



HEALTH SHOTS

Ginger Shot 5 ✓
neat ginger

Fat Burner 5
matcha, mct, honey, yerba mate, lime,
chilli

Digestive Balance 5
apple cider vinegar, ginger, papaya

Immune Boost 5
medicinal mushrooms, manuka honey, mango,
camu camu, glutamine

Turmeric Plus 5 ✓
turmeric, ginger, sweet potato, black pepper

JUICES

Boost 8.5 / 10 ✓
carrot, apple, beetroot, spinach

Good Day 8.5 / 10 ✓
apple, carrot, ginger, orange

Kale G 8.5 / 10 ✓
kale, apple, cucumber, celery, asparagus, mint, lemon

Green B 8.5 / 10 ✓
cucumber, spinach, watercress, celery, grapes, apple,
progreens powder

Coconut Water 15 ✓
unpasteurised juice & meat

The Sirtfood Shake 12 ✓
kale, celery, parsley, rocket, matcha, ginger, lemon

the breakthrough KX sirtfood detox juice, providing a potent hit of plant sirtfoods which turns on cell recycling and cleaning in our bodies to revitalise, improve health and stimulate fat burning

SMOOTHIES

Cherry Bomb 9.5 / 11 N ✓
cherries, unsweetened almond milk, peanut butter, quinoa, agave
syrup, hazelnuts, vegan protein

Berry Light 8.5 / 10 ✓
blueberries, cranberries, strawberries, blackberries, raspberries,
flaxseed

Refuel Recovery 9.5 / 11 N ✓
almond milk, glutamine, banana, acai, vegan protein

SBC 8.5 / 10 N ✓
coconut milk, banana, blueberries, avocado, chia seeds, green tea,
progreens powder, vegan protein

Superhero 8.5 / 10 N ✓
banana, peanut butter, coconut milk, rice milk, flaxseed,
gluten-free oats, vegan protein

Coconut Plus 11 ✓
coconut, rice milk, blueberries, vegan protein

PRE & POST WORKOUT

A Bespoke Workout Protein Shake
your choice of flavour: vanilla, chocolate, coffee or raspberry

Pre Workout 6
30gr pure whey or vegan protein, water

Post Workout 9
30gr pure whey or vegan protein, almond, oat or coconut
milk

Additional Extras:

Whey Protein 10gr 2.5
Plant Protein 10gr 2.5
Glutamine 5gr 2.5
Immunocal Whey Protein 10gr 12

BCAA 10gr 3
Creatine 5gr 4
Collagen with Vitamin C 15gr 3.5
Medium Chain Triglycerides (MCTs) 10gr 2.5

HEALTH & ENRICHMENT

**Collagen Glow
by Lady Garden 14 N**
collagen with vitamin c, moringa powder,
mixed berries, dates, kiwi, maca powder,
almond milk

*may counteract skin ageing, loss of bone density
& joint pain*

Kefir GI 14 D N
kefir, banana, pistachio, chia seeds, organic
oat milk, cacao powder

*research suggests ingredients help support a
healthy gut & microbiome*

Regenerate 14 N
collagen with vitamin c, turmeric, ginger, tart
cherry powder, glutamine, walnuts, banana,
pineapple

*potential benefits may include improved muscle &
injury recovery, as well as reduced inflammation*

A £1 donation to the Lady Garden Foundation will be made on the purchase of the Collagen Glow smoothie

✓ Vegan Friendly | **D**: Dairy Products | **N**: Nuts & seeds | **G**: Gluten
Please ensure to advise your waiter of any allergies when ordering.
VAT is included on all menu items. A discretionary service charge of 15% will be applied to your bill, for which we thank you.