

## JUICES

*All our juices are freshly prepared and served at ambient temperature for maximum effect. If you would like them chilled, then just let us know.*

**Quick Cleanse**  
— £7.50

A refreshing blend of cucumber, celery, watermelon and apple, with great detoxifying effect.

282 kcal

**Refresher**  
— £7.50

A blend of fresh strawberries and passion fruit with added mint leaves for freshness.

282 kcal

**Berry A-Peeling**  
— £7.50

A fragrant mix of strawberries, apples and lime – great for those with sweet tooth.

282 kcal

**Vitamin Boost**  
— £7.50

Vitamin C filled up blend of fresh kale, mango and orange, boosting antioxidant levels in the body and helping to restore the energy.

282 kcal

**Ginger Spice**  
— £7.50

A bright orange juice of carrot, apple and orange with a sweet mild flavour and added zing from fresh root ginger.

282 kcal

## SMOOTHIES

*All our smoothies are freshly prepared and served at ambient temperature for maximum effect. If you would like them chilled, then just let us know.*

**Double Berry Delight**  
— £9

A delicious combination of banana, strawberries, raspberries and almond milk.

282 kcal

**Banana Blend**  
— £9

An exciting blend of apple, blueberries and banana, the superfood trio.

282 kcal

**Green Supreme**  
— £9

A green blend of spinach, cucumber, apple and avocado, all the greens you need in one drink.

282 kcal

**Energy Boost**  
— £9

A blend of kale, avocado and pineapple, full of nutrients to keep you going.

282 kcal

## PROTEIN SHAKES

**Recovery**  
— £11

Perfect for post workout, this shake has all you need to jump start your muscle recovery. It also happens to be delicious. Vanilla protein shake, banana and peanut butter.

282 kcal

**Glow**  
— £11

Keep your skin happy with this tasty shake full of cell-boosting ingredients. Vanilla protein shake with spinach, avocado and lime.

282 kcal

**Vitality**  
— £11

Immunity boosting shake with antioxidants, nutrient rich and ready to cleanse thanks to the leafy greens. This smoothie will help you reset. Vanilla protein shake with blueberries and spinach.

282 kcal

## SOFT DRINKS

**Decantae Still Water**  
— 700ml £5.50 82 kcal

**Decantae Sparkling Water**  
— 700ml £5.50 82 kcal

**Fever-Tree Indian Tonic**  
— 200ml £4 82 kcal

**Coke**  
— 300ml £4.50 82 kcal

**Diet Coke**  
— 300ml £4.50 82 kcal

**Sprite**  
— 300ml £4.50 82 kcal

2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
If you have a food allergy or dietary requirement please inform a member of the team prior to ordering.  
All dishes are subject to seasonal changes. A discretionary 12.5% service charge will be added to your bill.

## TWIST TEAS

*A tea with a twist. Local Hertfordshire's family tea company with focus on sustainability and environment, using the best ingredients to create healthy and innovative blends full of little surprises.*

**Refresher Green Tea**  
— £4.95

A light and refreshing Chinese Sencha Green tea with ginseng and sunflower petals.

282 kcal

**Cocoa-Nut Green**  
— £4.95

An organic green tea with a twist. You know those nice coconutty chocolate macaroons? Imagine them in a delicious drink!

282 kcal

**Breakfast Boost Tea**  
— £4.95

A breakfast blend of Assam and Ceylon tea with added ginseng and yerba mate, ideal brew to get you up and running.

282 kcal

**Detox Tea**  
— £4.95

A detoxifying blend of sweet Rooibos and turmeric loveliness.

282 kcal

**Digest Tea**  
— £4.95

Our pure, unadulterated whole leaf Peppermint soothes, calms and aids digestion.

282 kcal

**Chamomile Yawn Tea**  
— £4.95

A soothing, naturally caffeine-free blend of whole chamomile flower heads, lemon balm, rose and lavender.

282 kcal

## COFFEE

*Caffé Musetti, a quality of the highest level. The coffee is imported directly from Italy so you can rely on the freshest products for all blends.*

**Cappuccino**  
— £4.95 82 kcal

**Flat White**  
— £4.95 82 kcal

**Hot Chocolate**  
— £4.95 82 kcal

**Latte**  
— £4.95 82 kcal

**Americano**  
— £4.95 82 kcal

**Espresso**  
— £4.95 82 kcal

## WINES

### WHITE

**Moulin De Gassac, Blanc, Languedoc, France**

— 175ml £8.50  
— bottle £32

**Rapaura Sauvignon Blanc, Marlborough, New Zealand**

— 175ml £12  
— bottle £48

**Domaine Colette Gross Chablis, Burgundy, France**

— £62

### RED

**Moulin De Gassac Classic Red, Languedoc, France**

— 175ml £8.50  
— bottle £32

**Domaine Moulines Merlot, Languedoc, France**

— 175ml £9  
— bottle £36

**Chateau Moulin De Lagnet Bordeaux, France**

— £64

### ROSE

**Chapel Down, English Rose, England**

— 175ml £9.50  
— bottle £41

**Aix Rose, Provence, France**

— 175ml £10.50  
— bottle £45

### CHAMPAGNE & SPARKLING

**Thompson & Scott Prosecco**

— 175ml £12  
— bottle £50

**Ayala Brut NV**

— 175ml £19  
— bottle £80

**Ayala Rose**

— 175ml £20  
— bottle £85

**Bollinger Special Cuvee**

— £100

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