

the
M E N U





ALLERGENS



EGG



GLUTEN



NUTS



LACTOSE



SOY



SESAME



CELERY



MUSTARD



SULPHITES



FISH



CRUSTACEANS

Smoothies & juices

IMMUNISE

Strawberry, Apple & Ginger

CLEANSE

Broccoli, Spinach, Avocado, Lemon & Cucumber.

DIGESTIVE NECTAR

Carrot, celery and orange



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

lighter choices

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

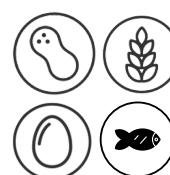
1 slice granary bread, smashed avocado, roasted cherry tomatoes and balsamic dressing. **VE**

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.



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

Morrocian 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 NIÇOISE

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

500
VF



lighter choices

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, pomegranate, 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 tarragon 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.

lighter choices

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.

Equilibrium

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.



