

# Healthy Eating Menu

MONDAY – SATURDAY, 12pm – 9pm

Every dish on our healthy, nourishing menu is thoughtfully prepared using fresh, whole ingredients rich in vitamins, minerals, and antioxidants to support immunity, energy, and longevity. We include lean proteins to aid muscle repair and provide long-lasting energy, healthy fats to support brain function, heart health, and hormonal balance, and complex carbohydrates for steady energy and improved digestive health.

## Starters

Salt baked beetroot, superstraccia, hummus, dukkah <i>ve gf</i>	8.5
<i>Calories 412   Carbs 25g Fat 31.5g Protein 9.3g</i>	
Wild mushroom risotto, porcini crumb, baby watercress, freshly grated parmesan <i>*ve gf</i>	8.5
<i>Calories 435   Carbs 63.7g Fat 8.5g Protein 9g</i>	
Roasted delicata squash, whipped feta, green zhoug, harissa <i>v</i>	8.5
<i>Calories 153   Carbs 20.2g Fat 7.8g Protein 5.7g</i>	

## Mains

Red lentil dhal tadka, garam masala roasted cauliflower, cumin carrots, coconut & coriander <i>ve *gf</i>	15.25
<i>Calories 453   Carbs 59.4g Fat 20.1g Protein 11.1g</i>	
Quinoa and lentil salad with marinated kale, avocado, tahini and miso roasted sweet potato <i>ve gf</i>	15
<i>Calories 520   Carbs 43.6g Fat 29.1g Protein 24g</i>	
Dry aged rump cap steak, charred broccoli, kimchi, sesame, cucumber, radish, St. Ewe egg <i>gf</i>	24.95
<i>Calories 528   Carbs 13.7g Fat 39.3g Protein 30.3g</i>	

## Add On

Grilled chicken breast	10
<i>Calories 280   Carbs 0g Fat 10g Protein 34.3g</i>	
Tandoori spiced trout fillet	10
<i>Calories 215   Carbs 0g Fat 8.3g Protein 32.8g</i>	
Pan roasted tofu	5
<i>Calories 235   Carbs 16g Fat 16g Protein 18g</i>	

## Desserts

Vanilla parfait, fresh mango, pomegranate and basil <i>ve gf</i>	8.25
<i>Calories 208   Carbs 40.3g Fat 3.7g Protein 5.3g</i>	
Dark chocolate and chia seed pot, raw cocoa nib, banana and pumpkin seed <i>ve gf</i>	5
<i>Calories 166   Carbs 28g Fat 6.1g Protein 6.5g</i>	
Orange sorbet, fresh blood orange, Campari <i>ve gf</i>	5
<i>Calories 188   Carbs 37.8g Fat 1g Protein 1g</i>	

Fancy a fruity fizzy drink that's tasty yet oh-so healthy? Then you can't go wrong with No.1 Living Kombucha. Choose from: -

No.1 Living Ginger Kombucha  
with Turmeric £4.50

No.1 Living Raspberry Kombucha  
with Pomegranate £4.50

No.1 Living Passion Fruit Kombucha  
with Goji £4.50

Founded by English former rugby union player Jonny Wilkinson, One Living are on a mental wellbeing mission to help people Feel at One through a living diet, giving back and wellbeing support. Dairy free, gluten free, 100% vegan and contain live cultures and antioxidants for a happy, healthy gut.