

BREAKFAST

08:00 - 11:00

Homemade granola, almond milk and berries | £10

Bacon, Gruyere and caramelised onion grilled croissant | £10

Smoothies and juices (please see selection on the following page) | £8

LUNCH

12:00 - 15:30

SPICED SWEET POTATO AND COCONUT SOUP £10

SUPER SALAD BOWLS | £15

Choose one protein plus your choice of salad

Extra protein or extra salad | £4

PROTEINS

Rosemary and garlic steamed turkey breast Lemon and oregano marinated feta

SALADS

Buttenut squash, goat's cheese and pecans
Israeli couscous, harissa and coriander
Smoked mackerel, radish and cucumber
Beetroot, spinach and orange

LUNCH

12:00 - 18:30

PANINI'S | £10.50

Gruyere, bacon and caramelised onion

Tomato, mozzarella and pesto (v)

POWER POTATOES | £15

Designed to keep you fuller for longer whilst packed with tasty nutrients.

Spiced chicken, golden raisin and sumac yoghurt

Roasted aubergine, cumin & cherry tomato (v)

Prawn, avocado and roasted pepper

Spiced hummus and feta (v)

DESSERTS

12:00 - 18:30

£7

all served with yoghurt and berries

Raw chocolate & walnut brownie

Pineapple carpaccio

Flapjack

If you require allergen information, please ask a member of our team. A discretionary service charge of 12.5% will be added to your bill. All prices are inclusive of VAT.



FRESH JUICES

£8

G5 JUICE Apple, cucumber, kale, celery, mint

BEETROOT JUICE Beetroot, horseradish, grapefruit

> OJ Carrot, orange, ginger

FRUIT BOOST Watermelon, pineapple, grape

SMOOTHIES

£8

GREEN SMOOTHIE Avocado, kale and milk

PEANUT POWER
Banana, peanut butter and milk

BERRY BURST Mixed berries, banana and milk

HOT DRINKS

A selection of loose leaf teas | £6 English Breakfast | Earl Grey | Camomile | Rooibos | Green | Fresh mint | Decaf

Hot Chocolate | £6

Flat White/Americano/ Cappuccino/Latte | £6

Single/Double Espresso | £3 /£6

Single/Double Macchiato | £3 /£6

CHAMPAGNE AND SPARKLING WINE

Veuve Clicquot Yellow Label, NV, Champagne £70 | 125ml £17

Veuve Clicquot Rosé, NV, Champagne £99 | 125ml £20

> Prosecco, Villa Sandi, Italy £40 | 125ml £9

WHITE WINE

Sauvignon Blanc, Lapostolle, Rapel Valley £45 | 125ml £7 | 175ml £10 Chardonnay, Eve, Charles Smith, USA £55 | 125ml £10 | 175ml £14

ROSÉ WINE

Saint Sidoine, Provence, France £42 125ml £7 |175ml £11

BEER

Rebellion Red, Marlow £8.50 Rebellion Blonde, Marlow £8.50 Budweiser Budvar £5.50

NON-ALCOHOLIC SPIRITS

Seedlip, garden 108 | £9 per 50ml

MIXERS | SOFT DRINKS

Coke | £3.50

Diet Coke | £3.50

Fever Tree | £3.50 Tonic Water | Light Tonic Water Ginger Ale | Ginger Beer | Lemonade

Appletiser | £3.50

Belvoir Elderflower Pressé | £3.50

Hildon Still/Sparkling Water 750ml | £5.50

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PROTEINS

Pesto baked salmon fillet

Harissa spiced chickpeas, pomegranate and

coriander

SALADS

Celery, apple and blue cheese

Feta, pumpkin and sunflower seeds

Cucumber, radish, soy and sesame

Lettuce, poached chicken and eggs

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