

EAT WELL

The 'Eat Well' menu has been created to provide nourishment for your body and mind to thrive with a focus on the core of our health and wellbeing. Together with André Garrett, my aim for these dishes is above all to be delicious as well as including ingredients that can help to feed and support the health of our gut and the microbiome - aka the trillions of microbes that live in the gut which we know to be central to our health and happiness.

The philosophy for the menu is to celebrate positive abundance with food and ingredients that bring flavour, fibre, and myriad hues of colour for a healthier and happier you. As such we have included soothing bone broth, plant-based diversity, cultured dairy, vegetable ferments and a rainbow of phytochemicals to support a thriving gut microbiome and mind.

I also believe that positively enriching ourselves on many levels comes from the enjoyment of eating. That means being present with our plate and taking time to rest and digest. This is a vital part of helping us to feel physically and emotionally more centred and balanced. So with that in mind I encourage you to sit, savour and remember that at every meal you dine with your microbiome!

EVE KALINIK | NUTRITIONAL THERAPIST

STARTERS

Roasted Chicken Bone Broth

Vegetables, Freekeh

14

Cured Scottish Salmon

Horseradish Yogurt, Cucumber, Dill

16

Kohlrabi `Noodle` Salad

Hazelnut, Sesame, Nori

14

Miso Aubergine

Carrot, Goat's Cheese, Sumac

15

All prices are inclusive of VAT. A 15% discretionary service charge will be added to your final bill. Should you have any questions regarding the content or preparation of any of our food please ask one of our team.

MAIN COURSES

Spiced Cauliflower Steak

Herb Tahini, Spinach, Curd, Pomegranate

20

Japanese Poké Bowl

*Seasoned Sushi Rice, Avocado, Edamame, Wakame
with Raw Tuna or Torched Salmon*

22

White Asparagus, Artichoke & Jersey Royal Casserole

Pea Shoot, Parmesan

28

Grilled Chicken and Asian Vegetable Stir Fry

Cashew, Hemp Seed, Buckwheat Noodles

28

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DESSERTS

Mango, Coconut and Chia Seed Pudding

15

Vegan Brownie

Vanilla Yogurt

15

Macerated Strawberry

Lime, Meringue

15

Goat's Cheese

Celery, Grape, Walnut Bread

14.50

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LIQUID HEALTH

OPTIMAL WELLBEING JUICES AND SMOOTHIES

Immune - Boosting Ginger Shot	9
<i>Orange, Lemon, Ginger, Turmeric, Cayenne Pepper</i>	
Super Green Shot	9
<i>Spinach, Kale, Celery, Lemon, Green Apple</i>	
Antioxidant Booster	12
<i>Beetroot, Grapefruit, Carrots, Ginger, Lemon</i>	
Digestive Support	12
<i>Apple, Grapefruit, Mint, Ginger</i>	
Bright Eyes	12
<i>Carrot, Cucumber, Lemon, Ginger</i>	
Five a Day	12
<i>Kale, Spinach, Cucumber, Celery, Coriander, Lime</i>	
Hydration and Energy Boost	14
<i>Strawberries, Blueberries, Raspberries, Lime, Mint, Coconut Water, Dates</i>	

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WHEYD PROTEIN SHAKES

10 each

PROTEIN POWDER AT ITS BEST.

Wheyd protein empowers you to achieve your highest athletic ability.
One shake at a time.

Berry Blast

A blast of anti-oxidative berries and Strawberries & Cream Wheyd Protein to help stay lean and fuller for longer.

Strawberries & Cream Wheyd Protein, Coconut Water, Blueberries, Raspberries, Strawberries, Peanut Butter

Green & Lean

With slow-release energy from carbs, protein for muscle repair and superfood nutrients this shake is the perfect way to start the day.

Coconut Water, Vegan Vanilla Wheyd Protein, Oat Milk (optional), Pineapple, Spinach, Mint

Chocolate Mochaccino

An indulgent shake, formulated with Chocolate Wheyd Protein to enhance performance, build muscle, and aid recovery.

Chocolate Wheyd Protein, Banana, Shot of Espresso, Almond Milk (optional), Chia Seeds, Cinnamon

WATER

	330ml	750ml
Still or Sparkling Water	3.50	6.50
Coconut Water	6	

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TEAS & TISANES

Bespoke artisan teas directly sourced from family-run farms
and with only genuinely natural ingredients, blended for
Corinthia London by Canton Tea.

Fresh Mint	7
Fresh Ginger & Lemon	7
Jasmine Pearls	7.50
English Breakfast/ English Breakfast Decaf	7.50
Earl Grey	7.50
Matcha Green Tea	9
Silver Needle White Tea	7.50

COFFEE

Rainforest Alliance Certified Arabica Beans –
full bodied coffee with a great depth and intensity.

Espresso, Ristretto, Macchiato	6
Double Espresso, Americano	7
Cappuccino, Caffè Latte, Mocha	7.5

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CHAMPAGNE & WINE

CHAMPAGNE		<i>Glass</i>	<i>Bottle</i>
Laurent-Perrier, La Cuvée Brut, NV		20	95
Laurent-Perrier, Brut Rosé, NV		26	140

WHITE WINE	<i>125ml</i>	<i>Carafe</i>	<i>Bottle</i>
Sancerre 2021 Domaine Gerard Millet, Loire Valley, France	17.5	50	85
Chardonnay 'Acero' 2020 Marimar Estate, California, USA	20.5	55	105

ROSÉ WINE	<i>125ml</i>	<i>Carafe</i>	<i>Bottle</i>
Château d'Esclans, Whispering Angel 2022 Provence, France	17.5	51	90

RED WINE	<i>125ml</i>	<i>Carafe</i>	<i>Bottle</i>
Bourgogne Rouge 'Pinot Noir' 2020 Domaine Chavy Chouet, Burgundy, France	19.5	53	110
Châteauneuf du Pape 2020 Domaine de la Charbonniere, Rhone Valley, France	21.5	60	120

Wines by the glass are served as 125ml measures or 375ml carafes.

Please note that vintages may vary due to the limited production of several of our wines.

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