



CORINTHIA

HOTEL
LONDON

BRAIN POWER MENU



NEUROSCIENTIST
IN RESIDENCE

BRAIN POWER MENU

The brainchild of a collaboration between Corinthia Hotel London's Neuroscientist in Residence, Dr Tara Swart, and Executive Chef, Adriano Cavagnini, this menu has been carefully curated to provide dishes that optimise mental function.

BREAKFAST

Raspberries and Organic Granola Parfait with Greek Yoghurt (G)(N)	£12
Gluten-Free Quinoa Porridge, Flax Seeds, Linseed and Coconut Water	£12

BRAIN POWER

ALL DAY MENU

STARTERS

Raw Kale Salad with Beetroot, Carrots, Quinoa, Parmesan Crisps and Raspberry Dressing (Vg)	£13
Organic Salmon with Green Mango Carpaccio, Blueberries, Toasted Almonds and Lemon Compote (N)	£15
Carrot with Turmeric Cream, Barley, Flax Seeds and Black Olives (N)	£12

MAINS

Green Tea Veal Fillet Paillard with Spinach, Puy Lentils, Cocoa and Black Pepper Sauce	£28
Walnut-Crusted Baked Mackerel with Avocado and Monkfish Liver Toast, Red Grape, Merlot Vinegar Sauce (G)	£26
Roasted Squash with Wild Rice, Steamed Asparagus and Red Pepper Oil (Vg)	£18

DESSERTS

Mango and Chia Seed Pudding with Yoghurt, Fresh Mango and Raspberries (V)	£9
Avocado Chiffon Cake with Manjari Chocolate Mousse and Cherries (V)(G)	£9
Coconut Tapioca with Papaya and Lemon Balm (Vg)	£9

(V) Vegetarian (N) May contain nuts (G) Contains gluten (Vg) Vegan

Food Allergies and Intolerances: Should you have any questions regarding the content or preparation of any of our food please ask one of our team. All prices are inclusive of 20% VAT. A 12.5% discretionary service charge will be added to your final bill.

BRAIN POWER MOCKTAILS

Serotonin Sling £9.50

Blackberries, Blueberries, Date Syrup, Coconut Water and Full Fat Dairy or Almond Milk

Mox-ytocin £9.50

Green Tea, Date Syrup, Mint Leaf, Lemon Juice and Blackberries

CAFFEINE-FREE TEAS

Fresh Infusions £6.50

A selection of fresh herbs and fruits, to be enjoyed on their own or as a combination:

Lemon / Lime / Ginger / Mint

Herbal Teas £6

Choose from three caffeine-free herbal teas:

Peppermint / Chamomile / Rooibos Chai

AND SO TO BED

Melatonic £5.50

A soporific drink of Warm Milk (Full Fat Dairy or Almond Milk), Manuka Honey and Ground Turmeric. Drink this half an hour before bed when you start to wind down. Sip slowly and enjoy...

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