



Welcome

M E N U



ALLERGENS



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES



SOUP

TOMATO & BASIL SOUP

Served with Flaxseed Crackers
Lighter Choice



MUSHROOM BROTH

Lighter Choice



ROAST PARSNIP SOUP

Lighter Choice



STARTERS

CHEESE PLATTER

Three soft cheeses served on a board with warm caramelized onion, grilled thin cuts of ciabatta, rocket and Balsamic Glaze.

Equilibrium



CRISPY SPRING ROLLS

Filled with carrot, peppers and spring onion with a peanut dipping sauce.

Lighter Choice



MAINS

SAAG ALOO

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



BABY VEG GARDEN

Warm baby vegetables served with kale, sweet potato, roast beetroot and humous.
Lighter Choice



ZUCCHINI RAVIOLI

Roasted zucchini parcels stuffed with fresh spinach pesto and served with tomato sauce & vegan cheese.
Lighter Choice



ROOT VEG PIE

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



BLACK BEAN STIR FRY

Courgette Noodles with Sweet Chilli & vegetables in a sunflower seed & date sauce.
Lighter Choice



DESSERT

APPLE & BLACKBERRY CRUMBLE

Served with creamy custard.
Equilibrium



CHOCOLATE & MINT MOUSSE

Silky avocado & chocolate mousse.
Equilibrium

FRUIT BOWL

Seasonal fruit served with
coconut yoghurt.
Lighter Choice

BAKED PEAR

Baked Pear in cinnamon and
coconut sugar on a seed crumble
served with Vanilla Ice Cream
Equilibrium

