

# 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 **18.5**

**LAMB KOFTA** cucumber & mint salad, whipped feta, sesame greens, spiced chickpeas, pickles, mixed grains **14.5**

**HARISSA CHICKEN** sweet potato, sesame greens, sprouting broccoli, spring pickles, mixed grains **17**

**SESAME SEARED STEAK** spinach, kimchi, tahini kale, edamame beans, sprouting broccoli, St Ewe's egg, mixed grains **22.5**

**TAHINI ROASTED SWEET POTATO** (V) whipped feta, sprouting broccoli, sesame greens, courgette & watercress salad, mixed grains **14**

## FUNCTIONAL DRINKS

*we have a range of functional drinks 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** **6.1**  
seasonal apple, carrot, ginger, turmeric, lemon

**FOREST BERRIES JUICE** **6.1**  
apple, pomegranate, grape, blueberry, strawberry, raspberry

**FIELD OF GREEN JUICE** **6.1**  
apple, cucumber, pear, avocado, rocket, spinach, mint

**TRIP PEACH & GINGER CBD DRINK** **5.6**  
sweet peach, fiery ginger, ginseng, turmeric, chamomile, 15mg CBD

**TRIP BLOOD ORANGE MINDFUL BLEND** **5.6**  
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, snap the QR code for allergy matrix and calorie information. A discretionary service charge of 12.5% will be added to your bill.

