

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

Green Vegetable Broth

Herb & Pine Nuts Pesto (Ve)

14

Secret Smokehouse Salmon

Pickled Cucumber, Horseradish Cream, Rye Bread

20

Heritage Tomato Salad, Broad Beans

Pickled Red Onion, Mint & Vegan Feta (Ve)

16

Poached White Asparagus

Labneh, Poached Egg, Pomelo & Pumpkin Seed Dressing (V)

17

Should you have any questions regarding the content or preparation of any of our food please ask one of our team.

(V) Vegetarian (Ve) Vegan. Our fish is MSC certified. Our meat is Red Tractor certified.

All prices are inclusive of VAT. A 15% discretionary service charge will be added to your final bill.

MAIN COURSES

Roasted Zaatar Cauliflower Steak

Butter Bean Hummus, Pomegranate, Raisin & Parsley (Ve)

26

Plant Based Orzo

Mediterranean Pasta Bake (Ve)

24

Japanese Poke Bowl

*Seasoned Sushi Rice, Avocado, Edamame, Wakame, Crisp Onions
with Pacific Line Caught Tuna or Torched Loch Duart Salmon or Tofu*

28

Grilled Norfolk Black Leg Chicken

Yellow Wax Beans, Peas, Grilled Fig, Oregano & Olive Oil

36

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DESSERTS

Mango, Pineapple, Papaya & Lime Salad *(Ve)*

15

Yogurt & Blackberry Tart *(V)*

15

Sweet Potato Brownie

Mandarin Sorbet (Ve)

15

Goat's Curd *(V)*

Fresh Apricot, Celery, Gem Lettuce, Walnut & Raisin Bread

15

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LIQUID HEALTH

OPTIMAL WELLBEING JUICES AND SMOOTHIES

Immune - Boosting Ginger Shot	9
<i>Orange, Lemon, Ginger, Turmeric, Black Pepper</i>	
Antioxidant Booster	12
<i>Beetroot, Grapefruit, Carrot, Ginger, Lemon</i>	
Green Glow Juice	12
<i>Celery, Cucumber, Green Apple, Spinach, Coriander, Lime Juice</i>	
Feel Good Juice	12
<i>Orange, Carrot, Apple, Strawberry</i>	
Beet & Berry Detox Smoothie	12
<i>Beetroot, Blueberry, Raspberry, Red Apple</i>	
Instant Pick-Me-Up Smoothie	10
<i>Banana, Peanut Butter, Shot of Espresso, Almond Milk</i>	
Triple Berry Power Smoothie	14
<i>Strawberry, Blueberry, Raspberry, Lime, Mint, Coconut Water</i>	

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.

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

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

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, Blueberry, Raspberry, Strawberry, Peanut Butter

WATER

	330ml	750ml
Belu Still or Sparkling Water <i>Wales</i>	4.5	7
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	9
English Breakfast/ English Breakfast Decaf	8
Earl Grey	8
Matcha Green Tea	9
Silver Needle White Tea	9

COFFEE

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

Espresso, Ristretto, Macchiato	6
Double Espresso	7
Americano	8
Cappuccino, Caffè Latte, Mocha	8

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CHAMPAGNE & WINE

CHAMPAGNE

Glass Bottle

Laurent-Perrier, La Cuvée Brut, NV

22 95

Laurent-Perrier, Brut Rosé, NV

28 140

WHITE WINE

125ml Carafe Bottle

Sancerre 2021

17.5 50 85

Domaine Gerard Millet, Loire Valley, France

Chardonnay 'Acero' 2020

20.5 55 105

Marimar Estate, California, USA

ROSÉ WINE

125ml Carafe Bottle

Château d'Esclans, Whispering Angel 2022

17.5 51 90

Provence, France

RED WINE

125ml Carafe Bottle

Bourgogne Rouge 'Pinot Noir' 2020

19.5 53 110

Domaine Chavy Chouet, Burgundy, France

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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