

Revitalise & Nourish Menu

Start the new year with a selection of nutrient-rich dishes, designed to boost your immune system and fight off the January blues

Starters

Winter pistou root vegetable soup £12 (v) 294 kcal

Harissa butternut, puffed grains £15 (v) 265 kcal

Raw kale salad, pomegranate dressing £14 (v) 424 kcal

Mains

Grilled chicken breast, Jerusalem artichokes, sautéed kale £25 531kcal

Rich in dietary fibre, this dish supports digestive health. With inulin as a prebiotic, Jerusalem artichokes promote beneficial gut bacteria, and are packed with vitamins, minerals, and antioxidants.

Chalk stream trout in papillote, steamed greens, lemon salsa £24 420 kcal

Rich in omega-3 fatty acids, protein, and essential vitamins, trout supports heart health by reducing blood pressure and improving cholesterol levels, while also benefiting brain function and skin health.

Sticky aubergine, miso, pickled cucumber £22 (v) 192 kcal

Low in calories and rich in fibre, aubergines contain calcium, antioxidants, and vitamins including vitamin C, K, and B6. Miso supports a balanced gut microbiome, promoting optimal digestion.

Mint & sherry green beans £6 (v) 231 kcal

Beetroot, soft herbs, cashew, white soy & vinaigrette salad £6 (v) 39 kcal

Desserts

Flourless orange & cardamom cake, yoghurt £8 (v) 377 kcal

Pineapple carpaccio, mint & passion fruit £8 (v) 98 kcal

(v) - Vegetarian

Please inform us of any allergies and / or dietary requirements. All prices are inclusive of VAT at the current rate. A discretionary service charge of 12.5% will be added to your final bill. Adults need around 2,000 kcal a day.

Mindful Drinking

Alcohol-free, low sugar and sustainable options

Sparkling - 11.5 (175ml)

Saicho Jasmine Sparkling Tea

Premium sparkling loose leaf tea, aromatic and naturally low in sugar

Saicho Darjeeling Sparkling Tea

Cold fermented, to protect the tea's most delicate and complex flavours

Blurred Vines

Fortified with Californian poppy and sage which help impact stress and anxiety

Spirit Alternatives - 11 (50ml)

Everleaf Mountain

Aromatic and sustainable. Wild palate of the mountains

New London Light

A premium gin – alternative from Salcombe, distilled under vacuum for superior freshness

Three Spirit Social Elixir

A herbal elixir and mood elevator, with yerba mate and cacao

Alcohol Free Cocktails - 12

Italian Spritz

A 100% non-alcoholic version of the classic aperitif

Botivo Aperitif & Soda

This 0% aperitif from Hertfordshire is tangy, complex and packed with antioxidants

Forest Aperitif

Everleaf Forest with peppermint tea, apple and mint