

LUNCH BOWLS

our bowls are built for easy, feel-good lunches - balanced, vibrant, wholesome and full of flavour. Each bowl layers the best of British seasonal fruits, vegetables & proteins served over hearty mixed grains, creating a balanced plate that's nourishing, satisfying & made for clean eating. Fresh & colourful and made to be enjoyed any day of the week

SMOKED SALMON edamame beans, sesame greens, avocado, cucumber & mint salad, radish, mixed grains, beetroot hummus, roasted lemon **19.5**

LAMB KOFTA cucumber & mint salad, whipped feta, sesame greens, spiced chickpeas, kimchi, mixed grains **17.5**

HARISSA CHICKEN sweet potato, sesame greens, tenderstem broccoli, kimchi, mixed grains **18**

SESAME SEARED RUMP STEAK (NG) spinach, kimchi, sesame greens, edamame beans, tenderstem broccoli, St Ewe's egg, mixed grains **22.5**

TAHINI ROASTED SWEET POTATO (V) (NG) whipped feta, tenderstem broccoli, kimchi, sesame greens, courgette & watercress salad, mixed grains **15.5** *swap to plant-based burrata*

ADD steak **9** smoked salmon **7** lamb kofta **6** soft-boiled egg **2.5** chicken **5** edamame **2** trout **7**

JUICES

we have a range of juices to meet your needs, whether you are looking for a smoothie packed with whole fruits & vegetables, or a pick-me-up of magnesium from one of our mindful blends.

RISE & SHINE JUICE **6.2**
seasonal apple, carrot, ginger, turmeric, lemon

FOREST BERRIES JUICE **6.2**
apple, pomegranate, grape, blueberry, strawberry, raspberry

FIELD OF GREEN JUICE **6.2**
apple, cucumber, pear, avocado, rocket, spinach, mint

TRIP PEACH & GINGER CBD DRINK **5.7**
sweet peach, fiery ginger, ginseng, turmeric, chamomile, 15mg CBD

TRIP BLOOD ORANGE MINDFUL BLEND **5.7**
lightly sparkling blood orange, 100mg Lion's Mane with 120mg of magnesium

VEGETARIAN (V) PLANT-BASED (PB) CONTAINS NUTS (N)
NON-GLUTEN OR CAN BE MADE NON-GLUTEN (NG)

Please tell your server if you have any allergies. Our dishes are made here and may contain trace ingredients, scan the QR code for our allergy matrix and calorie information. A discretionary service charge of 12.5% will be added to your bill.

