



BY ROSE FERGUSON

Designed in partnership with leading Nutritionist and Functional Medicine Practitioner Rose Ferguson, this menu celebrates the power of whole, vibrant ingredients to optimise your health without compromise. Every dish has been crafted to be anti-inflammatory, nourishing your body while delighting your palate. This menu celebrates the power of whole, vibrant ingredients to optimise your health without compromise.



HOT DRINKS

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Surrenne Artisan Tea Selection From £8
Ethically sourced teas & herbals, hand crafted in Bristol by Canton.

Kiss The Hippo “Emory Blend” Coffee your way From £8
Responsibly sourced, carbon negative, single origin. Roasted in London by Kiss the Hippo.

DIRTEA Ceremonial Grade Matcha Latte £12

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

Ceremonial Grade Cacao by María Cacao £12
Celestial *cacao, date, almond milk*
Hot Chocolate *cacao, choice of your milk*
Maria's way *cacao, hot water, agave*

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)

JUICES

£12 each

THE BIG APPLE

Fennel, apple and cucumber

A refreshing juice to soothe the gut lining and aid digestion. (104kcal) (ve)

GREEN LIGHT

Celery, cucumber, kale and ginger

An anti-inflammatory juice to stimulate the gut and boost circulation. (59kcal) (ve)

IN THE PINK

Beetroot, ginger, carrot and turmeric

An energising and anti-inflammatory juice to help supportliver function. (102kcal) (ve)

BREAKFAST

Blueberry, kefir, chia and hemp-seed bowl £15

A nutrient-dense, protein-packed breakfast that supports energy and muscle recovery. (296kcal) (n, v)

Almond, walnut, coconut, hemp and cinnamon granola £14

A delicious blend of seeds, nuts and grains to increase energy and blood-sugar stability. (343kcal) (n, ve)

Kimchi, avocado and poached eggs £25

A microbiome-boosting dish packed with protein, live cultures and healthy fats. (443kcal) (v)

Poached eggs with avocado, spinach and rocket £21

A protein-rich dish which supports digestion, balances blood sugar and boosts energy. (366kcal) (v)

Green shakshuka with poached eggs and za'atar £22

An energising breakfast rich in antioxidants, fibre and magnesium to increase gut health. (349kcal) (v)

ALL DAY DINING

Grilled sirloin steak with a watercress salad and miso dressing £28

Protein packed and high in iron, amino acids and healthy fats. (357kcal)

Chopped chicken salad with a Dijon dressing £29

High in protein and fibre to help boost energy and stabilise blood sugar. (525kcal)

Sesame-crusted trout with buckwheat noodles and cucumber £38

Rich in omega 3 to support energy, brain health, hormones and digestion. (336kcal)

Grilled chicken breast with roasted squash and fennel salad £25

High in protein and zinc to support blood-sugar balance and gut health. (430kcal)

VEGETARIAN

Charred cauliflower steak with herb yogurt and seeded salsa verde £15

Rich in phytonutrients, fibre and zinc to support immune health. (244kcal) (ve)

Buckwheat risotto with cavolo nero and lemon cashew cream £18

Packed with prebiotic fibre and magnesium to support cardiovascular health. (393kcal) (n, ve)

Roasted aubergine with tahini, pomegranate and pistachio £18

High in polyphenol to help boost metabolic and cellular health. (270kcal) (n, ve)

BUDDHA BOWLS

Lentil, beetroot and sauerkraut £19

Rich in plant protein, fibre and microbiome-loving nutrients. (232kcal) (ve)

Quinoa, broccoli and edamame with tempeh or chicken £23

High in magnesium, amino acids and fibre to help support tissue repair. (575kcal) (ve)

Add: Chicken £12 (240kcal) , Grilled Prawns £14 (158kcal), Grilled Salmon £16 (280kcal)

BROTHS

Chicken, vegetable and ginger broth £21

A light and warming protein-rich soup that supports the gut and digestion. (293kcal)

Plant-based mineral broth £18

Rich in trace minerals to aid detoxification and anti-inflammatory pathways. (204kcal) (ve)

Mineral broth with rice noodles, tofu and spinach £19

Rich in trace minerals and umami to aid digestion. (241kcal) (ve)

SMOOTHIES

£14 each

THE ENERGISER

An energising blend of banana, maca, hemp seed, date and almond, perfect to enjoy before a workout. Feel boosted and ready to reach your goals. (161kcal) (n, ve)

THE COCO COLLAGEN

A nourishing blend of cocoa, banana, coconut, collagen and almond to help soothe and repair your muscles. The ideal post-workout pick-me-up. (183kcal) (n, ve)

THE REST AND RESTORE

A nutrient-dense blend of pineapple, kefir, ginger, flaxseed and l-glutamine, rich in fibre for a happy gut and reduced inflammation. (95kcal) (v)

SURRENNE SUNSHINE

An energy boosting blend of strawberries, blueberries, oats, coconut milk, maca, collagen, your choice of protein (298kcal)

SURRENNE SUPERFOOD

A recovery blend of banana, blueberries, maca, flax seeds, cinnamon, glutamine, your choice of protein (323kcal)

BOOSTERS

£5 each (add-on's)

DIRTEA Cordyceps

Enhances energy, performance, endurance (ve)

DIRTEA Chaga

Enhances energy, antioxidant, immunity (ve)

WILLPOWDER Bovine Collagen

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

Ancient + Brave MCT oil

Increases energy, lowers cholesterol and burns fat (n, ve)

Your choice of protein

*Organic whey – unflavoured, vanilla, chocolate or banana
Vegan Pea*

All prices are inclusive of VAT at the current rate. A discretionary service charge of 15% will be added to your bill. Adults need around 2000 kcal a day. (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.