



# SURRENNE

BY ROSE FERGUSON

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

£12 each

## THE BIG APPLE

*Fennel, apple and cucumber. (104kcal) (ve)*

## GREEN LIGHT

*Celery, cucumber, kale and ginger. (59kcal) (ve)*

## IN THE PINK

*Beetroot, ginger, carrot and turmeric. 102kcal) (ve)*

# SMOOTHIES

£14 each

## THE ENERGISER

*Banana, maca, hemp seed, date and almond. Perfect before a workout. (161kcal) (n, ve)*

## THE COCO COLLAGEN

*Cocoa, banana, coconut, collagen and almond. Perfect post-workout. (183kcal) (n, ve)*

## THE REST AND RESTORE

*Pineapple, kefir, ginger, flaxseed and l-glutamine. (95kcal) (v)*

## SURRENNE SUNSHINE

*Strawberries, blueberries, oats, coconut milk, maca, collagen, with your choice of protein. (298kcal)*

## SURRENNE SUPERFOOD

*Banana, blueberries, maca, flax seeds, cinnamon, glutamine, with your choice of protein. (323kcal)*

# BOOSTERS

£5 each

## DIRTEA Cordyceps

*A functional mushroom blend. (ve)*

## DIRTEA Chaga

*A functional mushroom blend. (ve)*

## WillPowders Bovine Collagen

## Ancient + Brave MCT oil

*MCT oil derived from coconut. (n, ve)*

## Your choice of protein

*Organic whey – unflavoured, vanilla, chocolate or banana, vegan pea.*

# BREAKFAST

## Blueberry, kefir, chia and hemp-seed bowl £15

*A nutrient-dense, protein-packed breakfast. (296kcal) (n, v)*

## Almond, walnut, coconut, hemp and cinnamon granola £14

*A delicious blend of seeds, nuts and grains. (343kcal) (n, ve)*

## Kimchi, avocado and poached eggs £25

*Packed with protein, live cultures and healthy fats. (443kcal) (v)*

## Poached eggs with avocado, spinach and rocket £21

*A protein-rich dish. (366kcal) (v)*

## Green shakshuka with poached eggs and za'atar £22

*Rich in antioxidants, fibre and magnesium. (349kcal) (v)*

# SNACKS

£4 each

## Gut & Fibre Ball

*Almonds, walnuts, desiccated coconut, flaxseeds, banana chips, cocoa nibs, honey and coconut yoghurt. (63kcal) (n, v)*

## Chocolate & Coconut Ball

*Dates, shredded coconut, raw almonds, cocoa powder, coconut oil. (68kcal) (n, ve)*

## Matcha Green Tea Ball

*Raw cashew nuts, shredded coconut honey, matcha green tea powder. (66kcal) (n, ve)*

## Protein Ball

*Rolled oats, Vegan protein powder, cocoa powder, almond milk, vanilla extract. (60kcal) (n, ve)*

## Seed & Nut Bar

*Almonds, walnuts, cashews, rolled oats, flaxseeds, dried gojiberries, cocoa nibs, shredded coconut, turmeric, black pepper, cinnamon, honey and vanilla extract. (64kcal) (n)*

# ALL DAY DINING

Grilled sirloin steak with a watercress salad and miso dressing £28  
*Protein packed and high in iron, amino acids and healthy fats. (357kcal)*

Chopped chicken salad with a Dijon dressing £29  
*High in protein and fibre. (525kcal)*

Sesame-cruste trout with buckwheat noodles and cucumber £38  
*Rich in omega 3. (336kcal)*

Grilled chicken breast with roasted squash and fennel salad £25  
*High in protein and zinc. (430kcal)*

## VEGETARIAN

Charred cauliflower steak with herb yogurt and seeded salsa verde £15  
*Rich in phytonutrients, fibre and zinc. (244kcal) (ve)*

Buckwheat risotto with cavolo nero and lemon cashew cream £18  
*Packed with prebiotic fibre and magnesium. (393kcal) (n, ve)*

Roasted aubergine with tahini, pomegranate and pistachio £18  
*High in polyphenol. (270kcal) (n, ve)*

## BUDDHA BOWLS

Lentil, beetroot and sauerkraut £19  
*Rich in plant protein, fibre and microbiome-loving nutrients. (232kcal) (ve)*

Quinoa, broccoli and edamame with tempeh or chicken £23  
*High in magnesium, amino acids and fibre. (575kcal) (ve)*

*Add: Chicken £12 (240kcal) , Grilled Prawns £14 (158kcal), Grilled Salmon £16 (280kcal)*

## BROTHS

Chicken, vegetable and ginger broth £21  
*A light and warming protein-rich soup. (293kcal)*

Plant-based mineral broth £18  
*Rich in trace minerals. (204kcal) (ve)*

Mineral broth with rice noodles, tofu and spinach £19  
*Rich in trace minerals and umami. (241kcal) (ve)*

# HOT DRINKS

Surrenne Artisan Tea Selection From £8

*Ethically sourced teas & herbals, handcrafted in Bristol by Canton.*

Kiss The Hippo “Emory Blend” Coffee your way From £8

*Responsibly sourced, carbon negative, single origin. Roasted in London by Kiss the Hippo.*

DIRTEA Ceremonial Grade Matcha Latte £12

Liquid Gold Latte £10

Almond milk, turmeric, ginger, vanilla, MCT oil (n)

Ceremonial Grade Cacao by María Cacao £12

Celestial: Cacao, date, almond milk (n)

Traditional Cacao: Cacao, choice of your milk

María's way: Cacao, hot water, agave

All prices are inclusive of VAT at the current rate. A discretionary service charge of 15% will be added to your bill. Adults need around 2000 kcal a day. (v) Suitable for vegetarians, (ve) Suitable for vegans, (n) Contains nuts. Due to the presence of allergens in our kitchen, we unfortunately cannot guarantee any menu item will be completely free from a particular allergen. For more information on allergens or dietary requirements, please speak to a member of the team.