



This entirely plant-powered menu (VE) is free from refined sugar and low in gluten. Designed to leave your body and soul feeling nourished and revived

GRAZE & NIBBLE

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Raw cacao & tahini tart **NG***
(contains sesame)

Collagen oatmeal raisin cookie **NG***
(contains GF oats, sulphites)

Modern scones **NG*/N**
chia berry jam, coconut yoghurt
(contains nuts, sulphites)

bhuti bliss ball
(contains sulphites)

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Seasonal vegetable crudités
(contains celery)

Fresh fruit

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Fermented cashew & mushroom paté
(contains nuts, mustard, sulphites)

Dips & pickles
(contains sesame, soy, sulphites)

Low-gluten vollkorn rye seed bread

N - nuts | **V** - vegetarian | **VE** - vegan | **SF** - refined sugar free
NG* - *non gluten product, but may contain traces



Please always inform your server of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu, and we cannot guarantee the total absence of allergens. Detailed information on the fourteen legal allergens is available on request, however we are unable to provide information on other allergens. A discretionary optional service charge of 13.5% will be added to your bill



Our in-house hand blended teas,
to uplift and soothe to meet your every need

I AM LOVE

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Cacao husk
Rose petals
Rooibos
Cinnamon

I AM STILL

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Sage
Lavender
Chamomile flowers
Nettle

I AM JOY

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Lemon verbena
Lemon balm
Calendula petals
Ginger
Mint
Buchu



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