



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, cucumber, lime and fresh parsley. (104kcal) (ve)

GREEN LIGHT

Celery, cucumber, kale, lemon, mint, cayenne pepper and ginger. (59kcal) (ve)

IN THE PINK

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

SMOOTHIES

£14 each

THE ENERGISER

Banana, oats, maca, hemp seed, date, beetroot and almond milk. (161kcal) (n, ve)

THE COCO COLLAGEN

Cocoa, banana, chia seeds, collagen, almond butter and coconut water. (183kcal) (n, ve)

THE REST AND RESTORE

Pineapple, kefir, ginger, flaxseed, L-glutamine and level 1 alkaline water. (95kcal) (v)

SURRENNE SUNSHINE

Strawberries, blueberries, oats, maca, collagen, vanilla protein and coconut milk. (298kcal)

SURRENNE SUPERFOOD

Banana, blueberries, maca, flaxseeds, cinnamon, L-glutamine, banana protein and coconut milk. (323kcal)

ADD-ONS

£5 each

DIRTEA Boosters selection

Cordyceps
Chaga
Lion's Mane
Tremella
Reishi

Ancient + Brave selection

True Collagen
MCT Oil
True Creatine

Your choice of protein

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

BREAKFAST

Blueberry, kefir, almond butter, chia and hemp-seed bowl £15

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

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

Served with your choice of milk, kefir or yogurt

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

Kimchi, avocado and Cacklebean poached eggs £25

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

Poached Cacklebean eggs with avocado, spinach and rocket £21

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

Green shakshuka with courgette, kale, Cacklebean baked eggs and za'atar £22

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

SNACKS

£4 each

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 an avocado, watercress salad and miso dressing £28
Protein packed and high in iron, amino acids and healthy fats. (357kcal)

Chopped salad combining chicken, red pepper, cabbage and romaine lettuce with a Dijon dressing £29
High in protein, zinc and rich in fibre. (525kcal)

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

Grilled chicken breast with roasted squash and fennel salad £25
High in protein, prebiotic fibre 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, peas, pumpkin seeds, sauerkraut and tahini dressing £19
Rich in plant protein, fibre and microbiome-loving nutrients. (232kcal) (ve)

Quinoa, broccoli, edamame, avocado, baby spinach and tahini dressing £19
High in magnesium, amino acids and fibre. (575kcal) (ve)

*Add: Chicken £12 (240kcal) , Grilled Prawns £14 (158kcal),
Grilled Salmon £16 (280kcal), Tempeh £12 (220kcal)*

BROTHS

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

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

HOT DRINKS

Surrenne Artisan Tea Selection From £8

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

English Breakfast

Earl Grey

Jade Tips Green

Moroccan Mint

Jasmine Silver Needle

Botanical Calm

Emory Blend

Surrenne Bespoke Herbal Infusions From £8

Energy: rooibos, ginger, turmeric, rose

Serenity: lemon myrtle, orange, hibiscus, chamomile, rosemary, lavender

Clarity: green rooibos, peppermint, ginger, lemongrass, basil, lemon myrtle

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

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

Ceremonial Grade Matcha, Kyoto Prefecture, Japan £12

DIRTEA Matcha Mushroom Super Blend £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.