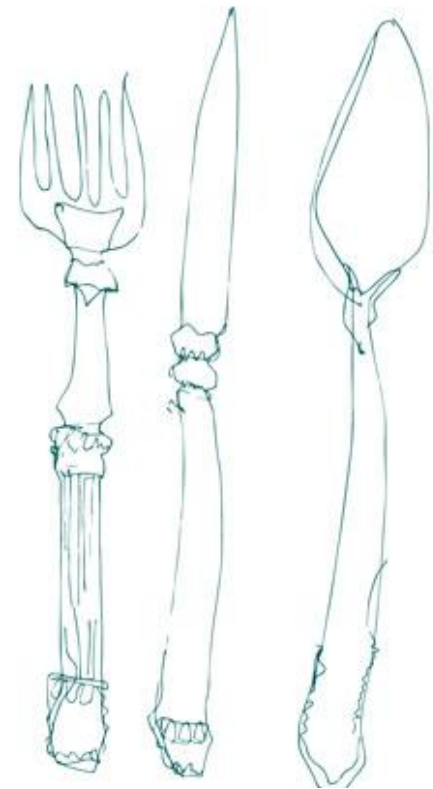


Bingham
RIVERHOUSE



NOURISH MENU

BINGHAM RIVERHOUSE
NOURISH MENU

VEGAN

MUNG BEAN NOODLES

*seaweed, shitake & reishi mushrooms
ginger tamari & garlic sauce
bok choy*

VEGETARIAN

QUINOA & LIVE PEAS

*aduki beans & lentils
coconut broth
poached egg (can be removed for vegan option)*

MEAT

OSTRICH

*redcurrant rosehip red wine sauce
black rice
tender stem broccoli*

BINGHAM RIVERHOUSE
NOURISH MENU

SMALL PLATES

ROASTED PLANTAIN & CARROT

caramelised brazil nuts, coconut syrup

BONE BROTH

astragalus, apple cider vinegar

BUTTERNUT SQUASH & PUMPKIN SOUP

sweet potato croutons

WINTER GREENS

toasted nigella seeds

SWEETS

OAT & RAISIN COLLAGEN COOKIES

ginger & cinnamon

DECONSTRUCTED 'SNICKERS' POT

manilife peanut butter

WINTER FRUIT CRUMBLE

cashew 'ice cream'

HOMEMADE 75% DARK CHOCOLATE