

Fota Island Spa Dining

Fota Island Spa Signature Selections

Spinach, Roasted Garlic and Triple Cheese Dip €17

Homemade Tortillas and Vegetable Crudites

1 | 2 | 11 (Wheat) | 13

Smashed Bean & Avocado Bap €18

Spicy Black Bean Patty, Guacamole, Lettuce, Roasted Red Peppers, & Pickled Jalapeños, topped with Chipotle Mayo, Tayto Crisps

1 | 2 | 11 | 12

The Spa Club Sandwich €19

Free-Range Turkey, Bacon, Tomato, Egg, Baby Gem and Mayonnaise on White Toast, Taytos (Crisps)

1 | 2 | 9 | 11 (Wheat) | 13

Super Green Detox Salad €20

Rocket, Spinach, Kale, Cucumber, Broccoli, Beetroot, Cherry Tomatoes, Chia Seeds, Apple, Walnuts, & Cider Vinaigrette

9 | 10 | 13

Irish Charcuterie Board For Two €30

Irish Porter Cheddar, Wicklow Blue Brie, Gubbeen Chorizo, Gubbeen Salami, Red Apple, Pickled Vegetables, Brown Soda Bread and Grapes

Cheese Selection €23

Irish Cheese Selection, Crackers, Ballymaloe Relish, Irish Organic Honey (Vegetarian)

1 | 2 | 7 (Sesame Seeds) | 11 (Wheat, Oat) | 13

Desserts

Sticky Toffee Pudding with Fresh Cream €13

Chia Seed Pudding with Fresh Fruit €10

Drinks

per Glass

per Bottle

Prosecco

107 Bedin | Prosecco Frizzante Doc, Italy

€12

€40

Delicate Bubble, Fresh & Aromatic

Red Wine

Malbec, Argentina | Familia Cassone, Madrigal

€10

€35

Dark Chocolate, Violet & Blackcurrant, Oak Smooth

White Wine

Chardonnay/Viognier, France | Duberny

€10

€40

Medium Bodied, Full of Vibrant and Green Apple Juiciness

Non-Alcoholic Prosecco

€9

€32

Complimentary Tea, Iced Tea & Coffee

All dishes are freshly cooked with locally sourced ingredients. Please note that some of our dishes may contain nuts and that we do not knowingly use genetically modified food products. Items marked by a number contain one or more of the following:

1 Eggs | 2 Milk | 3 Shellfish | 4 Molluscs | 5 Fish | 6 Peanuts | 7 Sesame | 8 Soya | 9 Sulphites | 10 Nuts | 11 Gluten | 12 Celery | 13 Mustard | 14 Lupin | (V) Vegetarian