

SOUPS

Curry Carrot Soup, 9

Sourdough, butter (G, D, V)

569 kcal

NIBBLES & SHARING

Stuffed Baby Peppers, 9

Cream cheese (D, V)

218 kcal

Tomato & Smoked Paprika Picos, 4

185 kcal (G, VG)

Chilli Marinated Green Olives, 4

190 kcal (VG)

Gardener's Plate, 8

Heritage carrots, cucumber, celery, red peppers,

beetroot hummus (VG)

216 kcal

Cheese & Charcuterie Plate, 12

Selection of cured meats & Scottish cheese,

tomato chutney, grapes, grissini (G, D)

772 kcal

SALADS

Avocado & Kale Super Salad, 12

Sweet potato, cherry tomatoes, pumpkin seeds (V)

242 kcal

Wedge Salad, 14

Bacon crumb, blue cheese dressing, pecans (G, D, S, N)

575 kcal

Red Quinoa & Beetroot Salad, 12

Radicchio, pomegranate, walnuts (N, V)

590 kcal

Add breast of chicken, 7.50

280 kcal

Add prawns, 7.50 (S)

120 kcal

Add hot-smoked salmon, 7.50 (S)

160 kcal

Chargrilled Chicken Caesar Salad, 16

Aged parmesan, sourdough croutons (G, S, D)

450 kcal

Crispy Duck Salad, 17

Asian slaw, pickled watermelon, cashew nuts (G, N)

740 kcal

RAMEN

Breast of Chicken Ramen, 20

Pak choi, Shimeji mushrooms (G, D)

592 kcal

SANDWICHES

CHOICE OF SOURDOUGH, TORTILLA WRAP OR RYE BREAD,
ALL SERVED WITH SALAD

Scottish Smoked Salmon, 16.50

Samphire, avocado, caviar (G, S)

Sourdough 559 kcal, rye bread 565 kcal, tortilla wrap 382 kcal

Add a poached egg 70 kcal, 5

Confit Chicken, 16.50

Pico de gallo, pineapple (G)

Sourdough 915 kcal, rye bread 901 kcal, tortilla wrap 742 kcal

Sundried Tomato & Burrata, 14

Red pesto, basil (G, D, V)

Sourdough 644 kcal, rye bread 621 kcal, tortilla wrap 491 kcal

SMOOTHIES & JUICES

Berry & Beet Smoothie, 8

172 kcal (VG)

Spinach & Blueberry Smoothie, 8

55 kcal (VG)

Gut Health Green Juice, 7

Granny Smith apple, celery, ginger, mint

207 kcal (VG)

Pear & Ginger Detox Juice, 7

168 kcal (VG)

SOMETHING SWEET

Kefir & Matcha Panna Cotta, 9

407 kcal (D, V, N)

Berry Chia Pudding, 9

Raspberries, blackberries (VG)

415 kcal

Sticky Toffee Pudding, 7

Rich butter toffee sauce, double vanilla ice cream (D, V, G)

889 kcal

G – Contains Gluten | S – Seafood | D – Contains Dairy

VG – Vegan | V – Vegetarian | N – Contains Nuts

PREPARED IN A KITCHEN WHERE ALLERGENS MAY BE PRESENT.
PLEASE INFORM YOUR SERVER IF YOU HAVE ANY DIETARY REQUIREMENTS.
PRICES ARE IN POUNDS STERLING.

TEA

FOR INFLAMMATION

Lemongrass & Ginger, 6.50

Thailand, Nigeria - citrus, ginger, cut grass

FOR SKIN

Jasmine Silver Needle, 6.50

Yinpan Garden, Yunnan, China - jasmine, honeydew, vanilla

FOR IMMUNITY

Blackcurrant & Hibiscus, 6.50

Hungary, Nigeria - hibiscus, elderberry

FOR DIGESTION

Whole Peppermint, 6.50

Bavaria, Germany - intense, cool, refreshing

FOR RELAXATION

Whole Chamomile, 6.50

Slavonia, Croatia - hay, honey, apple

FOR DETOX

Jade Sword, 6.50

Jingshan Garden, China - floral, edamame, cut grass

FOR ENERGY

Matcha, 6.50

Kirishima, Chuou Garden, Japan - grassy, umami, creamy