BOOKING OFFICE
1869

Revitalise & Nourish

Start the new year with a delicious selection of nutrient-rich dishes, full of seasonal goodness to help boost your immune system and keep the winter blues at bay.

Mocktails

Forever Young 15
Everleaf, blackberries, activated charcoal, lemon, kombucha

This blend combines Everleaf's botanical goodness with antioxidant-rich blackberries and vitamin-packed lemon to support overall wellness. Activated charcoal is known for its detoxifying properties, while kombucha adds probiotics that promote gut health and digestion.

Festive Detox 14
Everleaf, green juice, elderflower, yuzu sherbet

This mix brings together Everleaf's botanical complexity with nutrient-packed green juice for a natural energy boost. Elderflower adds gentle floral notes and antioxidants, while yuzu sherbet delivers a burst of vitamin C to support immunity and brighten your mood.

Starters

Scorched mackerel *(7,9,13)* 18
West Coast mackerel fillet, rillette, roasted apple purée

St. *Pancras super food* *(3,8,9,10,11,12,13)* 13
Kale, spinach, toasted cashews, pickled red cabbage, broccoli, quinoa, pomegranate seeds, virgin olive oil, roasted red pepper yoghurt

+ *chargrilled chicken* *(1,9,13)* 8
+ *poached salmon* *(1,7,9,13)* 9

Harissa Roast Heritage Carrot and Red Lentil Soup
Crème fraîche, pickled carrot, focaccia toast *(3,8,9,13)* 12.5

If you have any allergies, please speak to a member of our team. We always endeavour to manage the unintentional presence of allergens through potential cross-contact; however, we cannot guarantee that any of our foods are allergen-free or suitable for those with allergies. Please speak with our trained team about allergens. *(v) Vegetarian, (ve) Vegan, (1) Nuts, (2) Peanuts or products, (3) Gluten, (4) Crustaceans, (5) Molluscs, (6) Egg or products, (7) Fish or products, (8) Soybeans or products (9) Milk or products, (10) Celery or products, (11) Mustard or products, (12) Sesame seeds or products, (13) Sulphur dioxide or products, (14) Lupin.* A discretionary service charge of 12.5% will be added to your final bill. All prices are inclusive of VAT at the current rate.

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Mains

BBQ lamb *(3,6,9,10,12,13)* 35
Rojo mojo, aged feta, pearl couscous, mint yogurt

Lamb is a rich source of high-quality protein, essential for muscle repair and overall body strength. It provides vital nutrients like iron, zinc, and B vitamins, which support energy, metabolism, and immune health. Additionally, lamb contains healthy fats and minerals that promote bone health and reduce inflammation.

Roast sea trout *(7,9,13)* 32
Cauliflower velouté, French beans, capers, lemon and parsley

Sea trout is an excellent source of omega-3 fatty acids, which support heart health and reduce inflammation. It also provides high-quality protein and essential vitamins like B12 and D, aiding muscle repair and bone strength. Sea trout is rich in selenium and antioxidants that boost immune function and protect against cellular damage.

Wild mushroom & artichoke risotto *(9,13)* 24
Parmesan, herb oil

Mushrooms are packed with antioxidants and B vitamins that help strengthen the immune system and support energy metabolism. Artichokes provide dietary fiber and phytonutrients, promoting healthy digestion and overall gut health. This dish also offers minerals like potassium and magnesium, which contribute to heart health and muscle function.

Desserts

Skyr Parfait *(1,3,6,7,8,9,12,13)* 12
Mixed berries syrup, cinnamon granola

Frozen Açaí Bowl *(1, 3, 6, 8, 12, 13)* 11
Fresh fruits, coconut & chia

Double Chocolate Fudge Brownie *(1, 2, 3, 8, 9, 13)* 12
Spiced plum sorbet

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