Home House

THE JANUARY LONGEVITY MENU

In partnership with Registered Nutritionist Eli Brecher,
our in-house nutritionist

Food

All items are vegan friendly

Breakfast 7am - 12pm

"Good for your brain"

Blueberry & coconut porridge, crushed almonds 9

This is a beautiful brain-friendly combination. Blueberries provide polyphenols that support cognition and memory, while coconut brings healthy fats and almonds add vitamin E, which is protective for brain cells. A warming, balanced way to start the day.

"Good for your heart"

Sweet potato, quinoa, oat & soya yoghurt bowl 12

A brilliant combination of fibre, plant protein and slow-release carbohydrates. The beta-carotene in sweet potato and the magnesium in quinoa both play roles in cardiovascular health, while the oat and soya yoghurt support cholesterol balance.

Avocado on toasted 48-hour sourdough, toasted seeds 11

Long-fermented sourdough can be gentler on digestion, and avocado provides heart-healthy monounsaturated fats. The seeds add crunch, minerals and extra fibre.

"Good for digestion"

Tofu scramble, baked black beans, sweet potato hash, toasted sourdough, avocado & seeds 22

Black beans are one of the most gut-supportive foods thanks to their fibre and resistant starch, and the tofu adds plant protein. This is a brilliant mix for energy, blood sugar balance and microbiome diversity.

"Good for your skin & hair health"

Chia seed, mango, goji berries & hazelnut pudding 9

A nourishing bowl to get you glowing from the inside out. Chia seeds provide omega-3s for skin hydration, mango adds vitamin C for collagen formation, and goji berries bring antioxidants to help protect skin from oxidative stress.

All Day 12pm - 11pm

"Good for your brain"

Beetroot & lentil pie, spinach salad with walnut vinaigrette 18

Earthy, comforting and nutrient-dense. Lentils provide steady energy and iron, while walnuts and beetroot both support blood flow to the brain.

"Good for your heart"

Chickpea, spinach & turmeric stew with couscous 19

In this heart-supportive dish, chickpeas provide fibre for cholesterol regulation, turmeric adds anti-inflammatory benefits, and spinach offers iron and folate. Comforting but light.

Kale & avocado salad, pomegranate, nuts & seeds 18

Antioxidant-rich and great for hormone and heart health. Pomegranate adds polyphenols, and kale provides vitamins A, K and a boost of fibre.

"Good for your gut & brain health"

Lion's mane (mushroom) steak with cooked barley and pickled walnuts 25

Lion's mane is known for its role in supporting nerve growth factors and cognitive health. Pairing it with barley brings beta-glucans for gut health, whilst walnuts support brain and nerve function.

"Good for your skin & hair health"

Kimchi & avocado on sourdough, cashew cream 11

A winning combination of kimchi for gut-friendly probiotics, avocado for healthy fats and cashews for skin-loving antioxidants. Fermented foods are brilliant for digestion, immunity and skin health via the gut-skin axis.

"Energy Boost"

Matcha gateau, fresh berries 8

Matcha provides a gentler lift than coffee thanks to the calming properties of L-theanine, and berries add antioxidants and polyphenols for a healthy gut. A lovely afternoon pick-me-up.

If you have any allergies or intolerances, please ask a member of staff for further information.
A discretionary 15% service charge will be added to your bill. All prices are inclusive of VAT.