

SPA CUISINE MENU

ANTI AGEING

AVOCADO, ORANGE AND CALENDULA SALAD,
WITH ALFALFA SPROUTS AND HEMP SEED OIL
£8.00

ANTI OXIDANT

CHILLED GRAPE AND CUCUMBER GAZPACHO,
WITH ROSEHIP OIL, ORGANIC CHINA ROSE SPROUTS AND TOASTED ALMONDS
£6.00

RADIANCE

TIAN OF DEVONSHIRE CRAB, PICKLED GINGER, SPIRULINA, SEAWEED SALAD,
SPICY SIRACHA DRESSING
£13.00

PURIFYING

TROPICAL FRUIT SALAD, CHAMOMILE PANNA COTTA, BIO YOGHURT & LEMONGRASS
SORBET, BEE POLLEN, NONI FRUIT COULIS
£8.00

DETOXIFYING

MUNG BEAN, WATERCRESS AND SPROUTING BROCCOLI CASSEROLE,
STEAMED BROWN RICE
£10.00

UPLIFTING

TUNA TARTARE WITH COCONUT, PEANUT PICKLED MUSTARD,
PINEAPPLE AND MINT PICKLT, SOY AND LIME VINAIGRETTE
£13.00

RESTORATIVE

PALLIARD OF GRILLED TURKEY WITH GINGER AND GARLIC,
NUTMEG ROASTED BUTTERNUT SQUASH, QUINOA, BABY WATERCRESS, LEMON
£12.50

BOOSTING POST WORKOUT

SALAD OF STEAMED TURKEY, MUNG BEAN SPROUTS, SWEET POTATO & WILD RICE,
CHILLI AND SOY DRESSING
£8.00

LIGHT SNACKS & BESPOKE BLENDS

STEAMED EDAMAME BEANS, TOGARASHI SEASONING
£6.00

PURPLE SPROUTING BROCOLI, ADZUKI BEAN, CHICKPEA AND SESAME HUMMUS
£6.00

AGUA ORGANIC BALANCE BLEND

DRIED PEACHES, PEARS, FIGS, APRICOTS, PRUNES, APPLE
£6.00

AGUA SUPER GOJI BLEND

GOJI BERRIES, RAW PISTACHIOS, ALMONDS, SULTANAS, BLUEBERRIES, MORELLO CHERRIES, CASHEWS
£6.00

AGUA DETOX BLEND

RED SKIN PEANUTS, PISTACHIOS, CASHEWS, ALMONDS, CRANBERRIES, HEMP, FLAX AND PUMPKIN SEEDS
£6.00

BEAUTY JUICES

SUPERFOOD SMOOTHIE

COCONUT, COCONUT OIL, VITAL GREENS, HEMP SEEDS, DRIED FIGS
£12.00

JETLAG RESCUE SMOOTHIE

SUPERFOOD, ORANGE JUICE, HEMP SEEDS, STABILIZED OXYGEN, VIT C POWDER
£14.00

BEAUTY JUICE

LETTUCE, CUCUMBER, APPLE, FLAXSEED OIL, AVOCADO OIL
EVENING PRIMROSE OIL, PUMPKIN SEED OIL
£8.00

CELLULITE REDUCTION COCKTAIL

PINK GRAPEFRUIT, ORANGE, DANDELION, BURDOCK, LEMON, PINEAPPLE
£6.00

AVOCADO & PAPAYA SMOOTHIE

PAPAYA, AVOCADO, SUPERFOOD, MANGO
£13.50

GANIC WATER

Ganic water is pure spring water from Norway enhanced with a touch of natural extracts and aromas.
No sugars, no sweeteners, no calories – Ganic water contains no artificial ingredients or preservatives.

CITRIC LEMONGRASS £3.50

AMERICAN JASMINE £3.50

CRANBERRY PEARL £3.50

STRAWBERRY SLIM £3.50

GLOJI JUICES

Gloji is manufactured in the arid plains of the high Tibetan Plateau, where premium organic goji berries are grown.
Gloji, good for the body, perfect for the soul, it's the juice that makes you glow.

GOJI BERRY AND SEABERRY JUICE £8.50

GOJI AND POMMEGRANATE JUICE £8.50

GOJI BEERY AND LYCHEE JUICE £8.50

PURELOSOPHY – WELLNESS FROM SWITZERLAND

Restore, unwind or recharge with the Purelosophy lifestyle functional drinks range that are primarily designed to address
the lifestyle needs of sophisticated, discerning business and leisure travelers

RELAX

LEMON BALM, LAVENDER, CAMOMILE, PEPPERMINT, HOPS
£6.50

DETOX

ALOE VERA, ARTICHOKE, CUCURMA, DANDELION, FENNEL & NETTLE
£6.50

POWER

GUARANA, COLA NUT, GINSING, GREEN TEA, YERBA MATE
£6.50

NEAL'S YARD REMEDIES TEAS

BEAUTIFUL SKIN TEA
£4.00

DANDELION AND RED CLOVER TEA
£4.00

ELDERFLOWER AND PEPPERMINT TEA
£4.00

EYE BRIGHT AND NETTLE TEA
£4.00

LEMON BALM AND ROSE TEA
£4.00

PASSIFLORA AND CHAMOMILE TEA
£4.00

LADY'S MANTLE & RASPBERRY TEA
£4.00