



SURRENNE

FOOD

BREAKFAST

Organic porridge, coconut milk, blueberries, bee pollen £18 (286kcal) (ve)

Chia seed pudding, mango, coconut, passion fruit £17 (138kcal) (ve)

Toasted organic granola, high protein yoghurt, strawberries £20 (375kcal) (n, ve)

Acai bowl, banana, puffed buckwheat £19 (86kcal) (ve)

Smashed avocado, feta, sun-dried tomato on toasted sourdough £18 (268kcal) (v)
Add poached Burford brown eggs £10

Baked eggs shakshuka, aromatic tomato sauce, bell peppers, pita £28 (436kcal)

Toasted bagel, Grant's Scottish smoked salmon, cream cheese, rocket, capers £26 (380kcal)

Signature egg white omelette, spinach, artichoke, feta £24 (392kcal)

Coconut yoghurt, banana, blueberries, puffed buckwheat £16 (150kcal) (ve)

ALL DAY DINING

Camargue Red rice "Poke Bowl" £32
Mitochondria fortifying choline oxidase activity

Add salmon £14 / tofu £8 (757kcal / 366kcal)

Cauliflower rice, quinoa, citrus baked golden beetroot, pistachio and basil salad £28 (375kcal) (n, ve)
Promotes longevity & metabolic health

Grilled chicken, emerald kale and kraut salad, sesame and mustard £36 (604kcal)

Microbiome balancing elements promoting gut health

Strawberry, tomato and watercress salad, toasted seeds £28 (367kcal) (ve)
Enhances vascular health & circulation

Red chicory, feta, pear & hazelnut salad £26 (427kcal) (n, v)
Promotes mood balance & cognitive function

Double cooked chicken 'Bone Broth', spring vegetables, poached chicken £24 (189kcal)

Grilled salmon, kale, pomegranate, tahini-turmeric yoghurt, walnuts £39 (641kcal) (n)
Promotes longevity, metabolic & overall health

DRINKS

HOT DRINKS

Surrenne Artisan Tea Selection
From £8

Kiss The Hippo "Emory Blend"
Coffee your way From £8

DIRTEA Ceremonial Grade Matcha Latte £12

Liquid Gold Latte £10
Almond milk, turmeric,
ginger, vanilla, MCT oil
*Boosts metabolism, anti-inflammatory,
anti-fungal*

Supercharged Hot Chocolate £10
Almond milk, DIRTEA cacao, cinnamon,
Reishi, cardamom, nutmeg
*Relieves stress, boosts immunity
& full of antioxidants*

SMOOTHIES £12 each

Surrenne Sunshine
Strawberries, blueberries, oats, coconut
milk, maca, collagen, your choice of protein
(298kcal)
Boosts energy pre or post workout

Surrenne Superfood
Banana, blueberries, maca, flax seeds,
cinnamon, glutamine, your choice of protein
(323kcal)
Promotes a healthy gut & muscle recovery

Surrenne Spice
Banana, dates, almond milk, honey,
ginger, your choice of protein (460kcal) (n)
Boosts immune system & anti-inflammatory

BOOSTERS £5 each

Daily Greens
A nourishing blend of superfood
powerhouses

DIRTEA Tremella & Lions Mane
(Beauty + Brains Elixir)
Enhances focus, memory, digestion, skin

DIRTEA Cordyceps
Enhances energy, performance, endurance

DIRTEA Chaga
Enhances energy, antioxidant, immunity

WILLPOWDER Bovine Collagen
*Reduces signs of ageing, aids in skin
repair, supports hair and nail growth,
repairs fast-growing tissue*

WILLPOWDER Hydrating Electrolytes
*Supports the liver's detoxification of free
radicals in the body, leaving you hydrated
and toxin free*

WILLPOWDER MCT Oil
*Increases energy, lowers cholesterol
and burns fat*

Your choice of protein
Whey, Vegan Pea,
WILLPOWDER chocolate or vanilla

MOCKTAILS £20 each

Dopamine Booster

Cucumber, ginger, green tea.

Bursting with antioxidants and L-theanine to naturally increase dopamine production and enhance cognitive functions

Skin & Tonic

Collagen, electrolytes, non-alcoholic gin.

Our version of a gin and tonic, bursting with collagen and electrolytes for a natural glow

Hydro Spritz

Watermelon, coconut, electrolytes.

Developed to hydrate and flush out toxins for mental and physical cellular health

BY ROSE FERGUSON

JUICES & SMOOTHIES

Summer Beetroot & Apple Juice £12 (290kcal) (ve)

Summer Carrot, Orange & Tumeric Juice £12 (320kcal) (ve)

Green Boost Juice £14 (296kcal) (ve)

Energising Berry & Avocado Boost Smoothie £18 (176kcal) (n, ve)

Chocolate & Avocado Smoothie £18 (266kcal) (n, ve)

SNACKS £4 each

Gut Health Boost Ball (63kcal) (n, v)

Chocolate & Coconut Energy Ball (68kcal) (n, ve)

Matcha Green Tea Energy Ball (66kcal) (n, ve)

Muscle Repair Ball (60kcal) (n, ve)

Longevity Boost Bar (64kcal) (n)

All prices are inclusive of VAT at the current rate. A discretionary service charge of 15% will be added to your bill. Adults need round 2000 kcal a day. Champagne and wines are served in 125ml measures. Please note vintage may vary.

(v) Suitable for vegetarians, (ve) Suitable for vegans, (n) Contains nuts. Due to the presence of allergens in our kitchen, we unfortunately cannot guarantee any menu item will be completely free from a particular allergen. For more information on allergens or dietary requirements, please speak to a member of the team.