

The
MENU





ALLERGENS



EGG



GLUTEN



NUTS



LACTOSE



SOY



SESAME



CELERY



MUSTARD



SULPHITES



FISH



CRUSTACEANS

Juices

IMMUNISE

Strawberry, Apple & Ginger

CLEANSE

Broccoli, Spinach, Avocado, Lemon & Cucumber.

DIGESTIVE NECTAR

Carrot, celery and orange



Smoothies

RASPBERRY SUNRISE

A Layer of raspberry, pear and turmeric topped with mango and orange smoothie

BANANA BLISS

Banana, Peanut Butter, oats & oat milk

GUT BALANCE

Kale, pineapple, ginger, banana & avocado



BREAKFAST

GRANOLA

Oat and raisin granola
with fresh berries
VE

BREAKFAST OATS

Gluten free oats
topped with roasted
flaked almonds &
fresh blueberries.

**Milk options with the
Granola & Breakfast Oats:**
Whole, Skimmed, Semi-
Skimmed, oat, soya, almond
& coconut
VE option

FRUIT & YOGHURT

Silky coconut yoghurt
served with a selection
of fresh fruit. VE

CHIA & GRANOLA GLASS

A layer of Blueberries,
chia, coconut yoghurt &
granola. VE



BREAKFAST

HEALTHY PANCAKES

Light and fluffy pancakes, served with fresh berries, drizzled with maple syrup and sprinkled with cinnamon sugar. **VE**

TOAST & PRESERVES

2 slices of granary bread, Strawberry Jam/Marmalade and Butter. **VE** option

AVOCADO TOAST

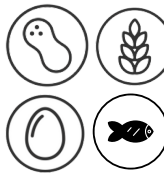
1 slice granary bread, smashed avocado, roasted cherry tomatoes and balsamic dressing. **VE**

EGGS YOUR WAY

Eggs served with smashed avocado on top of granary toast (smoked salmon add on available)

Eggs can be, scrambled, poached or soft boiled.

£3.95 supplement charge for smoked salmon.



Soups

TOMATO & BASIL SOUP

Served with croutes. VE

BUTTERNUT SQUASH

Served with truffle croutes. VE

MUSHROOM BROTH

VE

CHICKEN NOODLE BROTH

Infused with red thai paste. Served with rice noodles.



Starters

PRAWN COCKTAIL

Fresh tender prawns, served on a bed of sliced cucumber and lettuce, topped with Marie Rose sauce.



PARMA HAM, FIG & GOATS CHEESE

Glazed Fig, with a goats cheese mousse, crispy Parma ham, walnuts and rocket.



VEGETABLE GYOZA

Steamed Gyoza, filled with Asian fusion inspired vegetables. Served with Tokyo dipping sauce VE



BRUSCHETTA

Vegan Feta, balsamic onion, tomato & rocket. Served on a charred ciabatta. VE
Parma Ham add on available.



MORROCAN VEG GARDEN

Moroccan spiced roasted baby vegetables on a bed of creamy houmous. VE

LUNCH & DINNER

BUDDHA BOWL

Teriyaki Buddha bowl, served with quinoa, pearl barley, cous cous, edamame, avocado & broccoli. Comes with a choice of, teriyaki tofu, salmon or chicken.

PAN FRIED FILLET OF SEABASS

Served with savoy cabbage, baby carrots & new potatoes with a creamy pesto glaze.

TUNA NICOISE

Grilled Tuna steak served on mixed leaves, cherry tomatoes, olives, capers, French beans, baby potatoes, soft boiled egg, and vinaigrette.

SINGAPORE NOODLES

Topped with marinated Chicken, King prawns or Roast Portobello & mixed wild mushrooms, served with rice noodles and fragrant stir fried vegetables. VE option

KALE & SWEET POTATO SALAD

Roasted sweet potato, cashew nuts & chickpeas in a warm miso glaze, garnished with pomegranate & sesame seeds.

VE



LIGHTER CHOICES

ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach & pesto. Served with romesco sauce & vegan Parmesan. VE



MUSHROOM & MISO BOURGUINON

Rich red wine, chestnut, mushroom and vegetable stew served with butterbean mash. VE



SWEET POTATO GNOCCHI

Hand made sweet potato gnocchi, with kale and hazlenut pesto. VE



HALLOUMI SALAD

Roasted halloumi, chargrilled courgette and red onion served with chilli jam and roasted baby tomatoes.



LEBANESE MEZE

Labneh Yoghurt, roasted balsamic onions, pomegrenate, served on home mad flat bread, with a herby green salad served with chicken kofte. VE option - falafel.



LUNCH & DINNER

CARROT & PARSNIP DAHL

Served with basmati rice and wholewheat chapati .VE

STROGANOFF

Creamy mushroom and onion stroganoff served with tagliatelle - VE - Beef option available

CHICKEN SUPREME

Roast Cornfed Chicken Supreme with pomme puree, wilted spinach and a creamy mushroom and taragon sauce. Equilibrium

BEEF BURGER

4oz Beef served in a brioche bun. With spiced mayo, cheese, baby gem, tomato, pickle, served with Onion Rings and skin on wedges. VE option available. Bean Burger.

SAAG ALOO

A Lightly spiced spinach, tomato and potato curry, served with wild rice and miniature poppadoms.

Choose between Lightly spiced chicken breast or butterbeans. Equilibrium VE option

JACKET POTATO YOUR WAY, LUNCH ONLY

Choice of Cheddar Cheese, Tuna mayo, Creamy Leek & Butternut squash, or Chilli Con Carne, served with a side salad & coleslaw. VE option Lighter Choice



Sunday Roast

EQUILIBRIUM

SUNDAY ROAST*

A choice of Corn fed Chicken Supreme, Sirloin of Beef or vegetable Wellington.

Served with a Yorkshire pudding, roast potatoes & honey roasted carrots. With a side of gravy, a panache of green vegetables and carrot and suede puree.
VE option



* Only served at Sunday lunch time.

DESSERT

FRUIT BOWL

Seasonal fruit served with coconut yoghurt.

BANOFFEE & CHOCOLATE CHIA PUDDING

Creamy coconut and banana chia, topped with a biscoff layer and caramelised banana.

DESSERT

APPLE & BLACKBERRY CRUMBLE

Served with a vanilla
custard. **VE**



CHEESECAKE

Thick creamy vanilla cheesecake
topped with lemon curd and a
raspberry coulis.



STICKY TOFFEE PUDDING

Served with vanilla ice cream or
vanilla custard.



BROWNIE

Chocolate brownie served with
clotted cream ice cream.



