

THE WELLNESS EDIT

Fuel every moment with our new collection of premium food and drink options designed to complement your active lifestyle

Drinks

PERFECT MATCHA.....£6.00

Iced matcha served with your choice of syrups

Alternative milk.....£0.50

White chocolate

Vanilla

Caramel

Strawberry

COCONUT CRUSH.....£5.80

283 CALORIES

ACAI KICK.....£5.80

247 CALORIES

GREEN REVIVER.....£5.80

263 CALORIES

RASPBERRY HEAVEN.....£5.80

244 CALORIES

STRAWBERRY DELIGHT.....£5.80

238 CALORIES

BERRY BURST.....£5.80

256 CALORIES

GINGER BEETS.....£5.80

256 CALORIES

DAZZLING DRAGON.....£6.50

264 CALORIES

BLUE BLAST.....£6.50

260 CALORIES

MATCHA POWER.....£6.50

252 CALORIES

PASSION STORM.....£6.50

251 CALORIES

Breakfast

Served until 1pm

FRESH FRUIT BOWL.....£7.00

Fresh fruit salad including kiwi, raspberries, strawberries, blueberries and banana. GF, VE.

195 CALORIES | 3.8G PROTEIN

OATMEAL PORRIDGE.....£5.50

Oatmeal with oat milk served plain or with your choice of toppings. GFA, VE.

405 CALORIES | 15G PROTEIN

Peanut butter and banana 90 calories GFA,V.....£3.00

Strawberries and Nutella 115 calories GF, V.....£3.00

AVOCADO ON TOAST.....£7.50

Sliced avocado on two slices of brown toast served with fresh chillies. VE, GFA.

384 CALORIES | 13G PROTEIN

SCRAMBLED EGGS

AND SMOKED SALMON.....£13.00

Three scrambled eggs served with smoked salmon. GF.

359 CALORIES | 39G PROTEIN

THREE POACHED EGGS ON TOAST.....£7.80

Three poached eggs served on two slices of brown toast. GFA.

395 CALORIES | 24.2G PROTEIN

MATCHA PANCAKES.....£9.50

Three matcha pancakes served with honey, raspberries, strawberries and blueberries alongside a raspberry sorbet. VEA.

269 CALORIES | 25.6G PROTEIN

MEMBERS RECEIVE 10% DISCOUNT

WHEN PAYING WITH THEIR LODGEMENT CARD OR WRISTBAND

Dietary Options Available: We endeavour to cater for all allergies and dietary requirements however we cannot guarantee our dishes are 100% free of any specific allergen. Please inform your server of any dietary requirements or allergies before ordering.

Vegetarian - V, Vegan - VE, Vegan Available on Request - VEA

Gluten Free - GF, Gluten Free Available on Request - GFA

Lunch

Served from 11am

ACAI BOWL.....£12.50

Berry burst smoothie blended with a hint of natural yoghurt topped with fresh strawberries, blackberries, raspberries, kiwi and banana. Served with pistachios and granola finished with a sauce of your choice. GFA VEA

526 CALORIES | 21G PROTEIN

Nutella 108 calories GFA, VEA.....£2.00

Biscoff 116 calories GFA, VEA.....£2.00

Pistachio sauce 90 calories GFA, VEA.....£2.00

POKE BOWL.....£12.00

Steamed basmati rice topped with carrots, red onions, fine beans, spinach and radishes served with a protein of your choice: GF, VE.

278 CALORIES | 7.9G PROTEIN

Honey, soy and sesame tofu 202 calories | 25g protein GF, VE.....£4.50

Miso glazed salmon 380 calories | 46g protein.....£6.50

Teriyaki chicken 314 calories | 56g protein.....£6.50

Satay chicken 367 calories | 60g protein.....£6.50

WELLNESS RICE BOWL.....£11.50

Steamed basmati rice topped with broccoli, cauliflower, savoy cabbage and fine beans served with a protein of your choice:

270 CALORIES | 8G PROTEIN

Tofu 152 calories | 16g protein GF, VE.....£4.50

Poached salmon 280 calories | 40g protein GF.....£8.50

Grilled chicken 297 calories | 56g protein GF.....£6.50

Flat iron steak 360 calories | 45g protein GF.....£9.00

MEDITERRANEAN SALAD.....£12.00

Crisp iceberg lettuce topped with carrot, onion, peppers, olives and feta with a lemon and oregano dressing. GF, V.

424 CALORIES | 15.9G PROTEIN

PEACH AND AVOCADO SALAD.....£11.50

Roasted peaches served with fresh avocado, rocket and balsamic glaze. GF, VE.

308 CALORIES | 10.2G PROTEIN