

Welcome to the Sequoia Juice Bar where homeopathic and holistic healing principles are at the heart of our exquisite Tisanes

HERBAL INFUSIONS

£5.50

Beautiful Skin - *elderflower and marigold*

A lovely tasting infusion which can help promote healthy and clear skin

Stress Tea - *lemon balm and skullcap*

A light herbal infusion, which is believed to nourish, support, tone, and strengthen the whole nervous system.

Happiness Tea - *lemon, fennel and rose*

A delightfully tasty and uplifting infusion which helps to clear the senses and revitalise the spirit.

FRUIT INFUSIONS

£5.50

Rooibos Orange and Cactus Fig

A very popular rooibos blend, packed with fascinating ingredients such as papaya, liquorice and orange.

Very Berry Tea

Truly delicious and refreshing fruit infusion which contains varieties of dried fruit for all berry lovers

(V) vegetarian, (Ve) vegan, (Ce) celery, (D) dairy, (E) egg (F) fish, (G) gluten, (Ge) gelatine, (GR) gluten rye, (GW) gluten wheat, (Mu) mustard, (N) nuts, (P) peanuts, (SD) sulphur dioxide, (Se) sesame, (So) soya

If you have a food allergy or special dietary requirement please inform a member of the hospitality team prior to ordering

FOOD

SOUPS

Home-made soups served with bread rolls (GW, N)

Leek and potato soup (D,V) £9.00

Curried carrot and coriander soup (Ve) £9.00

Butternut squash soup (D, V) £9.00

SALADS

Roasted vegetable salad with a smoked aubergine puree, pine nuts served with a lime and coriander dressing (GW, N, SD, Se, Ve) £14.00

Spiced lentil, sweet potato and cauliflower salad with a coconut and mint yoghurt (So, Ve) £14.00

Tomato salad with a truffled goat cheese curd, pine nuts and olive tapenade (D, N, V) £15.00

Grove Caesar salad of gem lettuce, egg, anchovies, croutons and parmesan shavings served with either grilled chicken or roasted smoked salmon (D, E, F, GW, Mu, SD) £15.00

Seared mackerel, celeriac remoulade served with a pickled apple and beetroot salad (Ce, E, F, GW, Mu, SD) £15.00

Parma ham and melon, orange infused fennel served with a chive and walnut dressing (N, SD) £15.00

Tabbouleh, marinated feta, kale and chickpea salad with a cranberry dressing (D, GW, SD, V) £15.00

SANDWICHES

Chicken and bacon wrap with mayonnaise (E, GW) £10.50

Falafel, hummus and sundried tomato wrap (GW, Se, Ve) £10.50

Grilled haloumi with sundried tomato, onion and pesto in ciabatta (D, GW, GR, V) £11.50

Smoked salmon and cream cheese on multi-grain bagel (D, F, GW, SD, Se, So) £11.50

Poached egg and avocado on grilled sour dough bread (E, GR, GW, SD) £14.00

DESSERTS

Vanilla tapioca pudding with jasmine infused mango and coconut chips (SD, So, Ve) £7.50

Glazed Bramley apple and blackberry mousse with spiced biscuit (D, E, G, Ge, SD, So) £7.50

Nyangbo 68% dark chocolate mousse with caramelised pear and hazelnuts (D, E, G, Ge, N, SD, So) £7.50

Fresh fruit salad with honey yoghurt (D, V) £7.50

BLACK TEA INFUSIONS

£5.50

Some of our classic black teas from Ceylon, India and China have been blended with flowers, fruits and essential oils to provide some truly stunningly tasty teas.

Chai

A touch of the South East - Indian black tea, infused with traditional spices to produce a deliciously warming brew. often brewed in hot milk known as a Chai latte - much more interesting than coffee

Japan Sencha

Sencha, which means 'steamed tea' is by far the most popular tea in Japan. Tender and sweetish notes will appeal to all tastes

Darjeeling Goomtee

Goomtee is ranked among the top gardens in Darjeeling, India

English Breakfast

Cultivated organically and is a blend of Assam and Sumatran teas producing a lovely, dark infusion

SMOOTHIES

£7.00

Banana Blend: apple juice, natural yoghurt, banana and blueberries (D)

Super Detox: pineapple, blackberries, blueberries, low fat live yoghurt (D)

Double Berry Delight: plain yoghurt, banana, honey, raspberries and strawberries (D)

Simply Divine: mango, orange, strawberries, and low fat yoghurt (D)

JUICES

£5.00

Green Supreme -Spinach, cucumber, celery, apple, lemon, avocado (Ce)

Lemon Twist - Watermelon, lemon, mango

Perky Pear - Pear, banana, passion fruit and raspberries poured over crushed ice

Ginger Spice - Orange, apple, carrot, ginger

Beetroot Blitz - Beetroot, ginger, apple, carrot, celery, spinach (Ce)

Quick Cleans - Cucumber, celery, watermelon, apple, honey (Ce)

Green Super Fuel - Kiwi fruit, spinach, cucumber, lime

Berry a-peeling - Apple, strawberry, lime

PROTEIN MILKSHAKES

Classic Vanilla - Max Grove Protein Vanilla 330ml, 25g protein, fat free, gluten free, no added sugar, slow release energy, deliciously smooth (D)
Ideal for: post work-out £4.50

Banana, Peanut Butter & Vanilla -1 banana and 1 scoop of peanut butter blended with a vanilla Max Grove Protein for a high protein, low fat delicious shake (D, P)
Ideal for: a healthy breakfast replacement £7.00

Raspberry, Blueberry & Vanilla - A handful of raspberries and a handful of blueberries blended with a Vanilla Max Grove Protein make a fruity and energising shake (D). Ideal for: when you need a 'pick me up' £7.00

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COFFEES

The Grove is proud to present the Paradiso coffee blend; an exceptional, high-grade blend of rare coffees from Central and South America. Rich and naturally sweet with subtle, smooth, dark caramel aftertaste

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| Double Espresso | £4.95 |
| Cappuccino | £4.95 |
| Cafe Latte | £4.95 |
| Macchiato | £4.95 |
| Mocha | £4.95 |
| Americano | £4.95 |
| Hot chocolate | £5.00 |

DRINKS

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| SPARKLING WINE & CHAMPAGNE | 125ml | Bottle |
| Thomson & Scott Skinny Prosecco, Veneto, Italy, NV | £9.50 | £48.00 |
| Ayala Brut NV | £14.00 | £68.00 |
| A. Robert Brut NV | | £75.00 |
| Ayala Rosé NV | | £80.00 |

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| WHITE WINE | 175ml | Bottle |
| Moulin de Gassac Blanc, Languedoc, France | £7.00 | £27.00 |
| Liberty Chenin Blanc, Stellenbosch, South Africa | £8.00 | £32.00 |

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| RED WINE | | |
| Moulin de Gassac, Classic Red, Languedoc, France | £7.00 | £27.00 |
| De Martino Estate Syrah, Colchagua Valley, Chile | £8.00 | £30.00 |

WATER | SOFT DRINKS

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| Water (75cl) | |
| Decantae Still or Sparkling | £5.50 |
| Sodas | £4.50 |
| Choose from: Diet Coke, Coke Zero, Coke and Sprite | |

Wines by the glass are available in 125ml on request