

The
MENU





ALLERGENS



EGG



GLUTEN



NUTS



LACTOSE



SOY



SESAME



CELERY



MUSTARD



SULPHITES



FISH



CRUSTACEANS

Juices

IMMUNISE

Strawberry, Apple & Ginger

CLEANSE

Broccoli, Spinach, Avocado,
Lemon, Cucumber & Parsley

DIGESTIVE NECTAR

Carrot, celery and orange



Smoothies

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

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 fresh berries, drizzled with maple syrup and sprinkled with cinnamon sugar. **VE**

TOAST YOUR WAY

2 slices of granary bread, Strawberry Jam/Marmalade and Butter. **VE** option

1 slice granary bread, 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 Crackers. VE

BUTTERNUT SQUASH

Served with truffle croutes. VE

MUSHROOM BROTH

VE

COURGETTE SOUP

VE

with herb oil.



PRAWN COCKTAIL

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

SPRING ROLLS

Spring Rolls filled with Carrot, Peppers & Spring Onion served with two dipping sauces, peanut & sweet chili. VE

PARMA HAM, FIG & GOATS CHEESE

Warm glazed Fig, with a goats cheese mousse, parma ham, walnuts and rocket.

MORROCAN VEG GARDEN

Moroccan spiced roasted baby vegetables on a bed of creamy houmous. VE



Starters

LUNCH & DINNER

BRUSCHETTA

Vegan Feta, balsamic onion, tomato & rocket. Served on a charred ciabatta V

SALMON BUDDHA BOWL

Teriyaki Buddha bowl, served with quinoa, pearly barley, cous cous, edamame, avocado & broccoli.

PAN FRIED FILLET OF SEABASS

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

TUNA NICOISE

Grilled Tuna served on mixed leaves, cherry tomatoes, olives, capers, French beans, baby potatoes, egg, and vinaigrette.

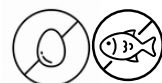
SINGAPORE NOODLES

Topped with marinated Chicken, King prawns or Roast Portobello & shitake 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.

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 baby tomatoes on sourdough. VE



HERITAGE TOMATO SALAD

Heritage tomatoes, pickled shallots, capers. VE



HALLOUMI BITES

Halloumi, sweet chilli jam, rocket, pickled red onion and watermelon. V



LEBANESE MEZE

Labneh yoghurt, balsamic red onions, pomegranate molasses & mint served on a green salad and flatbread. VE



ROMESCO TOFU

Sauté tofu, tenderstem broccoli, spinach, romesco sauce, flaked almonds. VE



LUNCH & DINNER

MUSHROOM JALFREZI

Mushrooms served with, served with a mixture of vibrantly spiced mushrooms, tomatoes and chillies. Served with rice, .VE



CHICKEN SUPREME

Roast Cornfed Chicken Supreme with pomme puree, wilted spinach and a wild mushroom, white wine and cream jus. Equilibrium



BEEF BURGER

4oz Beef served in a brioche bun. With spiced mayo, baby gem, tomato, pickled courgette, 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 Nut Roast.

Served with a Yorkshire pudding, roast potatoes & honey roasted carrots. With a side of gravy, and a panache of green vegetables.
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.

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**



Equilibrium

