

## Lunch

### Awakening

#### Chicken and apricot terrine

*Moroccan spices and watercress* (NGCI<sup>®</sup>, DF, NGCI<sup>®</sup>)  
350kcal

£10

### Balancing

#### Pea and mint soup

(V, VG<sup>®</sup> DF<sup>®</sup>, NGCI<sup>®</sup>)

220kcal

£10

### Calming

#### Lapsang souchong smoked salmon

*beetroot, horseradish and chive cream cheese*  
(NGCI<sup>®</sup>, NF, DF<sup>®</sup>) 380kcal

£12

#### Lemon roast chicken or tofu

*cous cous and Greek salad* (DF<sup>®</sup>, NF)

650kcal

£19

#### Grilled tuna steak

*romesco and rocket*

(NF<sup>®</sup>, DF, NGCI)

520kcal

£18

#### Beetroot falafel

*roasted onion hummus and coriander* (VG, DF<sup>®</sup>)

480kcal

£17

#### Low sugar vanilla tart

*with lime Chantilly cream*

340kcal

£9

#### Chocolate mousse

*with passionfruit curd*

(NGCI<sup>®</sup>) 520kcal

£9

#### Apricot and vanilla delice

(NGCI<sup>®</sup>) 380kcal

£9

Please advise the team of any intolerances or allergies.  
Whilst we will advise on dish ingredients, we cannot guarantee against traces or any cross contamination throughout the kitchen.

A discretionary 10% service charge will be applied to your bill.



(V) - Vegetarian, (V<sup>®</sup>) - Vegetarian Option Available, (VG) - Vegan, (VG<sup>®</sup>) - Vegan Option Available, (NGCI) - Non Gluten Containing Ingredient, (NGCI<sup>®</sup>) - Non Gluten Containing Ingredient Option Available, (DF) - Dairy Free, (DF<sup>®</sup>) - Dairy Free Option Available



## Lunch

### Baguettes

*Served with watercress & crisps*

**Pesto, mozzarella, tomato** (DF\*, NGCI\*) 420kcal **£13**

**Hot smoked salmon, horseradish and chive cream cheese** **£16**  
(DF\*, NGCI\*) 450kcal

**Harissa roast chicken, red onion and tzatziki** (DF\*, NGCI\*) 420kcal **£14**

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