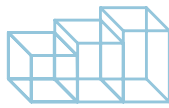


The
MENU





ALLERGENS



EGG



GLUTEN



NUTS



LACTOSE



SOY



SESAME



CELERY



MUSTARD



SULPHITES



FISH



CRUSTACEANS

IMMUNISE

Strawberry, Apple & Ginger

CLEANSE

Broccoli, Spinach, Avocado,
Lemon, Cucumber & Parsley

DIGESTIVE NECTAR

Carrot, celery and orange

RADIANCE REFRESHER

Lime, Cucumber & Mint



RASPBERRY SUNRISE

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

DE-STRESS

Blueberries, avocado, spinach, apple, coconut yogurt and Ashwagandha

BANANA BLISS

Banana, Peanut Butter, oats & oat milk

GUT BALANCE

Kale, pineapple, ginger, banana & avocado



BREAKFAST

GRANOLA

Oat and raisin granola
with fresh berries

GF Option available. VE

BREAKFAST OATS

Gluten free oats
topped with 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
fruit. VE

CHIA & GRANOLA GLASS

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



BREAKFAST

HEALTHY PANCAKES

Gluten free pancakes, served with a creamy yoghurt & fresh berries, drizzled with maple syrup. **VE**

TOAST YOUR WAY

2 slices of granary bread toasted served with your choice of:

- Strawberry Jam/Marmalade and Butter. **VE** option

- Smashed avocado, roasted cherry tomatoes and balsamic dressing. **VE**

POACHED EGGS

Two poached eggs served on spiced mashed avocado on top of granary toast



Soups

TOMATO & BASIL SOUP

Served with Flaxseed Crackers.
VE

ROAST PARSNIP SOUP

VE

MUSHROOM BROTH

VE

COURGETTE SOUP

VE

with wild garlic pesto.



Starters

PRAWN COCKTAIL

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

SPRING ROLLS

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

PARMA HAM, FIG & GOATS CHEESE

Fig embedded in
warm goats cheese
wrapped with parma
ham, walnuts and
served on rocket

CREAMY ASPARAGUS

Sunflower seed cream,
asparagus, tarragon &
pine nuts. VE



LUNCH & DINNER

BRUSCHETTA

Vegan Feta, balsamic
onion, tomato & rocket. V



BUTTER BEAN HUMUS

Butterbean, mint, confit
garlic hummus served
with flatbread. V



PAN FRIED FILLET OF SEABASS

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



SALMON NICOISE

Flaked Salmon served on
mixed leaves, cherry
tomatoes, green capers,
baby potatoes, egg, and
vinaigrette.



RAMEN

Topped with Pork fillet,
Chicken or Roast Portobello
mushroom over noodles in a
delicious broth with mixed
vegetables. VE option



KALE & SWEET POTATO SALAD

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



VE

LIGHTER CHOICES

ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach pesto. Served with tomato sauce & vegan cheese. VE



BEETROOT BURATTA

Roasted beetroot, pickled carrot, creamed cashew, salsa verde & buratta. V



MUSHROOM RAGU

Creamy mushroom ragu, confit tomato on sourdough. VE



HERITAGE TOMATO SALAD

Heritage tomatoes, pickled shallots, capers. VE

HALLOUMI BITES

Halloumi, sweet chilli, rocket & pickled red onion. V



LEBANESE MEZE

Labneh yoghurt, burnt red onions, pomegranate molasses & mint served on flatbread. VE



ROMESCO TOFU

Saute tofu, tenderstem broccolli, romesco sauce, flaked almonds. VE



lighter choices

LUNCH & DINNER

STUFFED PORTOBELLO MUSHROOM

Served with Dauphinoise Potatoes, French Beans & Dijonnaise Sauce. VE

CHICKEN DIJONNAISE

Chicken breast served with Dauphinoise potatoes, French Beans and Dijonnaise sauce. Equilibrium

HEARTY BURGER

4oz Beef Burger in a brioche bun. With spiced mayo, gem, tomato and courgette pickles, served with Onion Rings, skin on fries and spiced mayonnaise. VE option

SAAG ALOO

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

Choose between Lightly spiced chicken or butterbeans. Equilibrium VE option

JACKET POTATO YOUR WAY, LUNCH ONLY

Choice of Cheese, Tuna, Creamy Leek Carrot & Butternut squash, or Beef Chilli, served with a salad garnish. VE option
Lighter Choice



Sunday Roast

EQUILIBRIUM

SUNDAY ROAST*

A choice of Corn fed Chicken Supreme or Nut loaf

served with a Yorkshire pudding (GF vegan option on yorkie),
roast potatoes &
mixed vegetables in garlic butter.

With a side of gravy, Mint sauce and cranberry Sauce.

VE option



* Only served at Sunday lunch time.

DESSERT

FRUIT BOWL

Seasonal fruit served with coconut yoghurt.

BLUEBERRY CHIA PUDDING

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

lighter choices

DESSERT

APPLE & BLACKBERRY CRUMBLE

Served with a creamy
custard. VE



CHEESECAKE

Thick creamy vanilla cheesecake
topped with lemon curd.



CHOCOLATE MOUSSE

Silky avocado & chocolate mousse.
VE



BAKED SPICED PEAR

Baked pear in cinnamon &
coconut sugar served with
vanilla ice cream. VE



