

ESPA *life*
AT CORINTHIA

“Food for the body is not enough.
There must be food for the soul.”

DOROTHY DAY

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.

TRANQUIL TASTES

Raw Kale Salad, Beetroot and Carrots £13
with Quinoa, Parmesan Crisps and Raspberry Dressing (Vg)

Organic Salmon and Green Mango Carpaccio £15
with Blueberries, Toasted Almonds and Lemon Compote (N)

Carrot and Turmeric Cream £12
with Barley, Flax Seeds and Black Olives (N)

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

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

MINDFUL MAINS

Green Tea Veal Fillet Paillard £28
with Spinach, Puy Lentils, Cocoa and Black Pepper Sauce

Walnut-Crusted Baked Mackerel £26
*with Avocado and Monkfish Liver Toast, Red Grape
and Merlot Vinegar Sauce (G)*

Roasted Squash £18
with Wild Rice, Steamed Asparagus and Red Pepper Oil

SWEET DREAMS

Mango and Chia Seed Pudding £9
Yoghurt, Fresh Mango and Raspberries (V)

Avocado Chiffon Cake £9
Manjari Chocolate Mousse and Cherries (V)(G)

Coconut Tapioca £9
Papaya and Lemon Balm (Vg)

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LIQUID HEALTH

JUICES AND SHAKES

Balanced Blend £9

This superactive juice is a balanced digestive all-rounder and is a gentle way of giving your tummy a bit of a boost.

Lemon, Apple, Celery, Fennel, Mint, Cucumber, Chamomile Tea and Ginger

Simply Fresh £9

Juices or smoothies made to order with fresh fruit and vegetables.
Choose one or a combination from the selection below.

Fruit

*Orange / Apple / Kiwi / Banana / Lemon / Lime Grapefruit / Pineapple /
Papaya*

Vegetables

Carrot / Fennel / Cucumber / Celery / Spinach / Kale / Avocado

Muscle Power £12

A healthy shake to aid muscle repair.

*Coconut Milk, Ground Flaxseed, Avocado, Apple Juice, Raw Oats,
Banana, Vanilla Ultrameal Protein Powder*

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THE BRAIN POWER MOCKTAILS

Serotonin Sling	£9.50
<i>Blackberries, Blueberries, Date Syrup, Coconut Water and Full Fat Milk or Almond Milk</i>	
Mox-ytocin	£9.50
<i>Green Tea, Date Syrup, Mint Leaf, Lemon Juice and Blackberries</i>	

WATER

	330ml	750ml
Speyside Mineral Water	£3.50	£5.50
<i>Still or sparkling</i>		

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TEAS

Neuroscientist in Residence, Dr Tara Swart, recommends avoiding beverages containing caffeine after 2pm

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

Rooibos Chai £6

Rooibos Chai brings together caffeine-free redbush herbal from South Africa with sweet Indian spices of clove, cardamom, and cinnamon.

Sencha Fukujyu* £6.50

High in vitamin C, this large leaf creates a sparkling, clear liquor and is typically a delicate Japanese flavour.

Corinthia English Breakfast* £6

A rich, intense tea, malty Assam, hand-blended with a mellow Ceylon Orange Pekoe, blended with a mild Keemun, perfectly rounded.

COFFEE

Rainforest alliance certified Arabica beans – full bodied coffee with great depth and intensity.

Espresso, Ristretto, Macchiato* £4.50

Double Espresso, Cappuccino, Caffè Latte, Mocha, Americano* £6

* Contains Caffeine

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LUXURIATE

CHAMPAGNE 125ml

Laurent-Perrier, Brut, NV	£16
Laurent-Perrier, Brut Rosé, NV	£24
Laurent-Perrier, Ultra Brut, NV (<i>No added sugar</i>)	£25.50

WHITE WINE 125ml 175ml

Château Haut Terrier Blaye, Côtes de Bordeaux, Sauvignon Blanc, France 2013	£10	£14
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Prima Nature, Gérard Bertrand, Chardonnay, Pays d'Oc, France 2015 <i>Organic and sulphite-free</i>	£10.50	£14.50
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ROSÉ WINE 125ml 175ml

Château de l'Aumerade Rosé, Côtes de Provence, France, 2014	£10	£13.50
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RED WINE 125ml 175ml

Domaine les Fontanelles, Pinot Noir, Pays d'Oc, France, 2013	£8	£11
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Prima Nature, Gérard Bertrand, Syrah, Pays d'Oc, France 2015 <i>Organic and sulphite-free</i>	£10.50	£14.50
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Wines by the glass are served as 125ml or 175ml measures.

Please note that vintages may vary due to the limited production of several of our wines.

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CORINTHIA

HOTEL
LONDON