

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

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| 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

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| 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

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| 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

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| 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

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 |
| Matcha Latte | £5.00 |
| Hot chocolate | £5.00 |

SMOOTHIES

£8.00

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

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

JUICES

£6.00

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

Lemon Twist - Watermelon, lemon, mango

Perky Apple - Apple, 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)

Berry a-peeling - Apple, strawberry, lime

PROTEIN SHAKES

Vitality - Immunity boosting shake, filled with antioxidants. Nutrient rich and ready to cleanse thanks to the leafy greens, this smoothie will help you reset. £9.00
Vanilla Neat Nutrition whey or vegan protein, blueberries, spinach and coconut milk

Recovery - Perfect for post workout, this shake has all you need to jump start your muscle recovery. It also happens to be delicious. £9.00
Chocolate Neat Nutrition whey or vegan protein, banana, peanut butter, natural yogurt, almond milk, ice (D, P, N)

Glow - Keep your skin happy with this tasty shake full of cell-boosting ingredients. £9.50
With collagen promoting vitamin C, plus vitamin A and biotin, you can help combat blemishes and stay fresh-faced.
Vanilla Neat Nutrition whey or vegan protein, spinach, avocado, lime, almond milk (N)

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PROTEIN SHAKES

Chill - This shake is designed to help you relax. With soothing hints of chamomile with added almond to reduce blood pressure, this shake is tasty and relaxing. £9.50
Chocolate Neat Nutrition whey or vegan protein, chamomile tea, almond milk, smoothie oats, milk (D, G, N)

Happy Tummy - Our happy tummy shake is full of antioxidants that will be kind to your digestion, including pineapple which aids inflammation. £9.50
Vanilla Neat Nutrition whey or vegan protein, pineapple, banana, ginger, turmeric and almond milk (N)

DRINKS

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| SPARKLING WINE & CHAMPAGNE | 125ml | Bottle |
| Thomson & Scott Skinny Prosecco, Veneto, Italy, NV | £9.50 | £48.00 |
| Ayala Brut NV | £16.00 | £74.00 |
| 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 | £7.50 | £30.00 |
| Liberty Chenin Blanc, Stellenbosch, South Africa | £8.50 | £33.00 |

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| RED WINE | | |
| Moulin de Gassac, Classic Red, Languedoc, France | £7.50 | £30.00 |
| De Martino Estate Syrah, Colchagua Valley, Chile | £8.50 | £32.00 |

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