

Rocket, Granny Smith apple (kcal 812)

#### **Home roasted ham 7.5**

Mustard, beef tomato, rocket (kcal 694)

#### **Lemon hummus and roasted red pepper (v) 7**

(kcal 838)

## HOT SANDWICHES

#### **Open steak bloomer 14**

Black Bomber cheddar, crispy onion rings, rocket, gem, tomato, whole grain mayo (kcal 878)

#### **Cod goujon butty 12**

Chunky tartar sauce, sub roll, pea shoots, salt & vinegar crisps (kcal 692)

## DESSERTS

#### **Peach Melba 9**

Poached peach, vanilla cream, raspberries (kcal 309)

#### **Exotic fruit salad (ve) 9**

Semi whipped cream, super seed granola (kcal 256)

#### **Chocolate cake 8**

Fresh cherries (kcal 240)

#### **Baked cheesecake 9**

Summer fruits (kcal 731)

A discretionary service charge of 10% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients. If more information about allergens is required, please ask a member of the team. Prices inclusive of VAT at current rate.

Adults need around 2000 kcal per day.