

SURRENNE

Designed in partnership with leading nutritionist and functional medicine practitioner, Rose Ferguson, this menu celebrates the power of whole, vibrant ingredients to optimise your health without compromise. Every dish has been crafted to nourish your body while delighting your palate.

JUICES & SMOOTHIES

	£	Kcal
THE BIG APPLE (v) fennel, apple & cucumber a refreshing juice to sooth the gut lining and aid digestion	14	59
GREEN LIGHT (v) celery, cucumber, kale and ginger an anti-inflammatory juice to stimulate gut and boost circulation	14	59
IN THE PINK (v) beetroot, ginger, carrot and turmeric an energising and anti-inflammatory juice to help support liver function	14	102
THE ENERGISER (v) an energising blend of banana, maca, hemp seed, date and almond	16	161
THE REST AND RESTORE (v) a nutrient-dense blend of pineapple, kefir, ginger, flaxseed and l-glutamine	16	95

BREAKFAST

CINNAMON GRANOLA (v) almond, walnut, coconut and hemp a delicious blend of seeds, nuts and grains to increase energy	25	343
AVOCADO AND SPINACH (v) poached eggs, rocket a protein-rich dish which supports digestion, balances blood sugar	35	366

ALL DAY DINING

MINERAL BROTH (v) with rice noodles, tofu and spinach rich in trace minerals and umami to aid digestion	16	95
CHARRED CAULIFLOWER STEAK (v) herb yoghurt, seeded salsa verde rich in phytonutrients, fibre and zinc to support immune health	16	95
BUDDHA BOWL quinoa, broccoli and edamame with tempeh or chicken high in magnesium, amino acids and fibre to help support tissue repair	16	95
GRILLED CHICKEN BREAST fennel salad and roasted squash high in protein and zinc to support blood-sugar and gut health	16	95