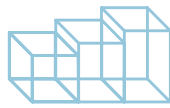


*The*  
MENU





# ALLERGENS



**GLUTEN**



**NUTS**



**SOY**



**SESAME**



**CELERY**



**MUSTARD**



**SULPHITES**

# Juices

## RE-ENERGISER

Beetroot & Cucumber.

## REBUILDER

Pineapple, Apple, Lemon & Ginger.

## REFRESHER

Kiwi, Celery, Apple & Cucumber.

## RESTORER

Carrot, Lemon, Orange & Turmeric.

## RESETTER

Kale, Lemon, Ginger, Cucumber & Celery.

## REVIVER

Watermelon, Mint, Raspberry & Cucumber.

## REVITALISER

Pineapple, Mint, Lemon & Apple.

## REJUVENATOR

Celery, Spinach, Cucumber & Ginger.



# Smoothies

## STRAWBERRY SUPREME

Rich in antioxidants, packed with raspberries & bananas.

## CARROT & PINEAPPLE

Immune boosting Vitamin C blend.

## BLUE LAGOON

Blue spirulina & blueberry superfood mix, providing essential amino acids.

## GREEN MILE

Full of green fruit & vegetables, containing protein and essential fats, with a peanut butter energy boost.

## HOLIDAY SMOOTHIE

Watermelon & strawberry, packed with vitamins, fibre and high in antioxidants.

## THE GREEN GIANT

High dose of Omega 3, Vitamin K & essential fatty acids promoting a nutritional start to the day.



*lighter choices*

## BREAKFAST

### GRANOLA

Gluten free granola,  
with mixed seeds &  
dried fruits.

### BREAKFAST OATS

Oats topped with  
flaked almonds &  
fresh blueberries.

### FRUIT & YOGHURT

Silky coconut  
yoghurt served with  
a selection of  
fruits.

### CORN PANCAKE FRITTERS

Savoury corn fritters  
with a drizzle of  
lemon & coconut  
sauce.



**Milk options:** Oat, Soya, Almond & Coconut

## BREAKFAST

### CHIA & FRUIT GRANOLA

Layers of fresh fruit, chia, coconut yoghurt & granola.

### HEALTHY PANCAKES

Gluten free pancakes, served with a creamy vegan yoghurt & fresh berries, drizzled in agave nectar.

### BELGIAN WAFFLES

Waffles topped with agave nectar & fresh strawberries.

### AVOCADO TOAST

Smooth avocado on toast, topped with balsamic glaze & tomatoes.



LIGHTER CHOICES

**CARROT & CORIANDER**

Served with flaxseed crackers.



**PEA & MINT**

Served with flaxseed crackers.



**BUTTERNUT SQUASH**

Served with crostini.



**TOMATO & BASIL**

Served with crostini.



EQUILIBRIUM

**MINISTRONE**

Diced root vegetables with rice noodles in a tomato broth.



**POTATO & LEEK**

Served with crostini.



*lighter choices*

## LUNCH & DINNER

### **FALAFEL SALAD BOWL & TZATZIKI**

Served with vegetables & purple cauliflower rice.



### **BEETROOT RISOTTO**

Creamy beetroot & thyme risotto, topped with vegan feta.



### **BLACK BEAN HOISIN STIR FRY**

Stir-fried vermicelli noodles with chilli, vegetables & a black bean hoisin sauce.



### **TOFU SPANISH ALBONDIGAS**

Slow cooked in arrabbiata sauce, served with crispy patatas bravas & garlic crostini.





*lighter choices*

## LUNCH & DINNER

### **KALE & SWEET POTATO MISO SALAD**

Roasted sweet potato,  
cashew nuts & chickpeas  
served with kale & a  
pomegranate miso sauce.



### **VIETNAMESE RICE PAPER ROLLS**

Crispy Vietnamese rolls  
filled with rice noodles  
and vegetables, served  
with a chilli pickle salad.



### **STUFFED ZUCCHINI**

Spinach pesto stuffed  
zucchini, cooked in a  
tomato pesto sauce &  
topped with vegan cheese.



### **LENTIL & PEPPER DAHL**

Mildly spiced dahl, dressed  
in a coconut glaze and  
topped with fresh  
coriander.



## LIGHTER CHOICES

### ASIAN SPRING ROLL

A selection of colourful, sweet fruit & vegetables encased in soft rice paper with sweet chilli sauce.



### CHILLI TACO SALAD

A warm vegetable chilli, with gluten free taco shells, topped with guacamole.



### ZUCCHINI RAVIOLI

Zucchini parcels stuffed with fresh spinach pesto, roasted. Served with tomato sauce & vegan cheese.



### TOMATO & AVOCADO PARCEL

Avocado & tomato wrapped in grilled zucchini.



## EQUILIBRIUM

### ZUCCHINI LASAGNE

Layered zucchini & tomato pesto, topped with almond cheese sauce.



### ZUCCHINI TOFU ARRABBIATA

Zucchini ribbons in a creamy arrabbiata sauce, topped with tofu balls.



### BEAN BURGER & FRIES

Topped with red onion & vegan cheese, with a side of vegetable fries, onion rings & corn on the cob.



*Chefs Favourites*

## LUNCH & DINNER

### MOROCCAN TAGINE

Slow cooked braised vegetable stew.



### AUTUMN SPINACH & TOMATO PARCEL

Spinach & vegan feta filling, layered with tomato in a corn parcel. Served with rocket.



### MEXICAN ENCHILADAS

Tortilla filled with vegetables, rice & vegan mozzarella with a guacamole dressing.



### PENNE PRIMAVERA

Penne pasta in a creamy white sauce, topped with asparagus & vegan parmesan cheese.



## LUNCH & DINNER

### **SWEET POTATO GNOCCHI**

Sweet potato gnocchi  
infused in a creamy spinach  
sauce.

### **ROOT VEG PIE**

Served with a side of  
vegetables & homemade  
onion gravy.

### **SPAGHETTI MUSHROOM CARBONARA**

Spaghetti & mushrooms in  
a creamy white sauce,  
sprinkled with chives.

### **ASIAN SUSHI PLATTER**

Vegan sushi with sweet  
chilli cauliflower, served  
with a fennel salad &  
pickle.



# Sunday Roast

## EQUILIBRIUM

### SUNDAY ROAST\*

Nut loaf served with yorkshire pudding, roast potatoes, honey roasted vegetables, & tenderstem broccoli. With a side of gravy.



\* Only served at Sunday lunch time.

*lighter choices*

## DESSERT

### **CHOCOLATE MOUSSE**

Silky avocado & coconut  
chocolate mousse.

### **STRAWBERRY MOUSSE**

Fresh strawberries  
blended in a creamy  
cashew sauce with layers  
of strawberry coulis.

### **LEMON POSSET**

Zesty lemon mousse on a  
bed of oat crumble,  
drizzled with vegan  
cream & dried lemon.

### **BLUEBERRY CHIA PUDDING**

Creamy coconut with blue  
spirulina & chia, topped  
with fresh blueberries.



## DESSERT

### **MANGO GRATIN**

Mango layered in a creamy & caramelised custard.



### **CHOCOLATE RASPBERRY BROWNIE**

Warm chocolate, peanut butter & raspberry brownie with a chocolate glaze.



### **FRUIT SUNDAE**

Layers of fresh fruit, coconut yoghurt & chia, topped with dragon fruit.

### **APPLE & RHUBARB CRUMBLE**

Cinnamon spiced apples & rhubarb, in a crisp oat crumble served with a creamy custard.



*Equilibrium*

