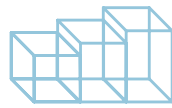

The
MENU





ALLERGENS



GLUTEN



NUTS



SOY



SESAME



CELERY



MUSTARD



SULPHITES



Juices

IMMUNISE

Strawberry, Apple & Ginger

CLEANSE

Broccoli, Spinach, Avocado,
Lemon, Cucumber & Parsley

CRANBERRY VITALITY

Cranberry, Orange & Red Cabbage

RADIANCE REFRESHER

Lime, Cucumber & Mint



SMOOTHIES OF THE DAY

RASPBERRY SUNRISE

A layer of Raspberry & Pear topped with Mango, Orange & Turmeric 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



Smoothies

Smoothies

RASPBERRY SUNRISE

A Layer of mango, orange & Turmeric, topped with a Raspberry & pear 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 fruit.



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.



LENTIL SOUP

A chunky lightly spiced soup with Mediterranean vegetables.



MUSHROOM BROTH



ROAST PARSNIP SOUP



Starters

SPRING ROLLS

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



CHEESE PLATTER

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



LUNCH & DINNER

KALE & SWEET POTATO SALAD

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

BABY VEG GARDEN

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

BLACK BEAN STIR FRY

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

CAULIFLOWER SALAD

Mixed Leaves, warm breaded cauliflower florets, apple, carrot, cherry tomato, red onion, avocado, chestnuts and vegan feta with 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

FESTIVE NUT ROAST

Our popular nut roast served with roast potatoes, cauliflower cheese, sweet roasted carrots and parsnips, brussels sprouts, chestnuts and gravy.



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

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.

PARSNIP AND DATE SPONGE

A warm sponge with
walnuts served with a
creamy custard.

CHOCOLATE & MINT MOUSSE

Silky avocado & chocolate
mousse.

BAKED SPICED PEAR

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



Equilibrium

