

eat

A touch of Vitality in a tasting experience for £29.95pp

(tasting menu)

Mini superfood salad

Spinach, rocket, beetroot, soya beans, red onion and quinoa (S)

Smoky chicken wrap

Chipotle chicken with smashed avocado, black bean pico de gallo, shredded lettuce in a spinach wrap (G) (E)

Beetroot cured salmon

Served on crostini with lemon and dill yoghurt (F) (G) (D)

Fresh yoghurt bowl

Dried apple granola, rhubarb compote, strawberry and mint (D) (N) (G)

Carrot, ginger and supernuts cake

Topped with low-fat frosting (G) (D) (N) (E)

Matcha blondie

Rich matcha chocolate with a soft centre (D) (E) (G)

Dark chocolate and yuzu tart

Silky dark chocolate ganache with sharp yuzu on crisp pastry (G) (E) (D)

Wild Wild Zest smoothie

Spinach, pineapple, mango, apple, lemongrass with ashwagandha and lion's mane (S)

Super Latte (optional add-on)

Choice of turmeric, beetroot or matcha, served with your choice of milk (D) (N)*

Allergies & Ingredients

All of our food is made to order using the best locally sourced ingredients. Please let your server know if you have any specific dietary requirements or allergies.

(D) DAIRY

(E) CONTAINS EGG

(GF) GLUTEN FREE

(N) CONTAINS NUTS

(SF) SHELLFISH

(SE) SESAME

(V) VEGAN

(VG) VEGETARIAN