

MOCKTAILS £20 each

Dopamine Booster

Cucumber, ginger, green tea.

Bursting with antioxidants and L-theanine to naturally increase dopamine production and enhance cognitive functions

Skin & Tonic

Collagen, electrolytes, non-alcoholic gin.

Our version of a gin and tonic, bursting with collagen and electrolytes for a natural glow

Hydro Spritz

Watermelon, coconut, electrolytes.

Developed to hydrate and flush out toxins for mental and physical cellular health

BY ROSE FERGUSON

JUICES & SMOOTHIES

Summer Beetroot & Apple Juice £12 (290kcal) (ve)

Summer Carrot, Orange & Turmeric Juice £12 (320kcal) (ve)

Green Boost Juice £14 (296kcal) (ve)

Energising Berry & Avocado Boost Smoothie £18 (176kcal) (n, ve)

Chocolate & Avocado Smoothie £18 (266kcal) (n, ve)

SNACKS £4 each

Gut Health Boost Ball (63kcal) (n, v)

Chocolate & Coconut Energy Ball (68kcal) (n, ve)

Matcha Green Tea Energy Ball (66kcal) (n, ve)

Muscle Repair Ball (60kcal) (n, ve)

Longevity Boost Bar (64kcal) (n)

All prices are inclusive of VAT at the current rate. A discretionary service charge of 15% will be added to your bill. Adults need round 2000 kcal a day. Champagne and wines are served in 125ml measures. Please note vintage may vary.

(v) Suitable for vegetarians, (ve) Suitable for vegans, (n) Contains nuts. Due to the presence of allergens in our kitchen, we unfortunately cannot guarantee any menu item will be completely free from a particular allergen. For more information on allergens or dietary requirements, please speak to a member of the team.

FOOD

BREAKFAST

Organic porridge, coconut milk, blueberries, bee pollen
£18 (286kcal)

Chia seed pudding, mango, coconut, passion fruit
£17 (138kcal)

Toasted organic granola, high protein yoghurt, strawberries
£20 (375kcal)

Acai bowl, banana, blueberries and puffed buckwheat
£19 (86kcal)

Smashed avocado, feta, sun-dried tomato, on toasted sour dough
£18 (268kcal)
Add poached Burford brown eggs £10

Baked Eggs Shakshuka
Aromatic tomato sauce, bell peppers, pita
£28

Surrenne breakfast wrap; chicken, Burford brown omelette, Sheep's feta, chilli flakes, rocket
(tyrosine-amino) £26

Signature Egg white omelette, spinach, artichoke and feta
£24

Cedric Grolet's seasonal fruit plate
£26 (150kcal)

Scrambled tofu, turmeric, chilli, spinach, tomato (MCT oil)
£26 (157kcal)

ALL DAY DINING

Camargue red rice "Poké Bowl"
(Mitochondria fortifying choline oxidase activity)
£32 (757kcal/366kcal)
Add salmon £14/ Add Tofu £8

Yellow fin tuna tartar, soft tacos, kimchi, avocado, pickled turnip, sour cream
(Microbiome and metabolic health)
£22 (357kcal)

Surrenne Salad
Organic kale, roasted sweet potato, mixed quinoa, marinated cucumber) pomegranate molasses
(Nitric oxide stimulate- vascular health)
£30 (814kcal/761kcal)
Add grilled Norfolk chicken £12 / Add Tuna £14

Grilled seasonal asparagus, baby broccoli, tofu and sesame purée, pumpkin seed gremolata, toasted almonds, shaved vegan Parmesan
(Enhance well being- phenylethylamine)
£22 (367kcal)

Marinated heritage tomatoes, mint, compressed watermelon, whipped feta, black pepper, toasted pine nuts, honey and mustard dressing
(Promoting antioxidant)
£22 (427kcal)

Double cooked chicken "Bone Broth", spring vegetables, poached chicken
(Willpowders collagen)
£24 (189kcal)

Grilled salmon "Nicoise", cherry tomato, black olive, fine beans, baby potato salad, citrus -basil dressing
(Promotes longevity, metabolic, and overall health with MCT oil, includes sirtuin)
£39 (641kcal)

DRINKS

HOT DRINKS

Surrenne Artisan Tea Selection
From £8

Kiss The Hippo "Emory Blend"
Coffee your way From £8

DIRTEA Ceremonial Grade Matcha Latte £12

Liquid Gold Latte
Almond milk, turmeric, ginger, vanilla, MCT oil
Boosts metabolism, anti-inflammatory, anti-fungal
£10

Supercharged Hot Chocolate
Almond milk, DIRTEA cacao, cinnamon, Reishi, cardamon, nutmeg
Relieves stress, boosts immunity & full of antioxidants
£10

SMOOTHIES £12 each

Surrenne Sunshine
Strawberries, blueberries, oats, coconut milk, maca, collagen, your choice of protein
(298kcal)
Boosts energy pre or post workout

Surrenne Superfood
Banana, blueberries, maca, flax seeds, cinnamon, glutamine, your choice of protein
(323kcal)
Promotes a healthy gut & muscle recovery

Surrenne Spice
Banana, dates, almond milk, honey, ginger, your choice of protein (460kcal) (n)
Boosts immune system & anti-inflammatory

BOOSTERS £5 each

Daily Greens
A nourishing blend of superfood powerhouses

DIRTEA Tremella & Lions Mane
(Beauty + Brains Elixir)
Enhances focus, memory, digestion, skin

DIRTEA Cordyceps
Enhances energy, performance, endurance

DIRTEA Chaga
Enhances energy, antioxidant, immunity

WILLPOWDER Bovine Collagen
Reduces signs of ageing, aids in skin repair, supports hair and nail growth, repairs fast-growing tissue

WILLPOWDER Hydrating Electrolytes
Supports the liver's detoxification of free radicals in the body, leaving you hydrated and toxin free

WILLPOWDER MCT Oil
Increases energy, lowers cholesterol and burns fat

Your choice of protein
Whey, Vegan Pea,
WILLPOWDER chocolate or vanilla