



## 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 N** ✓  
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 N** ✓  
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**  
**Immucol 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

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

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

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

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

*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.