

REVITALISE & NOURISH

STARTERS

Roasted vine tomato soup, basil, sourdough toast (3,9,13) 12.50

Salad with kale, pistachio, pickled onion, and artichokes (3,8,9,10,11,12,13) 13

Miso & tahini-glazed aubergine, pickled cucumber, mint yoghurt (1,3,4,5,6,7,8,9,10,11,13) 14

MAINS

Baked sea trout, grilled tenderstem broccoli, lemon salsa verde (7,8,9,10,11) 30

Sea trout is an excellent source of protein, omega-3 fatty acids, and vitamin D. Omega-3 fatty acids are essential for brain development and can help reduce the risk of heart disease. Vitamin D helps your body absorb calcium and maintain healthy bones.

Grilled free-range chicken breast, black garlic, Jerusalem artichoke risotto (9,13) 26

Jerusalem artichokes (Helianthus tuberosus L.) are a good source of vitamins, minerals, fibre, and protein. Benefits include a boost in iron, copper, magnesium, phosphorus, and potassium.

Salt-baked celeriac, hazelnut, harissa, puffed grains (1,10,13) 19

Celeriac is packed with antioxidants (which can help fight inflammation), vitamins, and minerals. When raw, it is an excellent source of vitamin K, as well as vitamin B6, vitamin C, phosphorus, magnesium, and calcium. It is low in carbs and high in fibre.

SIDES

Grilled tenderstem broccoli, almond, red chilli (1,3,8,12,13) 7

Baby gem salad, sun-dried tomato, balsamic onion, herb & Dijon dressing (4,5,7,10,11,13) 8

DESSERTS

Set skyr parfait, London honey granola, strawberry reduction (1,6,7,9) 9

Steamed orange & cardamom pudding, coconut yoghurt (1,6) 10

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 allergies. (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.

