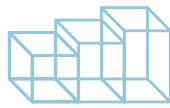


*The*  
MENU





# ALLERGENS



**EGG**



**GLUTEN**



**NUTS**



**LACTOSE**



**SOY**



**SESAME**



**CELERY**



**MUSTARD**



**SULPHITES**



**FISH**



**CRUSTACEANS**

*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

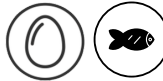


### EGGS YOUR WAY

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.

### POACHED & BOILED

### SCRAMBLED

# Soups

## TOMATO & BASIL SOUP

Served with croutes. VE

## BUTTERNUT SQUASH

Served with truffle croutes. VE

## MUSHROOM BROTH

VE

## CHICKEN NOODLE BROTH - 128 CALS

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.

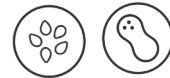
### **SINGAPORE NOODLES**

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*

## 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.



*lighter choices*

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, Baked Beans, 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.

*lighter choices*

## 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.



