

SEQUOIA

KITCHEN

KITCHEN MENU

Sequoia Kitchen provides the perfect spot to relax and refuel, whether you're winding down after a treatment or simply looking for a light bite during your stay. The menu features nourishing poke bowls and delicious Asian broths, and with interiors inspired by nature, you'll enjoy a truly tranquil dining experience.

Food is available daily between 11am and 4pm.

Scan QR code to order.



SEQUOIA KITCHEN

WRAPS

Oriental Duck Wrap

— £14

Five spiced confit duck, pickled cucumber, spring onions, Chinese cabbage, hoisin, coriander
802 kcal

Ponzu Prawn Wrap

— £17

Red cabbage, avocado, cucumber, mooli, coriander, mange tout, ponzu mayonnaise
377 kcal

Chicken Caesar Wrap

— £13

Crispy pancetta, Clarence Court eggs, Caesar dressing, gem lettuce, chicken
607 kcal

Kimchi And Avocado Wrap

— £11

Vegan cheese, kale, quinoa green pesto, kimchi, avocado
455 kcal

POKE BOWL

Sake Bowl

— £18

British salmon, avocado, edamame, mango, eel sauce, edamame beans, redo sorrel
755 kcal

Yasai Bowl

— £15

Sweet potato, carrots, kaiso seaweed, ponzu dressing, edamame beans, avocado
558 kcal

Teriyaki Bowl

— £17

Organic chicken, pickled carrots, mixed salad, teriyaki sauce, edamame beans
580 kcal

SALADS

Grove Garden Salad

— £17

Mixed salad leaves, cherry tomatoes, cucumber, beetroot, alfalfa sprouts, sunflower seeds, pumpkin seeds, avocado, citrus dressing
254 kcal

Crunchy Noodle Salad

— £19

Crunchy vermicelli noodles, spring onions, Chinese cabbage, red cabbage, pickled carrots, red chilli, shredded chicken, edamame, sesame seeds, peanut soy dressing
457 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.

ASIAN BROTH

Chilli Beef
— £18

Udon noodles, kale, edamame
beans, mushrooms, coriander
351 kcal

Tamari Duck
— £18

Egg noodles, edamame
beans, coriander, spring
onion, bamboo shoots
454 kcal

**Turmeric Spiced
Tofu and Miso**
— £16

Rice vermicelli, bell peppers,
pickled carrots, shitake
mushrooms, chive
467 kcal

SWEET TREATS

Watermelon Soup
— £12

Chilled watermelon soup, fresh
melon, Walled Garden mint
152 kcal

Fruit Platter
— £12

Freshly sliced seasonal
fruit platter
124 kcal

**Chocolate
Banana Cake**
— £11

Rich chocolate sponge,
caramelised banana,
vanilla ice cream
319 kcal

**Selection of
Ice Cream
and Sorbets**
— £8

Please ask your server
for today's selection
158 kcal

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DRINKS MENU

Drinks are available daily between
7am and 6pm.

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JUICES

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

Refresher
— £7.50

A blend of fresh strawberries and passion fruit with added mint leaves for freshness.
106 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 energy.
150 kcal

Radiance
— £7.50

A bright coloured blend of orange, lemon, ginger, turmeric, black pepper and honey. Full of spice and vitamin C.
180 kcal

Spa Day
— £7.50

Perfectly calming and refreshing blend of cucumber, lime, apple and mint.
120 kcal

SMOOTHIES

*All our smoothies are freshly prepared and served at ambient temperature for the best taste.
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.
224 kcal

Green Supreme
— £9

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

Golden Glow
— £9

An exciting blend of mango, coconut milk, banana and lime juice.
190 kcal

Pink Obsession
— £9

An exciting blend of dragon fruit powder, berries, almond milk and chia seeds.
170 kcal.

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PROTEIN SHAKES

*All our shakes are freshly prepared and served at ambient temperature for the best taste.
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Green Glow
— £10

Vanilla protein powder, spinach, avocado, almond milk and chia seeds. High in fibre, healthy fats and antioxidants.
290 kcal

Peanut Recovery
— £10

Vanilla protein powder, almond milk, peanut butter, banana
Classic post workout to refuel the muscles.
290 kcal.

Berry Antioxidant Boost
— £10

Vanilla protein powder, mixed berries, ground flaxseeds, oat milk, honey. Heart-healthy, skin-loving, and full of fibre.
240 kcal

Coconut Breeze
— £10

Vanilla protein powder, coconut milk, orange, pineapple
Smooth, dessert like post workout.
340 kcal.

Espresso Power Shake
— £10

Vanilla protein powder, cold espresso, banana, oat milk.
Protein + caffeine = perfect morning pick-me-up.
180 kcal

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COFFEES

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

— £5.95 120 kcal

Latte

— £5.95 120 kcal

Flat White

— £5.95 75 kcal

Americano

— £5.95

Hot Chocolate

— £5.95 320 kcal

Espresso

— £5.95

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

— £5.95

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

Detox Tea

— £5.95

A detoxifying blend of sweet Rooibos and turmeric loveliness.

Cocoa-Nut Green

— £5.95

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

Digest Tea

— £5.95

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

Breakfast Boost Tea

— £5.95

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

Chamomile Yawn Tea

— £5.95

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

SOFT DRINKS

Kingsdown Still Water

— 700ml £6.50

Kingsdown Sparkling Water

— 700ml £6.50

Fever-Tree Indian Tonic

— 200ml £4

Coke

— 300ml £4.50

Diet Coke

— 300ml £4.50

Sprite

— 300ml £4.50

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WINE LIST

WHITE

**Bodegas Care Blanco
Sobre Lías', Cariñena,
Spain**

— 175ml £10
— bottle £37

**Te Whare Ra Sauvignon
Blanc, Marlborough,
New Zealand**

— 175ml £14
— bottle £52

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

— £68

RED

**Care Tinto
Sobre Lías',
Spain**

— 175ml £10
— bottle £37

**Domaine Moulines
Merlot, Languedoc,
France**

— 175ml £11
— bottle £40

**Chateau Moulin De
Lagnet Bordeaux,
France**

— £70

ROSE

**Chapel Down,
English Rose,
England**

— 175ml £10
— bottle £42

**Aix Rose,
Provence,
France**

— 175ml £13
— bottle £48

CHAMPAGNE
& SPARKLING

**Laurent-Perrier
La Cuvée**

— 125ml £22
— bottle £105

**Laurent-Perrier
Cuvée Rosé**

— 125ml £30
— bottle £150

**Fiol Prosecco DOC,
Veneto, Italy**

— 125ml £14
— bottle £54

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