

## 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 & Turmeric 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.

# 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) (v)

Toasted breakfast sandwich, smoked Scottish salmon, fried Burford brown egg, rocket £26 (439kcal)

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

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) (v)

Grilled tiger prawn tacos, spicy coriander kraut, pomegranate, sour cream £22 (357kcal)  
*Promotes longevity and metabolic health*

Grilled chicken, emerald kale, goji berries, Brussels sprouts and quinoa salad, agave dressing £30 (604kcal)  
*Microbiome balancing elements promoting gut health*

Roasted squash, fermented fennel, chickpea and pumpkin seed salad, maple and orange dressing £22 (367kcal) (ve)  
*Enhances vascular health and circulation*

Baked heritage beets, grilled halloumi, boiled quail eggs, winter leaf, broccoli houmous £22 (427kcal) (v)  
*Promotes mood balance and 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 (n)

Supercharged Hot Chocolate £10  
Almond milk, cocoa, cinnamon, Reishi, cardamon, nutmeg (n)

## SMOOTHIES £12 each

Surrenne Sunshine  
Strawberries, blueberries, oats, coconut milk, maca, collagen, whey protein

Surrenne Superfood  
Banana, maca, blueberries, flax seeds, cinnamon, glutamine, whey protein

Surrenne Spice  
Banana, dates, almond milk, honey, ginger, whey protein (n)

## 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