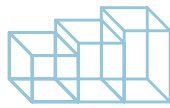


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*The*  
MENU





# ALLERGENS



**GLUTEN**



**NUTS**



**SOY**



**SESAME**



**CELERY**



**MUSTARD**



**SULPHITES**



# Juices

## **IMMUNISE**

Strawberry, Apple & Ginger

## **CLEANSE**

Broccoli, Spinach, Avocado,  
Lemon, Cucumber & Parsley

## **RESTORE**

Purple Carrot, ginger, Orange &  
Turmeric.

## **REVIVE**

Watermelon, Mint, Celery,  
Raspberry & Cucumber.



# Smoothies

## RASPBERRY SUNRISE

A Layer of mango, orange & Turmeric, topped with a Raspberry & Peach Smoothie

## PURPLE PASSION

Pineapple, passionfruit, Blueberry, Coconut Yogurt & Blue Spirulina.

## BANANA BLISS

Banana, Peanut Butter, oats & oat milk

## GUT BALANCE

Kale, pineapple, ginger, banana & avocado



*lighter choices*

## BREAKFAST

### GRANOLA

Gluten free granola,  
with mixed seeds &  
dried fruits.

### BREAKFAST OATS

Oats topped with  
flaked almonds &  
fresh blueberries.

**Milk options with the  
Granola & Breakfast Oats:**  
Oat, Soya, Almond & Coconut

### FRUIT & YOGHURT

Silky coconut  
yoghurt served with  
a selection of  
fruits.



## BREAKFAST

### CHIA & GRANOLA GLASS

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.

### BANANA WAFFLES

Banana waffles topped with agave nectar, coconut yoghurt & cinnamon

### TOASTED BAGEL

Avocado & Tomato on a toasted seeded bagel, topped with balsamic glaze & herb dressing.



# Soups

## TOMATO & BASIL SOUP

Served with Flaxseed Crackers



## AVOCADO & MINT GAZPACHO

A Chilled soup with avocado, Mint, Lime, Peppers, Tomato & Cucumber and a touch of chilli.



## MUSHROOM BROTH



## ROAST SPICED PUMPKIN SOUP

Served with crotons and a coconut yogurt drizzle



# Starters

## SPRING ROLLS

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



## STUFFED AUBERGINE

Grilled aubergine slices stuffed with vegan cheese, roasted pumpkin seeds & cranberries garnished with pomegranate and a cranberry Coulis.



## LUNCH & DINNER

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

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

### **CAESAR SALAD**

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

### **BLACK BEAN STIR FRY**

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

### **PLUM & MANGO SALAD**

Mixed Leaves, mango, plum, apple, carrot, cherry tomato, red onion, chestnuts and vegan feta in a light vinaigrette.





## LIGHTER CHOICES

### ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach pesto. 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 TIAN

Layers of tomato, courgette & rocket pesto, topped with almond cheese sauce with a salad garnish. Served at room temperature.



### 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

### SAAG ALOO

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



### ROOT VEG PIE

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



### ROAST VEGETABLE PENNE

Roasted aubergine, courgette, tomato & peppers with sweet pimento peppers & spinach in Rocket pesto, topped with vegan parmesan.



### FALAFEL WRAP

Gem lettuce, peppers, tomato, red onion and falafels with sweet chilli sauce wrapped in a tortilla, served with Sweet potato fries & spicy mayo.



### CRISPY TOFU BAO BUNS

Lightly spiced tofu in breadcrumbs served in soft bao buns with spinach, peanut sauce and crispy onions. Served with a lightly spiced chilli slaw.



# Sunday Roast

## EQUILIBRIUM

### **SUNDAY ROAST\***

Nut loaf served with a Yorkshire pudding, roast potatoes & mixed vegetables in garlic butter.  
With a side of gravy, Mint sauce and cranberry Sauce.



\* Only served at Sunday lunch time.

## DESSERT

### **BERRY BOWL**

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

### **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 & banana brownie served with a vanilla & coconut ice cream.



### APPLE & BLACKBERRY CRUMBLE

Cinnamon spiced apples with blackberries, topped with oat crumble, served with a creamy custard.



### CHOCOLATE & RASPBERRY MOUSSE

Silky avocado & chocolate mousse.

### BAKED SPICED PEAR

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



