

All Day Menu

Served From 11.30

STARTERS

Chicken Broth GF DF SF LC £9.00

with Poached Chicken and Julienne Vegetables
Full of amino acids.

Vegan Sushi GF DF SF LC Vegan £10.00

Nori, Quinoa, Avocado and Kimchi filling served with
Tamari and Rice Vinegar Sauce

Sushi is a good source of iodine

Soup of the Day: Please ask a member of staff

MAINS

Pan-fried Mackerel with Roasted Fennel GF DF SF LC £17.50

Served with Cauliflower Pilau Rice or Green Vegetables
Mackerel is a source of omega 3, protein, B vitamins and Selenium

Cottage Pie with Cauliflower and Carrot Mash GF LC SF £18.00

Filled with Pasture Grazed Beef and topped
with melted Red Leicester

Beef is a rich source of protein vitamin B12, zinc, and iron

Vegan Korma Curry GF DF £17.00 Add Prawns £5.00

Mild Curry with Chickpeas, Roasted Peppers, and Spinach
in a Coconut Sauce. Served with Cauliflower Pilau Rice

This dish provides fibre, iron, calcium, magnesium

Ahi Tuna Poke Bowl GF DF LC £18.50

Slices of Tuna Marinated in Tamari Sauce and Sesame oil
with Seaweed Salad and Kimchi. Served with Wholemeal
Rice, Quinoa or Courgette Noodles Add Avocado £3.50

Tuna provides protein and omega-3 fatty acids. Seaweed contains
iodine, iron, and calcium. The kimchi is full of natural probiotics

Salmon Poke Bowl GF DF LC £18.50

Slices of Salmon (Raw or Roasted) Marinated in Tamari
Sauce and Sesame oil with Seaweed Salad and Kimchi.
Served with Wholemeal Rice, Quinoa or Courgette Noodles

Add Avocado £3.50

Salmon provides protein and omega-3 fatty acids. Seaweed contains
iodine, iron, and calcium. The kimchi provides probiotics

SALADS

Tabbouleh GF DF SF Vegan

Red Quinoa Tabbouleh in a Lemony, Fresh Herb Salad and
Sautéed Aubergine, Red Peppers and Caramelized Onion
This dish is rich in antioxidants, minerals and packed with vitamin K

Vegan Ceasar GF DF SF Vegan

Served with Chickpea Croutons, Tempeh
and a Cashew Nut Dressing

Tempeh is a source of protein, mineral, and magnesium.

Kale Salad GF DF SF Vegan

Carrots, Red Cabbage, Avocado, Radish and
Coriander with Lime Sesame Soy Chilli Dressing

Kale is rich in fibre and vitamins. Add Tuna for £6.00

Beetroot, Feta and Figs GF Vegetarian

Roasted Beetroots, Walnuts, Mixed Leaves
and Balsamic Reduction

Feta provides B vitamins, phosphorus and calcium

Green Autumn Vegan

Roast Butternut, Barley, Baby Spinach, Dried Cranberries,
Green Beans and Herb Oil Dressing

A source of vitamins K and C. Add Goat's Cheese for £3.00

Seaweed Salad GF DF

Carrots, Pickled Daikon, Edamame, Seaweed
Pickled Cucumbers, Miso dressing

Better when combine with our Prawn Gambas al Ajillo

Small Salad £8.00 - Large £13.00 - Combination of 2 £15.00

BOOSTERS

Teriyaki or Plain Roasted Organic Salmon DF LC £12.00

Salmon provides protein and omega-3 fatty acids

Teriyaki, Miso or Plain Free Range Chicken DF LC £10.50

Chicken is high in protein and vitamins as well as zinc and iron

Gambas al Ajillo GF DF SF LC £10.00

Prawns cooked in a Garlic Olive Oil

Prawns are a source of B vitamins and all nine amino acids

Please inform your server if you have any food allergies or special
dietary restrictions. Our food is prepared in an environment where
nuts are handled and there may be contamination in dishes that do
not contain nuts. A discretionary 12.5% service charge
will be added to your bill.



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SIDE DISHES

Sweet Potato and Paprika Chips GF DF Vegan £6.50

Fermented Vegetables GF DF SF LC Vegan £5.50
A Trio of Krauts and Gherkins: Kimchi, Sauerkraut with Garlic and Dill
and a Red Sauerkraut with Beetroot, full of probiotics

Spiced Cauliflower GF DF LC Vegan £6.00
with Goji Berries and Tahini Dressing

Avocado with Lemon and Chili GF DF SF LC Vegan £3.50

Seasonal Green Vegetables GF DF SF LC Vegan £6.50

Green Mix Salad GF DF SF LC Vegan £6.50

DESSERT BAR

Please ask a member of staff for today's
selection of healthy Cakes

Coconut and Vanilla Panna Cotta DF GF £8.00

Served with Seared Plums

Coconut provides vitamins C, E, B1, B3, B5, and B6 and minerals
and medium chain triglycerides a great source of fuel

Cacao and Avocado Mousse GF DF £7.00

ADD ON: MAKE YOU MEAL EXTRA TASTY AND COLOURFUL

Add any of the following for £1.50

House Mayonnaise, Sour Cream,

Guacamole or Hummus

Please note these options are GF SF and LC

Some of our dishes can be made to suit your
dietary requirement. Please ask a member of staff.

OPTIONS AVAILABLE

DF Dairy Free · GF Gluten Free

SF Sugar Free · LC Low Carbs

Grace
Belgravia

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