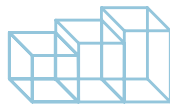


The
MENU





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

Banana waffles topped with agave nectar, fresh strawberries & coconut yoghurt.

AVOCADO TOAST

Smooth avocado on a ciabatta, topped with balsamic glaze & beef tomatoes.



Soups

LIGHTER CHOICES

PEA & MINT

Served with flaxseed crackers.



TOMATO & BASIL

Served with a lentil roll.



WILD MUSHROOM BROTH



FRENCH ONION

Served with cheese croutons.



Starters

SPRING ROLLS

Crispy Spring Rolls filled with Carrot, Peppers & Spring Onion served with a Peanut Dipping Sauce.



PEA ARANCINI

Pea Arancini with a Tomato & Pepper Arrabiata Sauce.



LUNCH & DINNER

FALAFEL SALAD BOWL & TZATZIKI

Served with vegetables & purple cauliflower rice.

SWEET POTATO GNOCCHI

Garnished with a rocket pesto and flaked almonds.

BLACK BEAN STIR FRY

Courgette Noodles with Sweet Chilli & Vegetables in a sunflower seed & date sauce.



lighter choices

LUNCH & DINNER

KALE & SWEET POTATO SALAD

Roasted sweet potato,
cashew nuts & chickpeas
in sunflower & date sauce
garnished with
pomegranate.



VIETNAMESE RICE PAPER ROLLS

Crispy Vietnamese rolls
filled with vegetables,
served with a Celeriac
Remoulade Salad.



PORTOBELLO MUSHROOM RISOTTO

Roasted Portobellos in
Balsamic Vinegar with a
creamy thyme Risotto
topped with Parmesan.



LENTIL & PEPPER DAHL

Mildly Spiced Dahl with
Peppers & Sweet Potato
topped with Fresh
Coriander and served with
a Lentil Bun.



LIGHTER CHOICES

CHILLI TACO SALAD

A warm vegetable chilli served with two Corn Taco Shells filled with gem lettuce, cherry tomatoes, cucumber and spiced Mayonnaise 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 courgette with a chopped nut base, drizzled with herb oil and topped with pickled red onion.



EQUILIBRIUM

ZUCCHINI LASAGNE

Layered courgette & rocket pesto, topped with almond cheese sauce with a salad garnish.



STUFFED PORTOBELLO MUSHROOM

Served with Dauphinoise Potatoes, French Beans & Dijonnaise Sauce.



BEAN BURGER & FRIES

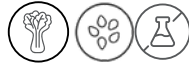
Served in a brioche bun with vegan cheese, spiced mayo, pickled courgette and onion, gem lettuce and a slice of tomato. With sweet potato fries and onion rings.



LUNCH & DINNER

MOROCCAN TAGINE

Slow cooked braised vegetable stew.



ENCHILADAS

Three Corn Tortillas filled with Rice, vegetables and vegan Mozzarella, topped with Tomato sauce, Cheese, Guacamole and Mayonaise.



CAESAR SALAD

Gem lettuce, croutons, roasted fennel and parmesan drizzled with Caesar dressing.



LUNCH & DINNER

SWEET POTATO GNOCCHI

Sweet potato gnocchi with a Rocket Pesto & Flaked Almonds.



ROOT VEG PIE

Creamy leek, carrot and butternut squash served with a side of vegetables & gravy. Topped with sweet potato mash.



MUSHROOM CARBONARA

Gluten free Spaghetti in a creamy Mushroom White sauce, garnished with chopped Parsley and Vegan Parmesan.



SUSHI PLATTER

Vegan sushi served with Sweet chilli Breadcrumbed Cauliflower, Kimchi & a carrot, edamame and pepper salad in a peanut marinade.



Sunday Roast

EQUILIBRIUM

SUNDAY ROAST*

Nut loaf served with yorkshire pudding, roast potatoes, roasted vegetables in garlic butter, & tender stem broccoli. With a side of gravy.



* Only served at Sunday lunch time.

DESSERT

CHOCOLATE ORANGE MOUSSE

Silky avocado &
chocolate mousse.

LEMON POSSET

Zesty lemon mousse
with oat crumble and
dried lemon.

BLUEBERRY CHIA PUDDING

Creamy chia pudding
with blue spirulina,
topped with coconut
yoghurt and fresh
blueberries.

lighter choices

DESSERT

CHOCOLATE BROWNIE

A warm gluten free chocolate raspberry and banana brownie served with vanilla & lime Ice Cream.



APPLE & RHUBARB CRUMBLE

Cinnamon spiced apples & rhubarb, topped with oat crumble, served with a creamy custard,



BERRY BOWL

A bowl of blueberries, strawberries, raspberries and pomegranate, served with coconut yoghurt.

DATE & GINGER SPONGE

Warm date and ginger sponge cake served with toffee sauce.



