# nourished.

### LIGHT BITES

Secret Smokehouse Salmon strained yoghurt, cucumber and beldi lemon 24

Crushed Avocado and Clarence Court Poached Egg sourdough, kimchi and toasted grains (N)
25

Crispy Tofu Bites chilli, soya, spring onion (Vg) 18

Immune - Boosting Salad

kale, baby spinach, beetroot, carrot, apple, ginger, garlic, goji, clementine

(Vg)

19

(V) Vegetarian (Vg) Vegan (N) May contain nuts

### MAINS

#### Poke Bowl

sushi rice, wakame, avocado, sriracha mayo, trout roe, edamame salmon or tofu or tuna

37

Grilled Chicken Breast
rainbow vegetable "coleslaw", pak choi, sesame & soya dressing
34

Barrel Aged Risotto
mixed wild mushrooms, fine herbs, ricotta (V)
31

Roasted Tenderstem Broccoli lentil ragu, preserved lemon, almonds (Vg) (N) 28

(V) Vegetarian (Vg) Vegan (N) May contain nuts

## **SWEETS**

Pineapple Carpaccio, Lime and Mint Dressing (Vg)
22

Caribe Dark Chocolate Mousse, Caramelised Hazelnuts (N)
18

Matcha Panna Cotta, Kumquats and Honey 22

# LIQUID HEALTH

### OPTIMAL WELLBEING JUICES AND SMOOTHIES

Immune - Boosting Ginger Shot | 9 orange, lemon, qinger, turmeric, black pepper

Antioxidant Booster | 14 beetroot, grapefruit, carrot, ginger, lemon

Green Glow Juice | 12 celery, cucumber, green apple, spinach, coriander, lime juice

Feel Good Juice | 12 orange, carrot, apple, strawberry

Beet & Berry Detox Smoothie | 14 beetroot, blueberry, raspberry, red apple

Instant Pick-Me-Up Smoothie | 12 banana, peanut butter, shot of espresso, almond milk

Triple Berry Power Smoothie | 14 strawberry, blueberry, raspberry, lime, mint, coconut water

### WHEYD. PROTEIN SHAKES

#### PROTEIN POWDER AT ITS BEST

wheyd. protein empowers you to achieve your highest athletic ability one shake at a time

### Chocolate Mochaccino | 12

An indulgent shake, formulated with Chocolate Wheyd. Protein to enhance performance, build muscle, and aid recovery chocolate wheyd. protein, banana, shot of espresso, almond milk (optional), chia seeds, cinnamon

### Green & Lean | 12

With slow-release energy from carbs, protein for muscle repair and superfood nutrients this shake is the perfect way to start the day coconut water, vegan vanilla wheyd. protein, oat milk (optional), pineapple, spinach, mint

### Berry Blast | 14

A blast of anti-oxidative berries and Strawberries & Cream Wheyd. Protein to help stay lean and fuller for longer strawberries & cream wheyd. protein, coconut water, blueberry, raspberry, strawberry, peanut butter

### WATER

	330ml	750ml
Belu Still or Sparkling Water <i>Wales</i>	4.5	7
Coconut Water	6	

## TEAS & TISANES

bespoke artisan teas directly sourced from family-run farms with only genuinely natural ingredients -blended for corinthia london by canton tea

Fresh Mint	7
Fresh Ginger & Lemon	7
Jasmine Pearls	9
English Breakfast   English Breakfast Decaf   Earl Grey	8
Matcha Green Tea	9
Silver Needle White Tea	9

# COFFEE

rainforest alliance certified Arabica beans - full bodied coffee with a great depth and intensity

Espresso	6
Ristretto	6
Macchiato	6
Double Espresso	7
Americano	8
Cappuccino	8
Caffè Latte	8
Mocha	8

# CHAMPAGNE & WINE

CHAMPAGNE	Glass		Bottle
Laurent-Perrier, La Cuvée Brut, NV Laurent-Perrier, Brut Rosé, NV	24 31		119 155
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WHITE WINE	125ml	Carafe	Bottle
Sauvignon Blanc 'Meltwater' Corofin, Marlborough, New Zealand	17.5	51	75
Chablis William Fevre, Burgundy, France	20.5	60	89
ROSÉ WINE	125ml	Carafe	Bottle
Château d'Esclans,Whispering Angel Provence, France	17.5	51	90
RED WINE	125ml	Carafe	Bottle
Chianti Classico 'Brolio' Ricasoli, Tuscany, Italy	19.5	57	89
Bourgogne Rouge 'Pinot Noir' Meo-Camuzet, Burgundy, France	25.5	75	120